



The Harrier

April
2004

The newsletter of the Canterbury Harriers

Rome, Paris, Grizzly & Bungay

Welcome to what is very nearly the 'ladies long-distance special' edition of the Harrier. Read all about our impressive results over the next few pages.

...and London

Good luck to everyone running in the London Marathon on April 18. Unfortunately, **Pete Greenwood** who has competed in all the London marathons to date will not be able to take part in this one (as he is due to have a hip operation soon). He says: 'I would wish all the Harriers the best of luck for this year's London. I am only sorry that for the first time in its history I will not be with you all.' See Last Words and information on the coach below.

Last words

London Marathoners are now well into the tapering down period. This period is primarily an opportunity for the body to recover from the stress of a very high mileage programme so it is vital that runners who for whatever reason have not been able to fit in the recommended mileage to date resist the urge to catch up by doing extra mileage in the closing weeks. It is equally important to eat well to assist in the body's recovery in the closing weeks and remember for the last 3-4 days those specific high carbohydrate meals. **Gerry Reilly**

London marathon coach

Contact Gerry (477148) if you want a seat on the London Marathon Coach (£5 members, £10 others. Coach (a Regents coach) departs from Canterbury Bus Station at 0630 and from London at 1700-1730. (There is no toilet on it, as previously said in The Harrier, but there are reclining seats and a coffee machine. You can't have everything!)

April 22 – post-training party

The club is paying for a buffet upstairs at KSRC after training on Thursday, 22 April – as a slight variation and early start for the pub runs (due from May). Everyone welcome.

See Paula – 22 August

A date for your diary – is Sunday, 22 August when Paula Radcliffe is expected to compete in the Olympics marathon at 4pm English time. We will be

organising a pub run and eats where we can watch the race. Details nearer the time.

Harriers at the crease

Email news@canterburyharriers.org or ring Neasa on 781709) if you want to watch Kent v New Zealand at the Canterbury cricket ground on Saturday, 15 May - £10 per ticket.

Whitstable 10k

Remember our main fund-raising event of the year, the Whitstable 10k on the May Day bank holiday, 3 May. We need up to 30 marshals. Please let **John Hartley** or any other committee member know if you can be there.

Roy becomes Kent's 20 m champion

Roy Palmer achieved a PB of 1.55.15 when he won the Thanet 20 (by 2 minutes) on March 7. It was Kent's 20 m championship race – so he is now the Kent champion.

Fancy coaching?

We need one or two more coaches to strengthen our coaching team of Gerry, Steve and Sue Reilly. The club pays for a one-day training course (no exam) and volunteers would then start participating in training.

Track training: do we want it?

We may be able to use the Canterbury High track on some Tuesdays from 7.30 onwards – if we want it. We would still start training at 7 and would probably only use the track some nights. Tell Steve or Gerry what you think.

What the future holds...

Steve Clark who apparently is an expert on these matters is predicting a very dry, glorious summer and now that the clocks have gone forward or back or whatever (I can never remember which), we have the prospect of lots of off road training plus the notorious pub runs. There is also the prospect of more track training (see above). And for those who are interested in track racing, there are open meetings at Tonbridge, Ashford and Canterbury over the summer - excellent opportunities to have a go over 800, 1500, 3000 and 5000 (not on the same evening - are you listening **Joe**?). Details will be in the race folder and on the club website or speak to myself or Steve. **Gerry**

FORTHCOMING RACES (Kent Grand Prix races marked *)				
April	18	9.15	London Marathon	Greenwich/Blackheath
May	2		*Hempstead Valley Half	
	3	11.00	Whitstable 10k	Waterfront Club
	16	10.30	Sevenoaks 7	Knole Park, Sevenoaks
	22	11.00	Miles & Barr 5k charity fun run	Palm Bay, Margate
June	12		Saxon Shore relay	
	19		North Downs Way relay	
July	10	14.00	Thanet 10k	Cliftonville, Margate
	1	11.00	Orpington 10k	Darrick Wood School
August	8	11.00	Red Lion 10k	Hernhill
Other Grand Prix races are: Harvel 5 (5/6); North Downs Run at Gravesend (20/6); Dinosaur 10 at Deal (25/7); Thanet Marathon (5/9); and Boughton 10k (26/9).				

How can a girl miss the Vatican!

(Steph can !!)

Well folks, thought I'd put pen to paper, or finger to key board, and write about the trails & tribulations of running the 2004 **Rome Marathon**. Thought I wasn't but then I did (a girl's prerogative!) I had tried to do the training (sort of) - well Steph's adapted version, which included starting 3 weeks late, skiing 3 weeks before the race, highly recommended (not), where I lost my running legs, didn't find my **skiing legs** - result very confused body (what's new they say!) Then to top it all I get flu the week-end before!

So do I run? Some say no, some say go for it! What's a girl to do?..... but go to Rome to enjoy the views & see the Vatican etc.

Ah but then it's that female prerogative again! And before I know it I'm lining up with finger on stop watch (of course the clocks move forward too, just to confuse Steph even more!!) and I've started running the Marathon!! We run **round the Coliseum**, on cobbled streets of Rome, past fountain things (like the Fontana di Trevi, famous I've been told) and yup past the Vatican but does Steph see it oh no! divi girl runs right past it & doesn't notice it! too busy watching the cobbled pavements and Dave's sexy legs!! But jest aside (oh no she's being serious), this marathon was different, a very special one, quite an emotional roller-coaster, moving from not doing it to, feeling at 20k I **can't do it (really really can't do it)** to crossing the

line hand in hand, with 2 other very dear friends, sobbing my heart out realising that I had completed the long 26.2 miles.

The time did not matter, but the fact that we had achieved our goal supporting each other meant much, much more, and made this race so special. Without each other I know 2 of us would not have finished the race, and here I want to give my thanks to Dave because, without him, I know we would not have done it. There's only one more thing to say, and that's a big apology to any one who was any where near us when we were running the last half mile as I couldn't see the ****finish & my language was.... Superb!

I'll finish now but would highly recommend Rome, though just keep your eyes open.

You never know what you might miss!!
(yours Steph)

Steph Lam

Bungay Black Dog marathon

As the Harriers got me started on this slightly crazy pursuit, I thought I'd let you know my result in the Bungay Black Dog marathon (run for London Heathside, I'm afraid). What should have been a fairly fast two lap course (a few small hills, but nothing horrendous) was ruined by a **very strong wind** into which we had to run more than half the race. Still, at the fourth time of asking I finally dipped under three hours, **finishing 4th** in 2:59.15. However, having run 1:19.08 for the Reading half (never run this race, btw!) four weeks ago, I'd hoped for a 6-7 minutes faster. I shall blame most of this on the wind, but we shall never really know...

Good luck to all Harriers running London!

Jacob Howe

Grizzly 2004 'Infinity and beyond'

By Wendy Smith

'Beyond infinity is knowledge
Beyond knowledge is understanding
Beyond understanding is belief
Beyond belief is the grizzly'

Finally arriving in Seaton on the Friday evening at Lyme Bay village in pouring rain, little did I know how much more rain I was to endure. We were checking in to get our key to the chalet we would be staying in for two days. A good £50 deal for two nights – plus it is the race HQ.

I noticed three slightly familiar faces wearing Thanet Road Runners blue tracksuits. So we stopped to talk about the forthcoming venture only to find out it was the third time for two of them, leaving me and one of the guys to be 'virgin grizzlies'.

Saturday evening arrived. Dressed in Canterbury Harrier cross country T-shirt, we went to the pasta party. Filled myself up with plenty of pasta, potatoes, large glass of water and a very nice cheesecake. Then it was time to go in the ballroom for the entertainment – a little welcome from Axe Valley Running Club – and some words of wisdom regarding the course and how we should wrap up warm because of bad weather warning – gales, rain etc... - due to the cliffs and bogs respecting no-one!! Take plenty of jelly babies, as this **race was not for wimps** and a very serious undertaking. At this point I was beginning to worry just a bit....Oh well, have **another glass of wine** – just to relax the muscles. Next we all had to do justice to this year's grizzly song. They have a new one each year. So 2004 was to the tune of 'The Wild Rover':

And it's no, nay, never, no nay never, no more
Will run the wild grizzly
No nay never no more.

Sunday 14th March

At 7.15am – yoga!

9 – half an hour church service. Just the job!

10.15 – mass warm-up on the beach...in the torrents of rain!

Unfortunately, the weather took a turn for the worse and we had **force seven gale winds** and **torrential rain**. Apparently, this was the worst weather they had ever had. Typical....my first one. And so there I am standing in my waterproof coat soaked through, **hardly able to stand** because of the wind – but, anyway, ready to go. We were called to make our way to the start where some bright spark shouted 'I knew I should have gone to the Hastings Half.'

To start you have to **climb over the sea wall** – about five foot high. Quite hard if you are only five foot one...

Two thousand wet runners, ready for Lloyd Scott to blow the horn, completely dressed in his wet suit (I mean diving suit).

Off to the end of the beach, running against the wind. Rain is really hard, and the stones on the beach don't help as they resemble golf balls. Around we go to face the first hill, bringing most people to walk (myself included) – taking us onto a muddy field. This was the first mile – and it took 15 minutes. Then we were faced with one of the **longest, muddiest, slimiest hills** I have ever seen. Then down and along a place called 'Beer Pass' - a pub with a musical band. Along the steep cliff paths we struggle – with a very big drop below (do *not* look down)..This was the first three miles.

How was I going to manage 20? After many steep hills, going up and down, we came to another beech. I had my first taste of the sea – **up to my hips in freezing cold water** – as we had a sea galley to cross. Then we ran along the beech for about three-quarters of a mile. Another hill - hooray! On to Branscomb Bay, taking us to '**dungbeetle bogs**'. I was expecting one bog – but, ooh, there were seven! Several people were slipping and clinging on to trees or to people..slipping and sliding everywhere...Thick sloppy mud – and you're up to your thighs in it (in my case). People were losing their shoes and hanging on to the trees for dear life...Whew!...Made it through.

I had to laugh. Everyone looked like they were wearing welly boots thanks to those dungbeetle bogs...Just to help you, now you have a deepish stream to wade through.

The **cut-off point** is coming up. They give you 2 and a half hours to get here. And if you arrive later, you are sent along a quick route ('the cub route') which is a shorter race of about 8 miles.

The rain is still lashing down on your face. You're en route to the 'Mutters Revenge' – another hill and many steep descents in very slippery mud. This takes us to another beach. This time the **stones resemble cricket balls**. And yes there is another deep sea galley to cross. This one is even deeper than the last one. It comes up to my waist this time....Run along the beach. My legs are absolutely frozen now. This brings us to a climb of winding, steep steps to the top of the cliff. These are no ordinary steps – very muddy, windy, crooked. By now my legs are dead.

At mile 17 we run along the cliff path extremely close to the edge. The wind is making it incredibly hard to run – plus all that slippery mud.

At last – a queue to climb over a style. Back down the hills. A lovely view - if the rain would only stop. Some more steps. On out towards Seaton now – 2 miles to go. Running along a few more hills and descents – and even manage to put in a bit of a spurt. And so, 3 hours and 19 minutes later I survived my first Grizzly – and would do it again. The camaraderie is fab – and maybe it won't rain next year.

Be warned: this is not a race to get a time in. It is survival all the way...

Paris

Jenni Van Deelen 3.22.14

Neasa MacErlean 4.24.19

Sally Craig 4.27.15

Sunday, April 4 – 8.45 am

Jenni (targeting 3.15), Neasa (4-4.30) and Sally (under 5) are part of 30,000 runners leaving from Champs Elysees, running on the North Bank, east and west by the Seine, through the bois de Vincennes and Boulogne and ending near the Arc de Triomphe.

It starts off **warm** – a real pick-up for Sally but bad news for Jenni and Neasa who don't cope well in sunshine. Jenni gets off to a difficult start, weaving in and out of the crowds to keep to her target time. She 'felt tired right from the start'. Neasa has woken up as **female version of Victor Meldrew** and is irritated by the bands on the roadside. Sally is quite happy, does not look at the time – keeps herself going 'really looking forward to the drinks stations' each 5k where she loads up with water, orange, banana, cubes of sugar in the crook of her arm and heads 'off to the next one'.

An hour in, the sun goes in and it becomes cloudy. Sally is a bit disappointed. Jenni and Neasa are relieved – but have other things to worry about. Neasa's right ankle and knee (problematic for the month before) are playing up from the 3-mile stage. It may be necessary to pull out, but the only thing is to keep going for now. (Meanwhile, Meldrew-style she is wondering why all these supporting crowds think it helps when they are all so obviously enjoying themselves, especially those ones smoking and drinking.)

Half-way point. Jenni is '**bang on**' for **3.15** – going through at 1.37. Sally and Neasa go through in about 2.02 – good times for both of them. Sally who had walked at this stage when she did the marathon before just decides to keep running. In fact, she only needs to stop once by the Eiffel Tower to stretch her ankle which has been playing up and causing her to limp.

Jenni is still on course for 3.15 up to 22 mile mark. 'My wheels came off. I slowed down horribly. I **collapsed on the finishing line.**'

Sally keeps on going – although she finds the last 4 miles through the Bois de Boulogne 'awful, it went on forever'. Neasa Meldrew is

astounded at the Medoc Marathon stall where they are handing out wine glasses at the 41k mark – and at the band nearby playing raunchy music. All runners are exhausted and the jokes of earlier stages have disappeared. The finishing line for Sally and Neasa is a slight anticlimax, looks like a motorway toll booth.

Meanwhile, Jenni: 'The time after the finish was a blur but I was well looked after by the Croix Rouge who seemed to think my body had gone into shock due to low blood sugar levels and dehydration.'

All three are pleased with their results – Sally immediately, and Jenni and Neasa when they recover the next day.

Future plans: Sally (whose longest training run was only 13 miles and who had a 6-week break from training) **would like to do New York** (and do more training). Jenni is unsure if she wants to do another mass participation event. Neasa also realises she prefers rural events with fewer runners and crowds.

Sally, Jenni and Neasa leave on Eurostar – almost crossing paths with the Queen on her way over for three-day state visit. Queen plans to see a lot of Paris – but at a more leisurely pace.

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