



# The Harrier

February  
2004

The newsletter of the Canterbury Harriers

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## Harriers to run marathons in London, Paris and Rome

Canterbury Harriers will be represented in the London, Paris and Rome marathons in April – when at least 15 of our runners are due to compete. See page 2.

## Feb 1 – last XC in the league

We want to get out a particularly good turnout for the last event in the XC league for 2003/04 – on Sunday, 1 February at Oxleas Wood, Eltham (meet 9am at King's School Recreation Centre to sort out lifts). The Ladies are currently 2<sup>nd</sup> but need to put on a very good show to keep Invicta at bay. Invicta Ladies are just one point behind us. 'It all hangs on the last one,' says assistant coach **Steve Clark**. We also want to retain our current 6<sup>th</sup> position in the combined rankings. 16 clubs are in the league altogether.

We had a record attendance at the last XC – when 34 Harriers braved the course at Minnis Bay.

\* Prizes for the XC league will be presented on February 29 – at a free buffet following a one-off relay cross country at Mote Park. (Usual arrangements apply: we meet at 9am at KSRC to arrange lifts.) All Harriers welcome. There are five in each relay team (including at least one lady and one V40). Each leg is one leg of the normal XC course – a couple of miles.

## Steve Clark – new assistant coach

Steve Clark becomes the official deputy to our chief coach Gerry Reilly and now operates under the title 'assistant coach' (although we do not think he will insist on use of this title at all times). Our XC men's champion, he has led and organised the Harriers' efforts in the Kent Fitness League (see above).

## Rosie – most promising newcomer

Our list last month of the Presentation Evening award winners did not include our 'most promising newcomer' who was named as **Rosie McDermott**. Well done

Rosie, and sorry we missed your name off the list.

## Subs - please pay up

Final reminder to those few last people who still have not paid their subs for 2003/04. Please could you hand your £10 (£5 for a second/ subsequent household membership) to one of the committee members as soon as possible.

## Whitstable 10k and Red Lion

Yes, it's time to get your diaries out. The Whitstable 10k takes place on 3 May – and the Red Lion on 8 August. We need about 30 Harriers to marshal in each race – our main fund-raising events of the year.

## Historic gazebo for sale

Only £10 - the club's old gazebo, the gazebo that has seen hundreds of commemorative T-shirts be dished out to grateful runners in Red Lion and other Harriers races. Once in lifetime opportunity. Contact Steve Clark (01227 711272) while offer lasts.

## Kent Grand Prix

The ten races comprising this year's Kent Grand Prix are listed in 'Forthcoming Races' on page 2 – including the Paddock Wood Half and Boughton 10k. Entry is open to all members of Canterbury Harriers. Points are accumulated at each race meeting for the top six men and top four women in each club (down to position 100). The team championship based on results in all 10 races. The individual championships - in categories M, M40, M50, M60, F, F35, F45, F55 – are based on the best six out of 10 race performances. So you only have to enter six races to stand a chance of a ranking (or even a prize).

<b>FORTHCOMING RACES</b> (Kent Grand Prix races marked *)				
February	1	11.00	Kent Fitness League XC – 7	Oxleas Wood, Eltham
	14	15.00	Kent XC League (Senior Men)	Parkwood Sch, Swanley
	15		* Kent AC 10	Sidcup
	29	11.00	Inter-club relay XC	Mote Park
March	7	9.30	*Thanet 20	Margate
	28		*Paddock Wood Half	
April	4		Paris Marathon	Paris
	9		*Folkestone 10	
	18		London Marthon	
May	2		*Hempstead Valley Half	
	3		Whitstable 10k	Waterfront Club
August	8		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).				

## Marathon runners

**Roy Palmer**, the Canterbury Harriers male champion, has improved on his time in each of the four times he has run the London Marathon. Last year, his first as a Vet 40, he aims to beat his PB from last year of 2.35.27. 'If I miss it, then it will be my Vet 40 time. I've said that this is my last serious attempt....It's six days a week, building up to 80 miles per week. It's a big commitment - and I don't think I'll ever do six days a week again.' Life is slightly complicated by the fact that he and Jenny became parents in the autumn. But Roy's sister looks after Ben sometimes in the afternoon when Roy is out running. 'I ran home from work the other day [9 miles]. There's always a way if you are really committed.'

He is doing the usual races in the build-up - the Canterbury 10, Dover Half, Thanet 20, Paddock Wood Half and Folkestone 10. After running London this year, he would like to branch out and run some other interesting marathons around the world - particularly Paris and New York.

**Carol Reid** (PB 3.03) is well into her training programme for what will be her 8th London and 10th marathon (with Rotterdam and Glasgow) overall. She hopes to be there on April 18th - but could change her mind if the training does not continue so well.

**Jenni van Deelen** – who ran the Abingdon Marathon last year in 3.33 – has entered Paris.

**Sue Reilly** is doing the training anyway but is uncertain as to whether she will run this year. Like husband **Gerry** - our injured chief coach – she thinks it quite possible that she may need to defer to 2005. Having twice run London, she now wants to improve on her 5 hours time. 'The

first marathon was the best one. The atmosphere at London was so great. I felt so good just to get round. She was just over 5 hours that time (including 20 minutes to get to the start). But she had been hampered by suffering a knee injury in training and missing out on several weeks of the programme. The second time produced a similar result - this time delayed by a queue to use the facilities. Whether she runs this year or next, she wants to raise money for charity - both for Cancer Research (in honour of her late mother) and for the school she teaches in. So, be honest, Sue! Is it hell living with the coach during marathon training? No rest for the wicked, and all that? 'He's very good. He does know that the marathon programme he's written out is the optimum programme for those who are aiming to do a good time. He has compassion.' [First time I've heard of that. Ed.]

**Sarah Maguire** (who ran 3.32 in her debut marathon at London last year) is very much motivated to run this year to raise money for Kent Kids. Last year, she was one of three from her village who ran for Kent Kids. This year, the charity lost its places and so Sarah, who got automatic re-entry, is the only one running for them in her village. 'I'd like to get under 3.45,' she says. 'But it's a lot to expect to better my time from last year, and I'm not working towards that. I'll follow the programme and see how I get on.'

**Fraser Wildman** is running his 5th London this year. It will be his sixth marathon in total (since he also ran what he thinks is the one and only Canterbury marathon in 1984). He is hoping for a time of 2.50. Last year he ran it in a PB of 2.54 (beating his previous time by 40 seconds). The particular challenge he faces now is keeping up

the pace in the final stages. Last year he was on course for a time of 2.45 (having done the first 20 miles in 2.06). He becomes a Vet 40 in September - but, with 10k, 10, 20 and Marathon PBs in the last year - he has never been running so well. He sounds like he is looking forward to the day although he acknowledges that it is very tough. 'It's nice once you are finished. It's the last five or six miles that are really hard.'

**John Collins** (one of the lucky three who were successful in the Harriers ballot for Marathon places) will be running his second London (and second Marathon). He got a time of 3.19 in 2000 - and would like to get under 3.15 this time (not least so that he can qualify for automatic entry next year). He is doing 'most of Gerry's programme', running four times a week and with a bike session one day a week (a way of getting exercise and giving a slight rest to those weary legs). Fitting the training in around work and family (he has two little daughters) is, perhaps, the biggest challenge. He is following the usual schedule of build-up races - Canterbury 10, Thanet 20 and Paddock Wood. 'I recommend the Paddock Wood Half to anyone,' he says. 'It's nice and flat, it's a very good PB course.'

**Neasa MacErlean**, running her second Marathon in Paris on 4 April (after running the Halstead marathon last year in 5.03), is aiming for 4.30. 'Last year I didn't work out my long run routes properly so I didn't get the mileage. But this year, I have much better routes where I can't take short cuts home after 18 miles.' She is running five days a week, and began her training in mid-December (since Paris is on 4 April, two weeks before London).

**Adrian Lewis** is running London this year.

**Iain Smith**, who ran Paris in 2003, was another lucky winner in the Harriers ballot. Running his third marathon, he is hoping for another PB. He is mainly following 'Gerry's torture schedule' - though focusing on more longish 15-20 mile runs and throwing in a Monday night yoga class

('it really helps') to stretch out those tight leg muscles.

**Mandy Poulter** wants to get under 3.45 in this, her second London marathon.

**Stephanie Lam** is running the Rome marathon on 28 April with Dave from Deal Tri.

**Mary-Ann Johnstone**, a new member, is running Paris. Her longest race so far is a half marathon.

We hear that **Martin Skeet** may be running Paris (although The Harrier has not been able to confirm this directly). If this year is like last year, there could be several other people planning to run but we do not know about them yet.

Later this year?

**Pete Worsley** - who ran last year in London - 'will be doing a Marathon but more of a low-profile one in the summer or autumn'. **Joe Hicks**, who has run the challenging Beachy Head in the last two years, is planning to go to Rheims (for the Harriers' Half Marathon trip) instead this year (as the two events are taking place on the same day). He 'might do an autumn marathon'.

Other goals

**Nicolas Pirot** - who braved the wind in the Le Touquet marathon last year - is concentrating on a good Half this spring instead, hoping to break 1.20.

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## Why I go running

By Mandy Poulter

**1** I like to have goals to achieve, and it is easy to set yourself goals in running.

**2** I love the after run feeling, especially if it has been a particularly long or hard run.

**3** I have a great sense of satisfaction about how fit I feel and am, and the stamina I have built up is great for other sports or even just running around with the children.

**4** I feel like I am improving and stamina and speed.

**5** You can get out exactly what you put in, in terms of racing improvements/ general stamina even if you are pretty average at sport (like me!)

**6** After I have spent so long building up this fitness I wouldn't want to stop and for it to be wasted!

**7** I love the fresh air and scenery and feeling warm, even when the temperatures are low and the rain is beating down.

**8** I can use a run to get rid of stress, anger and frustration, largely due to my job!

**9** I am a complete gannet and could never diet to save my life!

And last but not least

**10** Running with a club has given me lots of new friends who support and encourage each other and we all have lots of fun.

*Mandy runs 4-5 times a week, aiming to clock up a minimum of 30 miles.*

## The Chester 'Round the Walls' Race, Boxing Day

By Jenni van Deelen

This race, organised by West Cheshire AC, starts at the Roodee racecourse, with the going fairly soft for us runners. Heaven knows what the horses would have made of nearly 500 people trotting round on a warm up lap, pointing excitedly every time they passed a **furlong marker!** The race course is much bigger than it seems, and the realisation that we would have to complete just under 3 full laps (2 at the start and one at the finish) was enough to send my mum into shock. For this was a **family affair**; not only was I running, but my two (younger) sisters and my mum. Both my sisters have taken up running in the last 18 months. Sam, the youngest, took part in the Thanet 10 and is now training for London and Sandy, the middle sister, has done a few 1/2s but my mum has done nothing more than a couple of 1 mile fun runs. However, competitiveness obviously runs in the family so my mum lined up in spite of her misgivings.

After the first 2 laps of the race course, which strings the field out pretty quickly, the race heads up onto the **Roman walls**. This is the toughest part; after the hard work on the grass, the feel of tarmac underfoot brings relief to the aching muscles but almost immediately you are faced with **endless flights of stairs** up and down, up and down, as you pass over the main streets of Chester. There's barely a second to admire the magnificent Cathedral, the Roman amphitheatre, the historic clock or the imposing Queen's School - take your eyes off the steps for a second and you're

in a heap. It's also very difficult to overtake on the steps, so the flat sections are taken at as fast a pace as possible, leaving you gasping for breath as you reach the next stairs.

All too soon you realise you are back at the race course and the heavy ground underfoot, but at least you can find a rhythm as you aim for the finish, although it takes a long time to get there! The whole course is around 4.5 miles, so I was very pleased to finish in 31 minutes. (Especially as the winner of the ladies' race had just come back from Japan where she ran with Paula Radcliffe in the marathon relay team!)

My sisters came in together, and then we waited for my mum. We saw her coming round the final lap behind another lady runner, but as she came in with a strong finish she was ahead! 'I wasn't going to let her beat me!' she said after regaining her composure... Sound familiar?!

The best bit of this race, though, had to be the knowledge that all the excesses of the previous few days had been wiped out. None of us hesitated to tuck into the mince pies on offer at the end of the race and after a nice **glass of mulled wine** we were ready to do it all again. Well all except mum, whose final evaluation of the whole experience was: 'If that's pleasure, I don't know what you call pain...'

This year there were runners from Germany, Bromley & Blackheath, London, the entire North West and even Santa dropped in from Lapland! If you are in Chester at Christmas it is definitely worth a try but I recommend pre-entry - this year it sold out! Once you've finished you can head to the sales in Chester or just enjoy a wander around a beautiful city. Mince pie, anyone?

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## Canterbury Harriers Committee

**John Hartley** Chair - 459997  
**Gerry Reilly** Head coach - 477148  
**Stephanie Lam** Secretary - 832213  
**Roy Gooderson** Admin Officer - 454449  
**John Minshull** Treasurer - 01795 532226  
**Steve Clark** Assistant Coach - 711272

Runners Representatives:

**Joe Hicks** - 750797  
**Carol Reid** - 379055  
**Neasa MacErlean** - 781709  
**Sue Reilly** - 477148  
**Alastair Telford** - 786210