



# The Harrier

June  
2005

The newsletter of the Canterbury Harriers

## Allons au Touquet

We are off to Le Touquet again for the 10k on Saturday, 2 July. The cost is £19 for a seat on the coach, and another £6 to take part in the race. Give your £25 in cash or as a cheque (payable to Canterbury Harriers) to **Roy Gooderson** as soon as possible. Deadline is June 18 – but it looks as if the trip could get booked out before then. We set off very early and get back late – so it is not a day best suited to bringing children along. Before the race, we have time for a wander around, including a swim at Wimereux beach. A couple of years ago Roy was able to arrange for a small model army to parade and play for us – but this might not be possible in 2005. See [www.letouquet.com](http://www.letouquet.com) and follow the sports links (in French, not English) for more information.

## Run for your life

Canterbury Harriers is helping in a new running development – the first men's race held as a counterpart to the ladies 5k Race for Life races. We hope that in a few years it will be as successful as Race for Life, held in 160 venues with 400,000 entrants so that we can say we – particularly **Steph Lam** – were the forerunners. Only men can run – and it would be good if as many male Harriers as possible would take part – at 11am on 26 June in Herne Bay.

See [www.runforyourlife.canterburyharriers.org/](http://www.runforyourlife.canterburyharriers.org/) for more info. We also need over a dozen marshalls – so please volunteer to Steph or **John Hartley**.

## Summer pub runs

Summer pub run specialist **Joe Hicks** is leading our next two pub runs – at 7pm on Friday, 3 June at the Red Lion (yes, the same Red Lion as our race) in Hernhill, and at the slightly later time of 7.10pm on Friday, 17 June at the Chapter Arms in Chartham Hatch. More runs to follow in the summer. If you know of a run and a pub which would make a good venue, please talk to a member of the committee about it.

## Birleys Fields – change of venue

During the summer we are going to try out meeting at a different venue – the new pavilion in Birley's Fields (the field where we train most Tuesday nights). We will also be able to park

there. King's School Recreation Centre is planning to open the bar up for us in the pavilion. If you can stay on for a drink after training, you can try out the bar and food facilities as well. A major part of the reason for our move is the congestion which KSRC is suffering at the sports centre.

## Red Lion – August 14

Behind-the-scenes preparations are already beginning (courtesy of **John Hartley**, **John Minshull**, **Alastair Telford** and others) for our next major race on August 14. The Red Lion plays an important role in keeping us in funds through the year – so please volunteer to help if you can. The turnout of Harriers to act as marshalls at the Whitstable 10k was very strong – and we would like to repeat that at the Red Lion. The race starts at 11am, and we will need about 30 marshalls. Please volunteer to committee members.

## Budapest and Dublin

We are off again soon to race abroad. As well as Le Touquet in July, Harriers are preparing to go to Dublin in August and Budapest in September. See page 4 for more details.

## Relays on Tuesday nights

By the time you get this, we will have competed in the second out of the five relays in the East Kent Road Relay Series. Will our V45 ladies team have hung on to 1<sup>st</sup> place? Will our V50 men and V35 ladies be on course to repeat last year's successes with a trophy?

Come along if you can make it. One person turning out has sometimes made all the difference between our winning and losing. The last three relays are at:

Victoria Park, Ashford on 14 June

Sea Scouts hut, Deal on 28 June

Invicta track, Canterbury on 12 July.

All relays start at 7.30pm. We meet at 6.15 at KSRC (or Birleys Fields) to arrange lifts for first two – and at Invicta for the last one.

Let our captains **Jenni Van Deelen** and **Steve Clark** know beforehand if you are coming – if possible – or just turn up on the night.

FORTHCOMING RACES			
June 11		Saxon Shore Relay	
12	10.00	Les Golding 10k*	Herne Bay
18		North Downs Way	
26	11.00	Run for your Life 5k (men only)	Hampton Pier, Herne Bay
July 2		Le Touquet 10k	
9		Rhino Challenge 10k	Port Lympne
17	9.00	Dartford Half*	Dartford
24	10.00	Deal Dinosaur 10k	Walmer Sea Scout Hut
Aug 14	11.00	Red Lion 10k*	Hernhill
20	10.00	Dublin 10	Phoenix Park
Sep 4	9,30	Thanet Marathon* (and Half)	Oval, Margate
4		Budapest Half	Budapest
25	11.00	Quicksand 15	Margate Sands
Oct 2		Sittingbourne 10*	Sittingbourne
Nov 6		Deal 5*	Deal

\* indicates Kent Grand Prix events

## London Marathon 2005

*As seen through the eyes of Pete Greenwood, veteran of nearly 200 marathons, and member of Ever Present Club until last year.*

I found getting ready for the start of the Marathon was a problem. Shall I stay in bed or shall I get up and find a suitable armchair or couch to take me through the next 2 hours +? As with a pair of running shoes, they must be comfortable and be **capable of getting me through the next 26.2 miles feeling good.**

The next problem, if you can call it a problem, came shortly after the start of the ladies race. How long shall I stay with Paula? Or should I 'channel hop', to keep up with Tergat, Jon Brown and co? June will tell you with anger in her voice I have had plenty of training at 'channel hopping'.

So at 09:45, it was time to address the problem and put all this training to good use. As we start to run through the streets of London, I 'hopped' between BBC and Eurosport.

As we reached the 6 mile mark on our way to Cutty Sark I hit a problem. Although the selected couch, of the potato sort, was up the job in hand, the next decision was a hard one. As most of you lot know, I do not take on liquid when running my 196 marathons. So what shall I do - have a beer, a wine or a Jack Daniels? At this point of the marathon, it was **down to lack of preparation** as none of these could be found near to hand. I started to think I

would hit the wall at 6 mile or - in this case - the lounge floor. Not ready for this crisis - and **shoeless as Zola Budd** - I dashed to the fridge, the fastest section of this year's marathon so far. I eased down after this rare liquid intake and maintained a steady pace through the passing miles, first one can, then another and then another took us over Tower Bridge and then the sharp right hand turn and onwards towards the Docklands and the half-way mark which meant, in my case, the six-pack was down to three. Not to worry at this point. Pass on through the Isle of Dogs, the other way round from the previous 22 Londons I have done.

So could I concentrate and maintain my **steady pace** and focus on the problem ahead? Should I replenish the beers or hang on to Paula at least until the cobbles? WOT, NO COBBLES!!! A course for wimps, or what??? Oh no, never mind the lack of cobbles! What is happening to our heroine Paula? Crouching down because of cramp? No, she's having a wee. Good idea. So I joined her. 'Not a good idea to do it in the lounge,' said June. OK. So I increase my pace to take in the next two landmarks - the loo and the fridge. With both objectives passed, eased back to reasonable pace on the couch.

We push on to the Embankment feeling comfortable, with even-paced drinking. But the brain, not pickled yet, is playing 'Marathon Mind Games'. Is there a pain in the wrists and arms due to holding the cans, or 'channel hopping' or is it all in the mind? Shall I carry on, pull out or **stay with the leading pack** (aka BBC and Stella)? Decide not to worry, open another can as Paula heads for Big Ben and the 26 mile marker in Bird Cage Walk. Turns right into

the finishing straight which we both see - her in real life, me through the bottom of a glass. Finished now - so replenish the glass and concentrate on the men's race for the final miles.

**Keep pace with the Kenyans** stride for stride, slurp for slurp. No Paula to worry about now so I up the pace to the loo, with an anxious glance over my shoulder not only to find Martin Lel pushing on without, but Nussy the pet tortoise is gaining on me, so need to react to this during the last miles. So change to glass of wine and **settle back with Martin Lel**. Concentrate also on Baldini and Jon Brown. At this point in the race Baldini pushes on, so does Jon. I keep pace with them too. Glass is empty, must not give up now. So I take on more liquid in the form of more wine as we push on towards the finish. Over the line a bit tired but well hydrated. Thirsty work this marathon running, might take it up. Back to light (ale?) training Monday morning, ready for the Boston Marathon.

During the last few miles of the Boston there is a pub which is called 'The Pour House', that will do for me.

## Whitstable 10k

Many thanks to everyone for helping in this extremely successful race. Charlotte Dale helped us a lot by winning it, and becoming the first woman to beat all the male participants in two road races. (She also came first a few years back in the Whitstable 10k.) Athletics Weekly ran an article on the race and the Kent Gazette did the best part of a page. The organisation was much helped by the fact that so many Harriers assisted on the day. We also raised over £760 for charity – for Dave Lee's Happy Holidays, and we presented that cheque the night before on stage at the Marlowe Theatre at Dave Lee's show. Many thanks to everyone. Apologies in advance to people whose names are missing from this list: Race director **John Hartley**; **Alastair Telford** (results maestro who got the results on the website by 1 pm), **Roy Gooderson** (PA, marketing, sponsorship), **Steve Clark** (chief marshal), **John Marshall** and **Dave Parnell** (lead bikes), **Marco Keir** (admin and finish), **John Minshull** (admin and finish), **Steph Lam** (bib ticket stripper and raffle ticket seller), **Carol Reid** (bib ticket spiker), **Sue Reilly** and **Wendy Osmond** (time keepers and cone girls), **James Keir** (results running), **Wendy De Boick** (marshal, raffle ticket seller – and nice to see you back after your

injuries), **Jenni Van Deelen**, **Gerry Reilly** (set-up and lead car), **Mick Holmans**, **Joe Hicks** and **Steve Reynolds** (race marking), **Iain Smith** and family (water station), **Wendy** and **Glyn Smith** (other water station), **Des Mullaney**, **Jenny Clark**, **Mark Cooper**, **Max Laurence**, **Mick Maume**, **Emma Wilson**, **Sarah Maguire**, **Lisa Rayner**, **John Watson**, **Bob Moreton**, **Sue Denton**, **Brian Fennelly**, **John Collins**, **Alex Phipps**, **Graham Tucker**, **Dave Root**, **Kate Bromley**, **Emma Hall**, **Simon Keeler**, **Hazel Moreton**, **Brian Davies**, **June Haunch**, **Mel Carter**, **Elaine Lyttle**, **Mark Walsh**, **Dawn Walsh**, **Angela Cook**, **Anika Davies**, **Wayne Barnett**, **Roy Palmer**, **Dawn Sahathevan**, **Sue Adam-Reynolds**, **Millie Adam-Reynolds**, **Heather Keir**, **Lucy Keir**, **Julie Cooper**, **Dave Horne**, **Ardit Gazi**, **Tom Varnham**, **James Kerring**, **Paul Curd** and **Neasa MacErlean**.

## Harriers – the next generation

Congratulations to **Roy Palmer** and **Jenny** on the birth of their second boy – and also to **Jules Christmas** and **Mandy Fitzgerald** on the birth of their baby girl.

## Saxon Shore and North Downs Way

It's that time of year again – June 11 for the Saxon Shore and June 18 for the North Downs Run. Marco Keir is still paying off his phone bill from last year. If you want to enter, tell **Steve Clark** asap or sign up on the board.

## Hargreaves – free foot assessment

Tracey Kemp of Hargreaves writes:

Are you wearing the right trainers for the job? Get expert advice. This service is free of charge to all Canterbury Harriers. We can check the movement of your foot, ankles and muscles whilst you run. Getting the correct footwear for the way you move is important to aid recovery of current injuries and to prevent new ones. Advice given on level of support, cushioning and motion control needed for your own style. Please phone (765920) or email ([canterbury@hargreavesuk.com](mailto:canterbury@hargreavesuk.com)) for an appointment. Allow one hour. New Hargreaves store opens in Westwood X Thanet on 9 June.

## Bike rides

We are cycling to Dover on Saturday, 25 June, starting at 11am at KSRC and including a visit to a pub. **Kate Bromley** (07814 754933 or [katebrom@yahoo.com](mailto:katebrom@yahoo.com)) is organising a bike ride about once a

month during the summer. After Dover, there will be one on 23 July and another on 20 August. All will be about 10 to 20 miles, and the pace will be adjusted to how fast people want to go. Everyone is welcome. If you have any good routes you can recommend, talk to Kate.

### Dublin – August

Lots of people have been saying how much they enjoyed the Dublin trip last year – so **Des Mullaney** ([Des.Mullaney@tiscali.co.uk](mailto:Des.Mullaney@tiscali.co.uk)) has volunteered to do some organising again, around the weekend of 20 August, the date of the Dublin 10m through Phoenix Park (scene of last year's Half). Race is at 10 am on Saturday, 20 August so we will need to fly out (from Manston) the day before. There are goody bags after the race, Bob.

### Invicta Open Races

We are all welcome to join the track races, held by Invicta at their ground, on 7 July and 5 September at 6.30pm. Four of us entered the 3,000m at a similar evening. You can also take part in the pole vault or try 1,500m or other middle distances. Speak to the coaches for more information.

### Results....Results...

Since the last newsletter, **Jonathan Holmans** has won the Horsham 10k, come second in Nicola's Canvey 5 (with a PB of 26.32) and come third in the Whitstable 10k (with a PB of 33.30). **Steve Clark** was the first Vet50 in the Frinton-on-Sea Half (in 1.26.28). **Jenni Van Deelen** was 1<sup>st</sup> V35 and 5<sup>th</sup> overall in the ladies-only Hogsmill 5 (with a PB of 33.54). We won the ladies team prize in the Canterbury Half Marathon – through a team comprising **Sue Denton, Wendy Smith** and **Neasa MacErlean**.

### KSRC membership list

The more Harriers who are members of KSRC, the more likely we are to get a bigger discount on our membership. We would like to show them a list of our members to see if we qualify for a bigger discount than we currently get. If you have any objection to them seeing your name on our membership list, please tell John Hartley by June 10.

### Budapest - Half Marathon

After the success of the half marathon in Prague...gorgeous weather, accessible flight from Manston, easy on-line booking of run, apartment booking and flight transfers, we looked towards entering another big city marathon. City marathons are extremely well

organised, as those who did Prague and London will appreciate. Runners World pointed us towards Budapest which takes place on Sunday 4<sup>th</sup> September.

So to book your place for the run:

<http://www.budapestmarathon.com/eng/half/wel/greet.php4>

It costs Euros 35 to enter. There are various runs including team runs and a breakfast run on 3<sup>th</sup> September.

Unfortunately after several of us booking our flights from Manston, Manston have pulled out of Budapest due to a 300% increase in airport taxes. So to book your flight with British Airways which costs about £106 pp:

Flight out BA2874 Gatwick departing 14:15 2<sup>nd</sup> September

Return BA2875 Budapest departing 18:20 5<sup>th</sup> September

Or the cheapest flights can be obtained through [www.ebookers.com](http://www.ebookers.com).

For Accommodation

<http://www.hotelhungry.com> - something for everybody on this. The favourite is: **The Radio Inn**. Click on the link, click discount hotels/special internet prices/ to to Radio Inn. Some have already booked this. Other sites are:

*email: Dominik Panzió*

[<dominikpanzio@axelero.hu>](mailto:dominikpanzio@axelero.hu)

They have rooms with shared toilet and shower. Right on the park at the start of the half. Double room (cost of room): 34 EUR/night. Triple room (cost of room): 40 EUR/night. includes breakfast and taxes.

<http://www.besthostel.hu> This is about half an hour away from the start. About 10 euros a night per person including breakfast. Cannot be booked until June (3 months before stay). Happy running all **Jac**

### 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

**Marco Keir** – 276029

**Neasa MacErlean** - 781709

**Carol Reid** - 379055

**Sue Reilly** - 477148

**Alastair Telford** - 786210

**Jenni Van Deelen** - 767489