



The Harrier

March
2006

The newsletter of the Canterbury Harriers

Ladies, V45 ladies and Roy triumph in cross country

A sustained performance throughout the winter led to Canterbury Harriers ladies winning the runners up medals in the Kent Fitness XC league. **Fran Wood** came 3rd overall in the Senior Ladies rankings. Well done also to **Barbara Wenman**, **Sue Denton** and **Wendy Smith** for winning the V45 ladies XC Kent Vets championships at Goodnestone Park at the end of last year – in a toe-curlingly close finish where Wendy just managed to ensure the Canterbury Harriers won the trophy by holding off the 3rd member of the Invicta team. **Roy Palmer** won 3rd place in the male veterans competition.

Read all about it and hear, in his own words, the reflections of our XC manager **Steve Clark**. Turn to page 2.

See below the Harriers who won a special T-shirt for participating in six or more XCs this season – and also the ladies who qualified to get the runners up medal.

Ladies KFL runners up medalists and T-shirt winners: **Barbara Wenman**, **Wendy Osmond**, **Wendy Smith**, **Fran Wood**, **Sarah Maguire**, **Sue Denton**, **Liz Batchelor**, **Sue Reilly** and **Jackie MacDonald**. Runners up medallists only: **Mandy Poulter**, **Carol Reid**, **Jenny Van Deelen** and **Clare Smith**.

Men T-shirt winners: **Steve Clark**, **Neil Vaughan**, **Gerry Reilly**, **Mark Wenman**, **Andy Farrant**, **Tony McParland**, **Steve Reynolds**, **Bob Pullen**, **Alastair Telford**, **Dave Felton**, **Julius Christmas**, **Paul Curd**, **Russell Williams**, **Dave Hammond**, **Keith Barker**, **Marco Keir**, **Roy Gooderson** and **Bob Davison**.

Whitstable 10k – 1 May

Please volunteer to the committee to act as a marshal on 1 May for the Whitstable 10k.

This is our biggest fund-raising event in the year. So this is the one that pays for most of the things we do – from the pub runs to the entry fees for XCs and other races which the club pays for to the Harrier newsletter to the subsidy for the Presentation Evening and the prizes we award.

Celebration: 4 May

We will be giving out the T-shirts and prizes listed above for the XC season after training on on Thursday, 4 May, at the Kings School Recreation Centre. We will have the usual buffet. Everyone is welcome. We will also be celebrating the efforts of our runners who took part in the London Marathon.

June 25: Man on the Run

We have put down a provisional date for Run for Your Life, the men-only race which **Steph Lam** directed last year with marshalling and much other support from the Harriers. The race, a charity race in aid of raising awareness of male cancers, is being renamed Man on the Run. Please put the date in your diary if you think you can help out. See revamped website at manontherun.canterburyharriers.org.

Fell walking and running trip

Gerry Reilly, our illustrious coach, is leading a fell walking/running trip to the Lake District. The cost is £95 and cheques should be made payable to him, not the club. Please also see him for more details.

London Marathon coach

There are very few names down for the minibus for the London Marathon as yet. If there are not more names soon then a Harriers minibus will not be running. Please put your name down or see **Gerry** asap (or when he is back from his golf holiday).

FORTHCOMING RACES			
Apr 2	10.15	Paddock Wood Half	Paddock Wood
	8.30	Darent Valley 10k	Evnsford
9	8.45	Paris Marathon	Paris
14		Folkestone 10	
23		London Marathon	Blackheath
May 1		Whitstable 10k	
14		Stelling Minnis 10k	
16		Relay1: Deal	Paddling Pool area
21		Larkfield 10k	
28		Canterbury Half	
30	7.30pm	Relay2: Thanet	
June 3		Harvel 5	
13	7.30pm	Relay3: Ashford	
25		Man on the Run (provisional)	
27	7.30pm	Relay4: Folkestone	
July 11	7.30pm	Relay5: Canterbury	
15		Rhino 10k	Port Lympne
23		Dartford Half	
23		Dinosaur 10k	Deal
August		Red Lion 10k	
Sept 3		Kent Coastal Marathon and Half	Margate
10		Miles & Barr 5k	
17		Faversham 10k	
Nov 5		Deal Castle 5	

2005/6 CROSS COUNTRY SEASON DRAWS TO A CLOSE.

It was another good and well supported cross-country season for the club and its members, with an even better turn out than last year and some team and individual awards gained. So all in all, a very satisfactory season.

As usual the heart of the season was based around the Kent Fitness Sunday League but members made appearances for the club in several other competitions along the way with some success.

Kent KCAA Saturday League.

Representation in the Kent Saturday League was better than last year but still poor with four Harriers attending the first match way back on 8th October at Danson Park, Bexley and again four turned out for the third meeting on 19th November at Sparrows Den, Hayes. We did not manage to get anybody out for matches two and four and never got a team out, as you need three for the ladies and four for the men.

This is the main Kent KCAA league on just 4 Saturday matches through the winter. There are individual junior, senior women and senior men

races at each meeting so the fields are smaller and the standards higher than the KFL but many veteran runners still participate and you will get to see some of the fastest men and women athletes in the County. So come on you Harriers lets see if we can get a better turn out next season, there are only 4 matches and don't forget the club will pay your entry, so watch this Newsletter come next September for the dates and make a note of them in your diary and rearrange or cancel all weddings, funerals, christenings, operations, holidays, etc. Your club needs you!

Kent Clubman/woman & Veterans Championships-Goodnestone Park-10/12/05.

A very good turn out of no less than 24 Harriers for this annual competition held locally for us this year near Wingham. We managed to get teams out in the Clubman's, MV40, MV50, Clubwoman's and FV45 categories. We had a lonely **Liz Batchelor** in the Clubwoman's and **Wendy Osmond & Sarah Maguire** in the FV35 category, which was unfortunately one short of a team due to golf commitments for **Carol Reid** and sickness in the **Jenni Van Deelen** household! So the only category we had no representation in was the MV60 but as time goes by.....

We had team and individual success. Congratulations to **Roy Palmer** who came 3rd in

a close fought battle against top quality opposition in the Clubman's and to our FV45 girls who took first place in an even closer fought battle with Invicta EK and Ashford AC. **Barbara Wenman, Sue Denton and Wendy Smith** ably supported by **Dianne August** took the prize from Invicta (who were both only 1 point ahead of Ashford) due to the fact that Wendy as our third scorer was in ahead of Invicta's. So well done you girls.

Main Kent Championships-Wilderness School, Sevenoaks-07/01/06

Held at the same venue again as last year and another healthy turn out of members to represent the club in this high standard annual county competition. We had a team out in both the senior male and senior female races. Unfortunately the shortage of younger blood in our teams in this very high standard field was bound to tell and the men were 15th while the women achieved 9th position of 12 teams but they can all hold their heads high!

SEAA Veterans Championships-Mad Bess Woods, Ruislip-04/02/06.

The South of England Vets Champs has, for the past several years, been incorporated in the Reebok sponsored open international meeting held annually at Hartsdown Park, Margate. Unfortunately Reebok withdrew their sponsorship this year and the meeting was cancelled, so it was incorporated into the Middlesex Championships way over in Ruislip. We did have a men's team but due to injury and other problems in the end only **Neil Vaughan** made the long journey and was our lone club representative! But he did come a commendable 40th out of 106 finishers in the Vet50 category. So it was all worthwhile, eh Neil!

Kent Fitness Sunday League

The 7 fixtures in this league are the backbone of our cross-country season and are well supported by our club members and indeed for several years our club has hosted one of the fixtures with the venue at Blean Woods, Rough Common. After finishing the previous XC season as host venue on 20th February we were plunged straight back in hosting the first fixture of last season on 16th October. As usual, we could rely on many faithful club members to help organise and turn out for marshalling and this despite turning out a magnificent 32 runners to compete in the race (one short of the record turnout – Minnis Bay, Jan. 2004). We ended up in 6th position in the combined league and 3rd in the Women's league, a position the girls would not drop below at any of the seasons fixtures and indeed gaining 2nd position twice on their way to gaining silver medals for the runner up position at end of season. The women's team were 4th last season. The season progressed with

Knole Park 30th October, Swanley 13th November, Nurstead Court 27th November, Oxleights 18th December, Avery Hill 02nd January, and finishing at Minnis Bay 22nd January. In the combined league we gained two 5th positions and our best was 4th at the last fixture at Minnis Bay but despite this we remained in 7th place in the league missing out by 1 point to Paddock Wood AC in 6th place where we finished last season.

The increase in the overall numbers competing in the league (many now attracting over 300 runners with the record at 343 for the Swanley fixture) was reflected in our own numbers, well up on last year with total Harrier appearances at 176 (125 last year). There were 49 individual's appearances (41 last year) and no less than 23 (13 last year) managed the 5 or more appearances to gain a certificate and position in the individual league. Congratulations to **Frances Wood** who won the 3rd Senior Woman medal and scored for the team on no less than 5 occasions with strong support from **Barbara Wenman** scoring 5 times and **Sarah Maguire** scoring 4 times. Congratulations to all 13 girls who gained a runner up medal by either scoring for the team or giving good reserve support by making 5 or more appearances. The top scorers for the men were: **Tony McParland** (lead Harrier 5 out of 6 times), **Neil Vaughan, Dave Felton, John Collins** scored 5 times. **Steve Clark, Julius Christmas, Steve Reynolds** scored 4 times. **Russell Williams, Paul Curd, Mark Cooper** scored 3 times.

Individual medals are awarded for the first 5 senior males and first 3 senior females but only for first in all the vet categories (M40/45/50/55/60/65/70-F35/40/45/50/55). So though only Fran won a medal there were several other notable performances: **Sarah Maguire** 3rd F35, **Barb Wenman, Sue Denton** 2nd/3rd F45 respectively. **Tony McParland** was 11th Senior & 19th overall, **Dave Felton** 2nd M45, **Neil Vaughan** 5th M50 and **Russ Williams** 2nd M60. And finally, leading by example our glorious Coach **Gerry Reilly** was the only Harrier to make the full 7 appearances, although he didn't make the end of season relay competition! This was well supported despite clashing with the Dover Half on the same day. Sixteen Harriers turned out to make up 4 teams of five (some did two legs). We were the only club to get out 4 teams and our 'A' team were a respectable 9th of the 27 teams that competed. Afterwards we had a well-earned sumptuous banquet back at the Alexandria Suite in Swanley for the presentation of the awards.

What of next season? It is provisionally booked to kick off on 15th October and we may well be hosting the opening fixture again. Last season

will be a tough act to better, so come on you Harriers who have not yet dipped your toe into the mud of cross country (or have but dipped out last season), grid your lions! YOUR CLUB NEEDS YOU NEXT SEASON!

Steve Clark – Supreme Chief Cross Country Manager (and bar).

Train Less, Run Faster Can it really be true?

by **Paul Curd**

Can you run a faster marathon on less training? According to a new marathon-training programme from Furman University in the United States you can. The Furman Institute of Running and Scientific Training (FIRST) marathon training programme grew out of the experience of a couple of distance runners who found their marathon times increased when they began training for triathlons.

Readers of *Runners' World* magazine may have seen an article a couple of issues ago about the innovative programme that these two runners (who just happened to be physiology academics) developed. The general thrust of the "FIRST to the Finish" programme is that, providing you make sure every training session is quality session, **all you need is three runs a week**. No more, no less. According to FIRST, the programme will not only prepare you to run a marathon it will help you to run a faster marathon.

This assertion defies the conventional wisdom but it is said to be based on the results of scientific study. These results indicated that runners were able to run a faster marathon by running only three days a week, supplemented by **cross-training**, provided they followed a specific training plan.

According to the programme developers, a three-runs-a-week training plan makes running easier and more accessible, limits overtraining and, most importantly from my point of view, substantially **reduces injury-risk**.

I read the FIRST article soon after picking up a lower leg injury. The injury wasn't bad enough to stop me running completely, but it did severely restrict the length and frequency of my runs. As I have a place in this year's London I decided to give the FIRST to the finish programme a try.

The training program is made up of a speed session (Key Run 1), a tempo session (Key Run 2) and a long run. Runners can do the three key workouts in any order throughout the week as long as they allow at least one day between the key workouts. Runners are also encouraged to cross-train on two other days of the week.

Pacing is a crucial component to this training program. Every run is faster than I would normally run in training. Although my weekly mileage dropped by over 60 percent I found I was **more tired than usual at the end of each week** because each session – even the cross-training – was very tough. I began to think this might work. I was definitely enjoying the extra time I now had on my hands.

The proof of the pudding, though, would be in the eating. I had entered the Canterbury 10 and decided to use it as a yardstick to gauge my progress. Last year, I was training for the 2005 London marathon using a high-mileage, low intensity plan. I completed the Canterbury 10 in 1:07:47, so that was my target in this year's race.

Unfortunately, my injury began to interfere even with the FIRST training plan. I missed a couple of key runs (the long ones) and tried to compensate with extra cross-training sessions. When it came to my benchmarking race I felt distinctly under-prepared.

The result? I finished this year's Canterbury 10 in 1:11:37 – a personal worst.

How much was my finishing time due to injury and how much down to the FIRST programme? I'm not sure, but I suspect missing the key long runs really didn't help. Perhaps our coaches might have some thoughts on that? Meanwhile, anyone interested in the FIRST programme can find more information on the Furman University website:

<http://www.furman.edu/FIRST/index.htm>

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