



The Harrier

The newsletter of the Canterbury Harriers

Merry Christmas and a Happy New Year!

2007 has been a busy yet successful year for the Canterbury Harriers. Back in May we staged our major race of the Season - the **Whitstable 10K** - which was, yet again, a sell out event. In 2008 it will be classified as a Kent Road Races Grand Prix event.

In July we staged our first **Mount Ephraim 10K** in the wonderful surroundings of the Mount Ephraim House and Gardens. Due to its inaugural success we expect this event to grow and become a regular fixture in the running calendar.

It has also been a busy year for our club runners with excellent representation at most levels, local, national and international. Earlier in the year our **Women's team won top prize in the Kent Fitness League**. We had 19 members run in the London Marathon and runners also taking part in the Barcelona, Chicago, Stratford Shakespeare and the Three Forts Marathons. This year also saw our best results in the Saxon Shore Relay with both our elite Mens and Womens teams taking the top honours.

Behind the scenes the Committee has been hard at work, mostly arranging the Club's key races and delivering our strongest financial year ever. Thanks must go to our Treasurer, **John Minshul**, who has decided to step down. John has been a fantastic resource to the Club over the years and we are sure to see him marshalling at many of our future events. In his place we are glad to welcome Tim Richardson-Perks who has been an excellent Club Secretary. Carol Read has kindly taken on the vacated role.

Club membership has been steady with an average of 139 members. **Please ensure you renew your membership subs for 2008 ASAP** if you haven't already done so!

In 2008 the Committee will be working hard to improve our communications and we expect to see the launch of our new Club website early in the New Year. We hope to include member's forums, an online shop and more online editions of The Harrier. If you have any further suggestions for the website please contact any of the Committee members.

Events to look forward to in 2008

Inter Clubs Quiz Evening	March
London Marathon	13 th April
X- Country Presentation Evening	17 th April
Pub Run Season	April – September
Whitstable 10K	5 th May
Saxon Shore Relay	June
North Downs Relay	June
Mount Ephraim 10K	6 th July
Race For Life	July
Summer Relays	July
Le Touquet 10K	August
Crown Run/Fell Running Trip	August
Reims Half Marathon	October
Club AGM	October
Annual Presentation Evening	7 th December

Awards Presentation Evening

Earlier this month the Club held its annual Awards Presentation evening and Christmas Dinner at Boughton Golf Club. A great time was had by all: good food, plenty of wine, good company and some fine dancing!

However, the highlight of the evening was the presentation of the club's cups and salvers to mark the many fine, outstanding achievements of the year. Listed below are all the winners including those who were honoured earlier in the year for their Cross Country achievements. Well done to:

Karen Eley:	Senior Female – 10K
Heather Marshall:	Senior Female - 10M, Half M
Karen Brazier:	Senior Female - 20M
Liz Batchelor:	Senior Female - Marathon
Carol Reid:	V35 Female - 5K, 5M
Emma Greatrix:	V35 Female - 10K, 10M, Half M, 20M
Sarah Maguire:	V35 Female - Marathon

December 2007

Barbara Wenman: V45 Female – 5K, 5M, 10K, 10M, Half M, Marathon
Wendy Smith: V45 Female – 20M

Jackie MacDonald: V55 Female – 5K
Tina Jones: V55 Female – 5M, 10K, 10M, Half M, 20M, Marathon

Simon Jones: Senior Male – 5K
Tony Mcparland: Senior Male – 5M, 10M, Half M
Rob Szczepanick-Sloane: Senior Male – 10K
John Collins: Senior Male – Marathon

Roy Palmer: V40 Male – 5M, 10K, 10M, Half M

Tim Richardson-Perks: V40 Male – 20M
Dave Felton: V40 Male – Marathon

Mark Wenman: V50 Male – 5K, Marathon
Steve Clark: V50 Male – 5M, 10M, Half M, 20M
Paul Curd: V50 Male - 10K

John Marshall: V60 Male – 5M, 10K
Pete Greenwood: V60 Male – 10M, Half M

Other Awards:

Most Improved Female: Barbara Wenman
Most Improved Male: Mark Wenman
Most Outstanding Performance: Tina Jones (for London Marathon .)

Overall Champions:

Canterbury Harriers 2006-2007 Female Champion: Barbara Wenman

Canterbury Harriers 2006-2007 Female Championship Runner-up: Emma Greatrix

Canterbury Harriers 2006-2007 Male Champion: Roy Palmer

Canterbury Harriers 2006-2007 Male Championship Runner-up: Tony McParland



Presented earlier in the season :

Female Cross-Country Champion: Emma Greatrix

Male Cross-Country Champion: Tony McParland
(2nd Year running)

Most Improved Female Cross-Country:
 Wendy Osmond *(2nd Year running)*

Most Improved Male Cross-Country: Andy Farrant

Toads On Tour

By Martin & Sue Coombes

The TOADS - alias Tankerton Open Air Dippers - congregate at Tankerton Slopes on most days throughout the year. We are, at the moment, an unofficial gathering of quite mad girls and boys who enjoy the open air and challenge of swimming in all type of weather, winds and tides. We have been swimming together, now, for about five years and welcome new members-both mad or otherwise!!

Many of us are affiliated to the Amateur Swimming Association, and this allows us to compete in open water competitions throughout the season. We start competing in May at Colwick Park, near the National Water Sports Centre, at Nottingham and this year, our first competition in February 2008 will be the World Open Water Cold Water Swimming Championships at Tooting Bec Lido, in South London. This is a 100 yard long open water lido and these championships will be the first time that they are held in the UK. We expect

the water temperature to be about 3 degrees C!! - NO WETSUITS - just a swimming costume and however many swim hats that you can don!!

Martin & Sue Coombes are the founder members of the group and this year both of us competed in the European Masters Championships in Slovenia. The climax of the competition was the open water swim in the beautiful Lake Bled.

The course was 5K and this involved a lot of training at Tankerton during the summer before we left for Slovenia in August. Lake Bled has a real fairy-tale appearance with its cliff top medieval castle and a small church on a small island. It is home of the Olympic rowing team and the water quality was superb and at 22 degrees was a welcome change from the North Kent Coast.

Over 1,000 open water swimmers from all over Europe competed in the event which was organised into age groups, as is usual in Masters events. The lake was 2.5K long and so we just had to swim two lengths!! Unbelievably, the lake had lane lines!! There were buoys positioned every 25 metres, so it was quite easy to keep on line. The experience of swimming in clear fresh water, with incredible scenery was fantastic. Martin finished the course in 1 hour 17 minutes and was 2nd British man home in his age group. I finished, a little later, at 1 hour 51 minutes, but was very pleased to achieve 1st British lady in my age group.

The TOADS calendar includes events throughout the summer, including visits to the Isle of Wight for the Sandown to Shanklin sea swim, the Brighton Pier to Pier swim, Dover, Weymouth and Portsmouth, to name just a few.

The TOADS welcome new swimmers - escape lane rage and chlorinated water. We have several swimmers who are training for triathlon events and join us on an ad-hoc basis. All you need is a very large towel, baby oil and several swimming hats!!! Look forward to seeing you very soon.

P.S. We are planning to swim on Christmas Day. Boxing and also New Years Day – mulled wine and mice pies afterwards!! Please let us know as soon as possible, if you are interested, as places on these swims are hard to come by, so be quick, do not be disappointed!!

Canterbury Harriers London Marathon 2008 Programme

The 2008 marathon will take place on Sunday 13th April. This is a 15 week programme starting on 31 / 12 / 07 which builds up from a base weekly mileage of approximately 27 miles to a maximum of approximately 60 miles. As with all marathon programmes there is a “tapering down” period during the final 3 – 4 weeks.

Notes

- 1) The programme assumes a good basic level of running fitness to club standard. Adjust accordingly if this is not the case or if you are returning from injury.
- 2) All sessions and distances are *OPTIMUM*. Don't worry if you are not able to achieve all of the objectives but as a priority try to do as many as possible of the long weekend runs and targeted long distance races.
- 3) If you have difficulty fitting in the mileage during the week try doing 4-5 miles *easy* in the morning additionally on club session days (i.e. Tues/Thurs).
- 4) The programme is structured around various XC events, local distance races and local training session locations used by the club. There are three specific target races included in the programme. Note that all club runs on Thursday are minimum five miles. Routes can be adapted or lengthened to allow for higher miles if programmed.
- 5) The club coaches depending on the level of interest are planning to organise long Sunday morning group runs as part of the programme. If you are interested in joining the group please speak to one of the club coaches as early as possible in the programme. These runs are usually centred around Blean Woods.
- 6) The long weekend runs are primarily off road and routes involve mixed terrain and gradients. Generally try to do as much off road training as possible throughout the programme. This type of training delivers a number of significant extra benefits such as enhanced upper body conditioning, less wear and tear on legs (thus less scope for over - use injuries) and not least clearer air.
- 7) Try to fit in a basic head to toe stretch /mobilising routine each day (over and above the normal pre and post training stretch routine). As with any intensified training programme consider also doing a couple of low key weight sessions of 15 – 20 mins duration per week using light free weights for upper body conditioning and strengthening. For further advice on these routines please speak to any of the club coaches.
- 8) If you are tired, suffering from cold or flu symptoms, have an injury niggle or just feel out of sorts *miss out*

on the run or session – in a programme of this length missing out on a few runs or sessions will not undermine your overall race preparation.

9) Right from the start of the programme you should drink significantly more water both as a daily routine and specifically on long runs. Drink considerably more water than normal on each of the four days before the race.

10) Pay attention to diet needs. Throughout the programme and particularly after long runs and endurance races eat more than usual and ensure a good intake of vitamins preferably via fruit and vegetables. From Wednesday onwards in race week try to eat at least one relatively large high carbohydrate meal (pasta etc) each day including one on the evening before the race.

PLEASE NOTE IN PARTICULAR:

A) EASY means EASY , STEADY means SUSTAINED BUT COMFORTABLE ,
BRISK means SUSTAINED WITH EFFORT AT JUST BELOW (SLOWER THAN) NOTIONAL 10K RACE PACE WITH AN EASING DOWN TO JOGGING PACE IN THE FINAL 100 METRES.

B) All distances are in miles unless stated otherwise.

C) It is important when doing club sessions that individuals train at their own optimum pace.

D) There are no short cuts in marathon preparation even for experienced marathon runners. If you want to do yourself justice in the race you have got to do justice to the programme you are following.

E) REST means REST.

If you have any queries or comments about the programme or need general advice on marathon preparation speak to any of the club coaches

Gerry Reilly, 15th December 2007

Cross country season 2007/8 Kent & SEAA fixtures list

Remaining dates for season as from Christmas

Date	Day	Fixture	Venue
2007			
30th Dec	Su	KFL-Fixture n 5	Avery Hill Park
2008			
		Kent	
05th Jan		Championsh Satips	Kent Showground, Detling
13th Jan	Su	KFL-Fixture n 6	Minnis Bay
		SEAA	
26th Jan		Championsh Satips	Parliament Hill
		SEAA	
		Veterans	
02nd Feb		Championsh Satips	Mad Bess Woods, Ruislip
03rd Feb	Su	KFL-Fixture n 7	Oxleas Meadow, Eltham
		Kent County	
16th Feb		League-Sat	Nurstead Court
		Fixture 4	
		National XC	
23rd Feb		Championsh Satips	Alton Towers
		KFL -	
09th Mar	Su	Presentation n Relay	ShorneWood
		Southern 12	
06th Apr	Su	Stage n Relays	Milton Keynes

For further information please speak to Steve Clark

Calling All Budding Writers

If you would like to contribute an article to The Harrier please contact Gerry Reilly. We are always looking for race reports, stories and running trivia.

Canterbury Harriers Committee

Marco Keir:	Chairman	-	276029
Tim Richardson-Perks:	Treasurer	-	07792 833846
Roy Gooderson:	Admin Officer	-	454449
Carol Reid:	Coach & Secretary	-	379055
Gerry Reilly:	Head Coach	-	477148
Steve Clark:	Coach	-	711272
Sue Reilly:	Membership Sec.	-	477148
Sean Reilly:	Web Master	-	730816
Susan Coombes:	Runners Rep	-	275221
Brian Fennelly:	Runners Rep	-	01303 891357
Daniel Rumble	Runners Rep	-	742738
Matt Wade:	Runners Rep	-	459335
Mark Wenman:	Runners Rep	-	765336