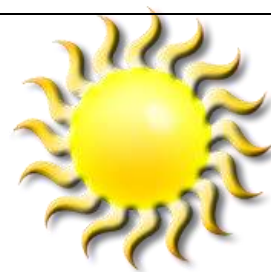




The Harrier



The newsletter of the Canterbury Harriers

Summer 2009

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Welcome to the Summer Harrier Newsletter.

Now that the dust has settled on the Spring marathon season it is timely to reflect on the highs and lows of the 25 Harriers who set out over recent months to complete the tortuous 26.2 miles. Neil and Sally were really keen tackling more than one. We salute all Harriers who put themselves to the test and completed the distance - whether it was a PB achieved, a debut performance, a crash at 20 miles, or what might have been if only that niggle hadn't interrupted training. In Gerry's case it was a hard, but wise decision, not to run and to respect his lack of training through injury. For some it may have provided the springboard for the next marathon, whilst others will need to be persuaded to toe the line again!

Although the London is the showcase Marathon and rightly gets most of the headlines let's not also forget the other Marathon's with Harriers running in such diverse locations as Blackpool, Bungay, Stratford upon Avon, Edinburgh and Dusseldorf. In this issue we are very fortunate to have the reflections of Kate, Simon, Charlie, Iain, Ryan, Tina and Carol on their respective marathon experiences.

Whilst the marathon scene has dominated racing, the rhythm of the Club has continued with the weather improving (at last), the lighter evenings enabling a transition to grass training on Tuesdays, the first of the Summer relays, the running of our own Whitstable 10K and the start of Friday pub runs.....

We welcome new members to the Club who are enjoying the running scene for the first time or are experienced runners who already know the ropes. Whatever the standard, experience and motivation our aim is to provide an athletic environment where running aspirations can be met and all within the fabric of a friendly social mix.

We also have our own Mt Ephraim 10K on Sunday 5th July and assistance will be needed from Club members to help with a wide range of tasks to make this another successful event and a good opportunity to raise money for the

Demelza Children's Hospice. Watch out for further details on how you can help on the day with marshalling and other race related tasks. We shall also be giving a warm welcome to our

Reims twinning friends and will be offering to them the same hospitality that we receive on our French visits.

We are sorry to be saying goodbye to Daniel Rumble who is making a career move to Warwick. Daniel is an excellent runner, participating in many races as well as being a Runners Representative on the Club Committee. Good luck Daniel...

As well as marathon news the Summer Newsletter also has the first in a series of articles on treating common injuries by local Physiotherapist George Johnson, news of the X-Country awards and presentation evening, and a gallery of photos from the Whitstable 10K.

Enjoy.....and keep running



Marathon Reflections.....

Sunday 5th April 2009 Blackpool Marathon - Kate Marsh



Running a Marathon is something I have always thought I would one day love to do, but I would never have dreamed of actually doing one.....until Blackpool.

I travelled up to the race HQ (and our crash pad for the weekend), the Hilton Hotel in Blackpool, on the Saturday with my faithful cheerleader, my mum, at my side. After a good 6 hours of 'Eddie Stobart' spotting on the motorways, we arrived to what can only be described as 'blooming windy Blackpool'.

We were too early to check in at the hotel, so the only way we could think of to take our minds off the wind was a good look round the shops and a trip to Primark, and quite a big Primark it is too. It must have helped because by the Sunday morning the wind had gone and the sun was out in full force!!!

The Sunday morning, before the race, went far too quickly; it felt like I spent the whole of it having an out of body experience. I think that I didn't really believe I was there to do the Marathon. After forcing my porridge down my neck, my time was divided into making sure I had everything on me that I might or might not need and going to the loo!! Only good thing was that because we stayed at the Hilton I was using their toilet and I never needed to queue, I didn't see a portaloos all weekend!! Standing at the start, still having my out of body experience, I was trying to spot all the other Marathon runners as the Half Marathon runners were all mingled in....there were definitely more Half runners than full, did they know something I didn't??? I wasn't feeling too bad for the first half and lap, it was only when I

saw the Half Marathoners peeling to the finish and walking along the promenade with their medals that I realised I could have quite happily finished with them!!!

I did keep going though and although I finished in a slower time than I would have liked to, I loved every minute of it. I even found a friend at 20 mile, it is surprising what you talk to a random stranger about on a Sunday morning, well afternoon at this point, we chatted all the way to the finish and I can only remember his name! It is one of the things I love about events, you never know who is going to be running, and just at the point when you think you are on your own you find that you're not.

I was asked before I went to Blackpool how I was feeling, I think I felt good, but I didn't really know how I was supposed to feel. Do I know now?? I'm not sure but I am determined to do another one and find out!!!

Well at least I got a free suntan! – Iain Smith – London Marathon

Were the only words of comfort I could offer myself after finishing this year's London Marathon in 4 hrs 8 mins, a personal worst and almost half an hour outside my previous PB and planned time. Even more disappointing as my entry was a club place and I was keen to do the Harriers proud.

I could fill the rest of this article with a whole list of reasons why the performance didn't meet with expectations but actually it boils down to needing to training harder, eat less cheese and drink less red wine and beer; hmmm if that's the case maybe I might settle for the +4 hours time from now on!

Despite the slow time, this year's marathon was still a great experience with the sunny conditions contributing to the spectator's enjoyment of the event. Some of the beer fuelled encouragement I got in the last few miles was just the boost I needed – and no I didn't stop for a pint or two even though it was a tempting prospect.

I have now completed 7 marathons and whilst the elusive PB is my main motivation, and frankly the only reason I turn up for an Elliot Hills session on a wet Tuesday in February, my other objective is to raise funds for Leukaemia Research. I continue to support this particular charity in memory of my younger sister, a county athlete herself, who died aged 21.

Whilst raising funds is never easy my tried and tested method encourages work colleagues to enter a sweepstake to guess my finish time with the closest guess winning a bottle or two. This has proven to be a popular way to raise funds and often leads to considerable debate over my current running form and more importantly the quality of the prize on offer. I am generally more confident of the prize having usually sampled a number of bottles – just to be sure!

Whether we achieve our PB in style or simply stagger over the line we are all contributing to a sporting spectacle which raises millions for worthy causes each year. The comment made by the driver of the train I caught to the start in Blackheath really sums up the event when over the loudspeaker he said "Good luck everybody, you are all winners today".

One Man and his Marathon – Simon Dunn – London Marathon

The London Marathon is a veritable Bermuda Triangle for the unwary runner, sucking them in and causing them to disappear for months at a time only to emerge blinking into the early morning light on Blackheath. April 26th 2009 was the third such journey for me, the climax of months of long runs, speed sessions, carb loading and measuring heart rates and minutes/mile. There is nothing quite like this race; the sheer mass of humanity running and cheering, the buzz of the start line, the stories, the charitable causes, the pain of the closing stages and the exhilaration of crossing the finishing line. Where else can someone like me, the habitual back marker of school cross-country runs, line up with, start with and run in the same race as the very best in the world? OK, by the time I finish they have given their

interviews, showered, changed, eaten and are halfway across the world but we started together!

Lady Marathon, whether dressed in her London finery or in the more sober attire of a smaller scale event, is a harsh mistress, always demanding her price. We all know it is a race of 3 thirds: the first 20 miles where you just need to run a long way steadily, the last 385 yards where all problems disappear albeit briefly and the middle 6 miles. This middle section is where target times and race plans blossom or come crashing to earth. In all 3 London's that I have run this is the point where cramp has supervened and my sub-4hr plans have run aground. This year I felt my training had gone well and that I had a drinks strategy that I followed reasonably well but still at 19-20 miles I felt the twitches in my legs that heralded full-blown cramp at 22 miles and forced me to walk the majority of the final 4 miles. Every time I broke into a light jog both legs would explode and I was unable to sustain it.

Frustrated I did some research on cramp over the next few days. The evidence does seem to be difficult to pin down and no-one seems to agree on a common cause. I did however find one review that made a lot of sense to my experience.

Two types of cramp are described; firstly a cramp in a single muscle group, relieved quickly by ice, stretching and massage and caused by fatigue, either fatigue of a long run or poor training.

There is a second sort of cramp, exertional heat cramp that affects multiple muscle groups and does not respond to the simple measures above. It is heralded by involuntary spasms and twitches to be followed some 20-30 minutes later by a full-blown attack. It normally strikes runners who sweat excessively with high concentrations of salt in their sweat, the so-called salty-sweater (you know who you are). This is thought to be caused by a fluid and salt deficit in the tissues, but one that is not practical to reverse simply by taking on more fluid.

Such an attack may be postponed by using a sports drink such as Gatorade with an added ¼ teaspoon of salt as soon as the initial twitches begin; this can buy a runner an extra symptom-free hour. Equally important is pre-loading with salt in the week or so prior to an endurance run. The practical applications of this approach and how useful it is are something I need to investigate further.

Lying on Horse Guards Parade and complaining in an ungentlemanly and unseemly manner I vowed never again. By Tuesday I knew I would come knocking again, maybe not London, maybe not soon but I will be knocking again. Hopefully next time I will know how to lay the cramp demon to rest. And if not there's always the time after that.

Ryan Bullows - The Rotary Shakespeare Marathon 26/04/2009

Training started in January and I really wanted to follow the Marathon programme to the letter, however due to an ankle/knee injury and a dose of flu my training didn't start that great. I ended up being a week or two behind schedule by the time the marathon started but in spite of the injuries I kept myself fit through cross training, swimming and cycling.

Prior to the marathon training I was already running 40-45 miles per week anyway, so once I recovered I knew I just had to include quality longer runs. When the training was at its most intensive I was doing 13-15 miles 4 to 5 times a week. Unfortunately I only managed to squeeze in two 20 miler's before the race. In hindsight I wish I had added a couple more and entered a few races before the marathon.

Training went well once I recovered from the setbacks, and on every run I was determined to push myself more and more. I really wanted to give my first marathon attempt my absolute best. I really didn't want to come away from the day disappointed, or not happy with my time after 14 weeks of training.

However I was feeling good and felt that as I was putting in the mileage and running hard, I would set myself a target of doing 3hrs 30. Knowing that this was my first marathon I didn't want to set any unrealistic goals.

I travelled up on Saturday, the day before, so that I could be as properly prepared for the race as possible. We stayed in an YHA (Youth Hostel) which was not bad for cheap accommodation - that was until I saw the bunk

beds we had to sleep in. I thought "the last time I slept in one of these was when I was 5. Now I'm sleeping in one the night before the toughest race I'm ever going to do". My concerns were right it was an ugly night's sleep.



I was awake for 7am, and got ready for the race. I was feeling ever so nervous, in fact thinking about it I was feeling nervous right from finishing work on the Friday. We got to the start line at 8.15am; there were lots of people; runners and supporters. It was like a rainbow of colors from the running vests. I remember the adrenaline was pumping, I was there, the training had got me that far, I was thinking that in a moment I would be off into the unknown, my first marathon. Everyone was warming up and doing their stretches in and around the start line, 9.30am was fast approaching.

The claxon sounded and we were off, heading through the streets of Stratford-Upon-Avon. There was a real buzz from the start, everyone excited and happy to talk to each other. The weather was getting warmer, clouds opened up and the sun came out. It was going to be a tough one with the

warmer weather. I was talking with other runners about what they were aiming for, as I was hoping to tag along with another runner that was aiming for my target 3hrs 30. I found one, Curt from Leicester he was aiming for 3:15 so I thought that would do. I stayed with him until the 12-13 mile mark, when I then decided that I could push on as things were going good.

I had a spring in my step and I was feeling comfortable. I then hooked up with a guy from Salford, he was aiming for 3:10. I was still feeling good and I kept with him until the 19 mile mark, I then felt that I could push on further still. Ahead of me there were lots of people dropping out or walking, I just kept pushing myself. There was no way I was stopping, not after all that training.

The 22 mile mark was the point at which I was feeling it; my legs were starting to tighten. It was now a countdown of the mile markers, each one getting tougher and tougher. The crowds were amazing and I felt a surge of energy when a group were cheering and clapping me on.

At the 24 mile mark I had to shorten my running stride, it felt like every time my legs were coming up the back of my thighs were going to cramp up. The last couple of miles were the longest I have ever run, there seemed no end to them. As I went past the 25 mile mark, I could hear the crowds cheering in the distance and the PA system announcing the runners at the finish. It was enough to put a little life back in my legs, I pushed on, passing more runners that were having trouble and had to walk.

There were huge crowds at the finish, everyone cheering. I heard my name on the speakers and thought "Yes" I've made it. I crossed the line and stopped running and my legs turned to jelly. I thought that if I were to stop moving I would just collapse. I had to walk around a little, someone gave me a medal and drinks, and they went down beautifully. It wasn't until thirty minutes after I had finished that I checked my finish time on my watch 3:14. I was chuffed to pieces. Curt, the guy I ran with earlier in the Race, came up to me and congratulated me. I now had the biggest challenge - the three hour drive back to Canterbury..... Ouch.



Just a quick story – Charlie White

Brilliant trip up to London on the Sunday with The Harriers, thank you to Gerry for organising!

As you may know Canterbury Harriers is my second claim club, Thanet Roadrunners being the first. My training had gone well up until February 15th when I ruptured my Adductor Muscle in the Tonbridge Half, 3 miles in. So I started London about 200 miles below last year's training schedule. I was hoping for a PB of around 4 hours as my previous year was 4 hr 20 mins.

Anyway, at the Hastings half, (which was my first run after injury), I bought some "Jelly Shots" in the hope that it would give me the energy I needed for London instead of the "jelly Babies" I took last year! During London things were going well up until mile 20 when (due to feeling a little unwell) I had to slow up, eventually finishing in 4.5 hours. Having eaten approximately 14 "Jelly Shots" and still feeling unwell, all I wanted to drink was a BEER; it was all I could think of! I hadn't drunk beer for approximately 13 months! But I wanted a needed a BEER!

Rather than going to The Children with Leukaemia Hospitality, (my chosen charity), all I was looking for, was a pub! So I walked towards Charing Cross Station where I was due to meet my wife, and there like an Oasis in the desert was Wetherspoons! I was gagging for a BEER!

I went in but couldn't see the bar! So I asked a young lady which door did I need for the bar? She looked puzzled, didn't answer, so I walked out. Just to check I was in the right place I looked up and saw, WETHERSPOONS, so I walked back in and asked her again. Looking puzzled she answered, "I don't know what you mean sir". I said, "Look this is Wetherspoons isn't it"?

She replied, no "It's WATERSTONES". I went back outside looked up at the sign and thought, "why haven't they changed the sign then?"

It was only after I had met my wife from the station, walking back past, what I thought was Wetherspoons, and it did actually say, Waterstones! Seeing the funny side, we walked back towards our Hotel, eventually finding a REAL WETHERSPOONS where I indulged in 2, yes 2 pints of well earned BEER!

Great day, Thanks Harriers!! Sorry you have a nutter amongst you, but at least I'm only a second claim member!

LONDON MARATHON – Tina Jones

NEVER AGAIN – is that something you recognize yourselves saying over and over just before a marathon after the hard slog of training during long cold winter months? It's certainly something I said quite definitely this time and meant it even after the euphoria of crossing the finishing line. I was still saying it when I met up with my family but my son quickly reminded me that I had promised to run a marathon with him next year, so what can a Mum do in a weak moment but agree?!

This was my 8th London Marathon and probably the toughest I think, but there is something about this amazing event that keeps me going back for more. Anyone who runs this will tell you that the crowds are simply amazing especially so when you are struggling to finish the last few miles, somehow they will you on in spite of the pain!

I am very fortunate to be able to be at the green start which only has about 3,000 runners lining up compared to about 30,000 at the red start. Loo queues are much smaller in fact a fellow runner described the green start as being in first class travel! It is much quicker getting across the start line too; it only took me about a minute compared to about twenty minutes when I went from the red start. This year I was lucky enough to have Barbara (Wenman) at the green start with me, lots of celebrities go from here too so Barbara and I forgot our nerves for a bit whilst we joined others in trying to spot who was who. I also met up with some of my old friends from Welwyn Garden City with whom I used to run when I lived there. I started my running life with the Garden City Runners ten years ago and it is them I have to thank for encouraging me through those early painful days! I was proud to be able to introduce Barbara to them and show that other clubs have lovely people in them too.

There is so much more to running a marathon than just the day. There are those tough but necessary mid week training runs under Gerry's watchful eye which promises to make us stronger and faster, but it is the friendship and support of fellow club members that make me climb out of my warm bed for those long weekend runs often in cold, wet conditions and make it all worthwhile. I have to thank Wendy (Osmond) and Debbie for being so welcoming when I joined the Harriers nearly three years ago. They have become good friends and running companions. We share ups and downs together, giggle together, encourage each other and always so happy for each other when we've had successful race, I couldn't do it without you guys – thank you. Between us we have formed an 'improvers group' for our Tuesday and Thursday runs and are delighted that quite a few new runners have joined us which is really encouraging and doing some great times.

I have run eleven marathons now. When I find the going tough I continually find inspiration from some amazing people out there running under all sorts of adverse conditions, these runners are the proper celebrities of the running world. I am lucky with my health and I hope to keep going for many more years, so in the words of John Bingham (Runners World) – waddle on friends!

Carol Reid's Edinburgh Marathon - 31st May

After making the decision not to do the London marathon this year and to go to the Scottish capital instead, my training didn't quite go according to plan. My first injury in 22 years meant I didn't do any running for almost 4 weeks in February/March, and then, just as I was getting back on track, I dropped a storage jar on my big toe, which still hurts! I knew I wasn't running anywhere near my best but I managed to get 2 20-mile training runs in and I decided to go to Edinburgh and "just enjoy it".

I flew up on Friday afternoon and met my older sister and brother-in-law for a meal at one of my favourite vegetarian restaurants. All plans of no alcohol and an early night went out the window when my sister and I decided to share a bottle of wine and we sat talking into the wee sma' hours. Walking back to my hotel I realised that an early night may have proved difficult anyway. I had booked myself into a hotel in a street which was once full of life assurance companies and banks but has now been taken over by shops, bars and night-clubs. My room happened to face a night-club which was clearly the place to be on Friday and Saturday nights, and I lay awake listening to all the party-goers until 4am.

A late breakfast on Saturday was followed by a coffee with the rest of the Harriers (Wendy, Sally, Julia and Debbie) when they arrived and then we all went on an open-topped bus tour of Edinburgh. Wendy nominated me as translator but in fact it was me that needed the translator because our guide was from London.

A picnic lunch in Princes Street Gardens was followed by a walk and chat with a friend in the Botanic Gardens and then an early pasta dinner with the others.

After another restless night I was up early to carbo-load a bit more before heading to the start. A 5-minute walk from my hotel and no toilet queues seemed too good to be true. It was – suddenly everyone decided they needed to go and the queues stretched for miles. Fortunately a few of us found some workers' portaloos. It was a case of hold your nose and don't touch anything but they served the purpose.

It felt pretty warm even when the race started at 9am but the first part of the course was mainly downhill and there were a few sights to look out for – the Scottish Parliament, Arthur's Seat, Meadowbank Stadium etc. When we reached the coast at Leith there was a slight breeze and a friend of mine appeared on her bike to support me. After that she kept popping up ever 2-3 miles to cheer me on and it gave me a great boost. The crowds were great too, shouting my name. Even when my name tag fell off at 7 miles there still seemed to be people who knew me – much to my surprise!

The course passes the finish at Musselburgh at 9 miles and then goes out along the coast through various villages before turning at 18 miles and heading back to Musselburgh racecourse for the finish. It's almost entirely flat and if it hadn't been for the unusually high temperatures, is a good course for a PB. I was close to my PW but I thoroughly enjoyed it (I can't believe I'm saying that about a marathon!) I even managed to pick up the pace in the last 2 miles and passed several of the "Hairy Haggis" relay runners who ran the same route but in teams of 4.

There were shuttle buses to take runners back to the city centre and I just had time for a quick shower and a trip to another veggie restaurant before heading to the airport. All in all it was a great, if unexpectedly, hot weekend and I'd definitely consider Edinburgh as an alternative to London next year.

Holiday Retreat - special rates for members...

Barbara and Mark Wenman would like to offer Canterbury Harriers members a discount on the usual rental rates for their holiday home in France. They offer a 20% throughout the year apart from July, August and September. It is an old stone farmhouse in the Gers (formerly Gascony) in South West France, set in beautiful rolling countryside ideal as a training base. www.farguet.co.uk

X-Country Presentation Evening –

The distant memories of ice at Minnis Bay, snow at Knowle Park and mud at every other venue during the 2008/09 season were brought sharply back into focus at the X-Country Presentation evening held at Kings. We were there to celebrate and acknowledge the achievements of Harriers that were highly placed in the aggregate positions and for those that had dutifully turned out for race out after race to represent the Club. Well done everyone and particular congratulations to the winning Ladies team in the KFL. Come on you men next year.....

Gerry and Steve held the 'mic' for the evening (sometimes at the same time!) and Marco presented the awards. We also enjoyed an informative talk from George Johnson (more later) on treating basic running injuries. The evening is told in pictures...

KCAA Award

Jenni Van Deelen – KCAA
Saturday League Women's
Veteran Runner-up Trophy and 5th
in the overall Women's league



KFL XC LEAGUE Honours.

Female League champions team medals:

Wendy De Boick - 7 appearances

Wendy Osmond - 5 appearances, scored once

Priscilla Howell - 5 appearances, scored once

Sarah Maguire - 6 appearances, scored four times

Amy Hicks - 5 appearances, scored five times

Jenni Van Deelen - 5 appearances, scored five times

Barbara Wenman - 7 appearances, scored five times



KFL Individual League Category Awards

(Qualification is 5+ appearances)

Amy Hicks – 3rd senior female

Barbara Wenman - Female V50 Champion

Jenni Van Deelen – female V40 Champion and Most Improved Female overall

KFL Individual League Certificates

(qualification is 5+ appearances).

Females:

Wendy De Boick	V55 Category 4th
Wendy Osmond	V40 Category 9 th
Sarah Maguire	V35 Category 5th
Priscilla Howell	Senior Category 10th

Males:

John Hartley	V60 category 14th
Steve Clark	V55 Category Runner-up
Jo Hicks	V55 Category 9 th
Peter Yarlett	V55 Category 13 th
Mark Wenman	V50 Category 4 th
Bob Davison	V50 Category 8th
Andy Farrant	V50 Category 12th
Martin Coombs	V50 Category 13th
Neil Godden	V50 Category 19 th
Martin Cooper	V45 Category 9th
Steve Reynolds	V45 Category 15th
Bob Pullen	V45 Category 22nd
Colin Kent	V40 Category 14th
Rob Dowling	Senior Category 6th
Wim Van Vuuren	Senior Category 38th





Club Shirt Awards for 6 plus XC's

Ladies:

Jenni Van Deelen - 11
Barbara Wenman - 8
Sarah Maguire, Wendy De Boick – both 7
Amy Hicks, Jacqueline McFarling,
Wendy Osmond,
Kate Marsh – all 6

Men:

Neil Godden - 11
Steve Clark - 12
Andy Farrant - 9
Mark Cooper, Bob Davison, Joe Hicks,
Steve Reynolds, Mark Wenman,
Peter Yarlett, John Hartley – all 8
Martin Coombes, Rob Dowling,
Jason Furminger,
Colin Kent, Alastair Telford,
Wim Van Vuuren – all 7
Bob Pullen, Dan Rumble – both 6



Overall Awards

Jennie Van Deelen - Club most improved XC runner female

Mark Wenman - Club most improved XC runner male

Amy Hicks - Club overall XC champion female

Rob Dowling - Club overall XC champion male

The Treatment of Acute Sports Injuries - George Johnson MCSP

What do we mean by "acute"? This is a complex subject but in general an acute injury is an injury that has recently occurred. Such injuries will be classed as acute for the 48 - 72 hour period after occurrence, depending on what is injured and its severity.

Sports injuries occur as a result of physical activity involving running of various kinds, whether carried out for recreational purposes or with more serious goals in mind. They may be caused by accidents or by overuse, and they do not necessarily differ from injuries sustained through non-sporting incidents.

Most sports injuries are minor and would not prevent the average athlete from continuing their daily work, but as many people become more seriously committed to sporting activities, continuing daily work is no longer the only consideration. The injury must be treated effectively so that leisure activity and a return to running can be resumed at the earliest opportunity.

I have chosen this subject as the first of a series because this area gives me in my Physiotherapy practice the most concerns. It seems that lots of sportsmen and women get very confused as to what is the most effective treatment at the time of, and directly after, an injury, so I hope that this advice will be of benefit to everyone.

In the unlucky event of you sustaining an injury and there is no Doctor, Physiotherapist, First Aider or similar present, these are the actions to take:

When soft tissue injuries occur, the first priority is to attempt to stop the internal bleeding (this may be caused by small amounts of capillary blood vessels damaged inside your tissues) that leads to swelling, pain and tenderness. The general rule is that the lighter the bleeding, the faster the effusion of blood disappears and the less scar tissue forms in the injured tissue. Therefore, in cases of soft tissue injury, reduce the extent of the bleeding by rapid cooling, compression bandaging, maintaining the injured limb in an elevated position, and rest. This enables the healing functions of the body to take effect more easily.

Cooling of body tissues brings about a local pain relieving effect which makes the injured athlete feel better and may well encourage him/her to return back to running too soon. You must remember if an injury needs cooling it is often of such severity that further exertion will only delay healing. ***Common sense should prevail...***

The contraction of blood vessels by cooling restricts blood flow in the injured area leading to less swelling and healing is able to proceed more rapidly.

Methods of cooling.

Disposable ice packs, reusable ice packs, cold water or my favourite and the best method (but not always available) ice packs (or a pack of frozen peas).

Do's and Don'ts

Do - put your ice in a plastic bag.

Don't - Ice packs must never be placed directly on the skin but should be separated from it by one thickness of elastic bandage, a handkerchief or something similar.

Do - Make a note of when you put the Ice Pack on. It should remain on for only 10 - 15 minutes, with at least a 2 hours gap between icing - time it.

Don't - Put ice packs directly on open wounds or on your CHEST.

At the same time as a soft tissue injury is cooled, a compression bandage should be applied (you can take it off at night). A simple Tubi-grip type bandage from the chemist is sufficient.

The aim is to provide counter pressure to the bleeding developing within the injured area so that the body's own functions take effect more easily.

Rest - It is generally true to say that an injured person should rest for 24 - 72 hours and that the injured area should not be subjected to loading or weight. It follows, therefore, that they should be assisted from the scene of injury and taken home, to hospital, or a Doctor or Physiotherapist, as soon as possible.

Elevation - When an injured area is elevated, the blood flow to the area is reduced, thus reducing swelling. Subsequently, the injured part should be elevated, if possible, whenever the opportunity arises.

You may be thinking, is there an easy way to remember these very important points - follow these simple steps and you will help yourself and your health professional a great deal and be returned to your sport or activity as quickly and as safely as possible.

ALWAYS FOLLOW PRICE.

P - PROTECT --- YOUR INJURY.

R - REST --- YOUR INJURY

I - ICE --- YOUR INJURY

C - COMPRESS --- YOUR INJURY

E - ELEVATE --- YOUR INJURY.

WHEN YOU DO USE PRICE AVOID HARM.

H - HEAT - NEVER USE HEAT ON AN ACUTE INJURY (AVOID HOT BATHS, HEAT RUBS)

A - ALCOHOL - ALCOHOL OPENS UP BLOOD VESSELS.

R - RUNNING - NO LOAD ON YOUR INJURY

M - MASSAGE - AT THIS STAGE IT WILL ONLY MAKE YOUR INJURY BLEED MORE.

Well that's it! So now if you do suffer an injury running or in your everyday life, you have no excuse: follow PRICE, avoid HARM, and CONTACT your local Physiotherapist as soon as possible.

If you have any questions or problems why not e-mail me? I will be glad to help.

Good luck and stay injury free.

George Johnson MCSP

George spoke at the X-Country Presentation evening and has now agreed to submit a regular article to the Newsletter on avoiding and treating sports injuries.

George is the former first team Physiotherapist to Gillingham Football Club and has worked in many of our foremost football grounds, including Wembley; and has met almost every footballer and managers (including six England managers). He has many happy memories of his time in the game.

He is a Chartered and Registered Physiotherapist whose main interest is in the prevention and treatment of sports injuries. He has worked with a number of different sports teams and individuals of all ages and abilities, and from all sports. He is also a UK Athletics Recommended Practitioner.



George has undertaken the role of Physio for the England Hardball Hockey Team as they embarked on their quest to qualify for the World Cup Finals in the USA, at the World "B" Finals in China. George still keeps his hand in by occasionally helping Herne Bay United Hardball Hockey Team in his home town.

He is now working in a part time role with Terry Yorath and Neville Southall as Physiotherapist to Margate Football Club, as well as working full time at Affordable Physiotherapy Clinic, Herne Bay.

George provides rapid diagnosis of injuries to enable the correct treatment of the problem and the underlying cause. He also believes in patient education, giving his clients the knowledge to enable them to help themselves and avoid future injuries.

You can contact George at any time **and a 20% discount will be offered** to any members of Canterbury Harriers.

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 Herne Bay
 Kent CT6 7TW

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Committee News

- Many thanks to all of you that helped at the Whitstable 10K.....
- Congratulations to Steve Clark who is now a Level 2 coach.....
- Help will shortly be sought for our next race promotion the Mt Ephraim 10K on the 5th July....
- Contact asap Roy Gooderson if you wish to reserve a place – preferably with a £10 deposit - for the Le Touquet trip on the 22nd August...

Management Committee: Contact your Management Committee to raise any issue. Committee meetings held are on the 2nd Tuesday of each month

Marco Keir	Chairman	276029	Sue Reilly	Membership Secretary	477148
Tim Richardson-Perks	Treasurer	07766 347466	Sean Reilly	Web Master	730816
Roy Gooderson	Admin Officer	454449	Mark Wenman	Runners Rep	765336
Carol Reid	Secretary/Coach	379055	Wendy Osmond	Runners Rep	266940
Gerry Reilly	Head Coach	477148	Peter Yarlett	Runners Rep	263346
Steve Clark	Coach	711272			

Whitstable 10K

The Whitstable 10K held on the first May Bank Holiday is our premier promotion and is part of the Kent Grand Prix series. We are pleased that through organising the race we are able to support the very worthwhile Dave Lee charity for disadvantaged children.

Part of the income from the race also provides a cushion to club funds that enables the cost of many of our activities to be subsidised or provided at no cost at all to members. This year's event went very well but, as ever, there are lessons to be learned. Given the number of runners the finishing arrangements need to be reviewed once more and we need to get more small T-shirts for finishers!

The following photo-series shows some of the more 'candid camera' moments:

Joe about to pole vault into the sea; whilst Colin takes avoidance action..... ►



Dave Lee giving encouragement at the start... ▲



The race is underway.....▲



Tim directing the race prior to the start.....▲



◀....Gerry getting to grips with the bunting at the finish

Roy and Sue 'drilling' into the race entries list.....▶



◀.....Everything ready at the finishing funnel for the runners

The chicken looking incredibly 'fresh' at the finish.....▶



Marathon	Runner	Age	Time	Position	Rating	Notes
4.4.09 Paris Marathon	Neil Godden	VM55	3:56:46	13156	65.13	
4.4.09 Blackpool Marathon	Kate Marsh	SF29	5:16:45	604	43.84	Debut
19.4.09 Bungay Marathon	Colin Kent	VM43	3:28:40	54th	63.15	Debut
	Francis Maude	VM42	3:28:23	53rd	62.78	PB
	David Felton	VM51	3:15:29	24th	71.64	
26.04.09 Rotary Shakespeare Marathon	Ryan Bullows	SM34	3:14:07	60	65.34	Debut
	Barbara Hutton	VF43	3:50:18	328	63.41	
26.4.09 London Marathon	Emma Greatrix	VF37	3:30:47	535	66.01	
	Barbara Wenman	VF51	3:21:01	278	77.90	7 th VF50; PB
	Mark Wenman	VM55	3:11:25	1660	75.62	30 th VM55; PB
	Pete Greenwood	VM67	7:03:16	24075	38.41	
	Daniel Rumble	SM34	3:15:28	2052	64.89	Debut
	Sally Silver	SF34	4:23:48	3447	52.63	PB
	Simon Dunn	VM46	4:16:56	11646	52.43	
	Mark Baker	SM7	3:16:39	2162	64.50	PB
	Charlie White (2 nd claim)	VM52	4:30:57	14219	52;11	Debut
	Karen Gambrill	SF29	4:43:58	5197	48.90	Debut
	Tina Jones	VF62	3:51:54	1340	75.50	7th VF60; PB
	Tim Richardson-Perks	VM49	3:24:04	2905	67.55	
	Jenni Van Deelen	VF40	3:18:05	233	71.93	
	Tony Savage	VM54	4:34:06	14771	52.37	Debut
	Iain Smith	VM45	4:08:38	10098	53.78	
	Rob Sargeant	VM46	3:37:42	4653	61.88	
3.5.09 Dusseldorf Marathon	Neil Godden		3:47:06			
31.5.09 Edinburgh Marathon	Debbie Clifford		5:19:06	7106		
	Wendy Osmond		4:52:58	6053		
	Sally Silver		4:20:24	3944		PB
	Julia Bennett		5:08:48	6803		
	Carol Reid		3:44:55	1548		

CANTERBURY HARRIERS KIT PRICES

	<u>£</u>	<u>Sizes</u>
<u>MEN'S</u>		
Jacket	32.50	Unisex S (38), M (40), L (42), XL (44), XXL (46/48)
Hoodie (full zip)	16.50	Unisex S (35/37), M (38/40), L 41/43 XL (44/46), XXL (47/49)
T shirt	10.00	S (35/36), M (37/39), L (40/42), XL (43/46) XXL (46/48)
Vest	11.50	XS-XXL
<u>WOMENS</u>		
Jacket	32.50	Unisex S (38), M (40)
Jacket (child's)	26.00	11/12 (30'), 13/14 (32/34')
Hoodie (full zip)	16.50	Unisex S (35/36), M (38/40), L (41/43), XL (44/46), XXL (47/49)
Hoodie (child's) (full zip)	11.50	9/11 (30'), 12-13 (34') 14/15 (36')
NB: The children's hoodies are generously sized & would fit most women		
T shirt	10.00	S (10), M (12), L (14), XL (16)
Vest	11.50	XS-XXL

Kit orders can be made by either email (markwenman@hotmail.com) or by handing an order form to Mark or Barbara Wenman.

Our kit suppliers will not take orders for just a few items and we are hoping to put the next order in at the end of January.

However, we normally hold stock of most sizes of vests and T shirts.

Members will be notified when Kit has been delivered. Kit can be collected from any Committee Member at Kings on a Tuesday or Thursday evening. Payment is by cheque (write 'kit' on back) on collect

