



# The Harrier

The newsletter of the Canterbury Harriers



Spring 2010

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Since our last newsletter the main focus for many of us has been surviving the worst that winter could throw at us and preparing for the Spring marathon season. Oh, and throw in competing in cross-country races as well - although these probably also comes under the heading of 'surviving'. The extreme weather caused races to be cancelled and thankfully, Minnis Bay, was one of the races that fell foul of the weather! Snow is pleasant to look at, but after a while can become a pain. Congratulations to everyone that turned out to represent the club during the bad weather.

Despite the weather we had excellent numbers in all KFL races and also some notable successes. Accolades all round then for Tony McParland in winning the KFL M40 category; Steve Clark for winning the M55 category; and Barbara Wenman for winning the F50 category. On top of that the women's team were runners up in the overall league standings. Well done to all.

Mentioning Steve, such a modest chap really, reminds us that thanks are in order to him for organising our teams for each cross-country, and for his continuous supportive 'nagging' to ensure that we had the fullest turnouts possible. Steve has provided a detailed summary of the cross-country rankings. The cross-country presentation will be held at Kings on Thursday 29<sup>th</sup> April and congratulations to everyone earning a club kit bag for achieving six races during the season.

A recent addition to the Newsletter is the inclusion of race results to highlight the wide range of races that members compete in. Hidden in the detail are members making their debut at the distance and/or those achieving a personal best. Those magic letters 'PB' sum up a huge investment in time and personal endeavour and are rightly highlighted in the Newsletter. In picking through the results the club had excellent turnouts at both the Ashford 10K and the Thanet 20 miles; Andy

fought through the mud of the Grizzly 20 and Sally kicked off the Spring marathon season in Barcelona.

And so onto the marathon challenge that awaits. The London is of course the primary goal for many, but others have smaller but no less challenging marathons in their sights. From Ed's knowledge the following are aiming to run 26.2 miles (and apologies to anyone missed out) - Debbie Clifford, Sally Silver, Barbara and Mark Wenman, Andy Farrant, Tim Perks, John Richards, Charlie White, Emma Greatrix, Francis Maude, Jackie Macdonald, Ryan Bullows, Phil Wyard and Tina Jones.

Featured in the Newsletter is a resume of the cross-country season, a new item on 'spotlight on members' (Jenny and Neil start the series), Committee news including a calendar of dates, a physio article from George Johnson, gadget corner and the usual other items that inform and amaze!

Enjoy your read....

### **You couldn't make it up, or could you.....Part Three**

Local Council Chiefs have agreed to compensate a jogger who spent last Christmas day locked in freezing park toilets. With only his running gear to keep him warm the runner was forced to wrap himself in bin bags and layers of toilet roll. Fortunately the hand drier was working and he was able to shield the worst of the cold. The man was captured on CCTV entering Dane John Gardens Park, Canterbury at 4.30pm, but only emerged 17 hours later having spent a not not so happy penny. The jogger, Ivor Crapper, from Sturry found that he was trapped after an attendant failed to check if anyone was inside the building. Unfortunately for Ivor he didn't have a mobile phone to call for help and was then trapped until 9.30am Christmas Day when his family realised that he had missed opening his presents with them.



Ivor said: 'I was taken short after having eaten a curry at lunchtime and I really needed a dump. I had no idea that the toilets would be locked with me inside. I kept myself amused for some of the time looking at the messages that people had written on the walls'.

A Council spokesperson said: 'we must get to the bottom of what happened and of course we have already apologised to Mr Crapper and have offered him compensation for his ordeal.' Meanwhile local runners have been advised to limit their pit stops in local toilets until the whole matter has been looked into.

## **News from Your Committee**

Management Committee: Contact your Management Committee to raise any issue. Committee meetings are held on the 2<sup>nd</sup> 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
Tina Jones	Runners Rep	262931	Wendy Osmond	Runners Rep	266940
Gerry Reilly	Head Coach	477148	Peter Yarlett	Runners Rep	263346
Steve Clark	Coach	711272			

<b><u>2010 Diary dates</u></b>	
Letter drop for Whitstable 10k	Sunday 18 <sup>th</sup> April @ 10.15 am meet at waterfront Club, Whitstable (handy if you bring a cycle to do the drop).
Cross Country presentation	Thursday 29 <sup>th</sup> April
Whitstable 10K	Monday 3 <sup>rd</sup> May
Summer Relay	Tuesday 11 May @ Folkestone 7.15pm start
Summer Relay	Tuesday 25 May @ Minnis Bay 7.30pm start
Summer Relay	Tuesday 8 June @ Ashford 7.30pm start
Summer Relay	Tuesday 22 June @ Deal 7.30pm start
Saxon Shore	Saturday 26 <sup>th</sup> June
North Downs Way	Saturday 3 <sup>rd</sup> July tbc
Summer Relay	Tuesday 6 July @ Canterbury 7.30pm start
Mount Ephraim 10K	Sunday 11 <sup>th</sup> July
Le Touquet Trip	Saturday 21 <sup>st</sup> August
XMAS Presentation	Saturday 4 <sup>th</sup> December
<b><u>Messages</u></b>	
Last call for Club Subscriptions	Can all members who have not yet paid their club subscription please arrange to do so. Cheques please for £20 made payable to 'Canterbury Harriers' can be left with a Committee member on club nights or posted to Gerry Reilly, 168 Old Dover Road, Canterbury, CT1 3EX
Club Kit	Mark advises that kit is available - hoodies, rain jackets, vets etc. we have most sizes of kit in stock. The prices are unchanged and an order form is at the end of the Newsletter. Payment is by cheque (only) with orders please.

Whitstable 10K	This is our prestige event of the year and all members are asked to contribute to making it the customary high class race. This means supporting the race by being able to help with the letter drop to houses along the route on Sunday 18 <sup>th</sup> April; and assisting on the race day 3 <sup>rd</sup> May as requested by Tim (Race Director). This is a big income earner for the club and helps to keep club costs to a minimum throughout the year. If you are planning to run the race then please have a 'substitute' helper available on the day.
England Athletics	If any member has not yet received an England Athletic registration card then please contact Tim.
Summer Relays	These are a great way of running in a team event and give that extra edge to speed work. Dates are shown above and all are held on Tuesday evening when the normal club training session is suspended.
Kings Recreation Centre	For regular users of the Kings Centre the Committee recommends that members purchase a Kings membership giving entitlement to parking, a shower and use of the bar. Details are available from reception. From time to time the Centre will check that users have a valid membership pass.
New Website	The Harrier's new club website will officially be open in May. Watch out for further news about the launch and how to access the site. Sean has worked hard to provide a modern face to give easier access to key information, news and links.

## **STAY LOOSE - STRETCHING BEFORE RUNNING**

**GEORGE JOHNSON MCSP**

In the last issue we talked of the importance of warming up and training down after training and competition. It is also important to stretch muscles and joints to avoid injury and enhance performance.

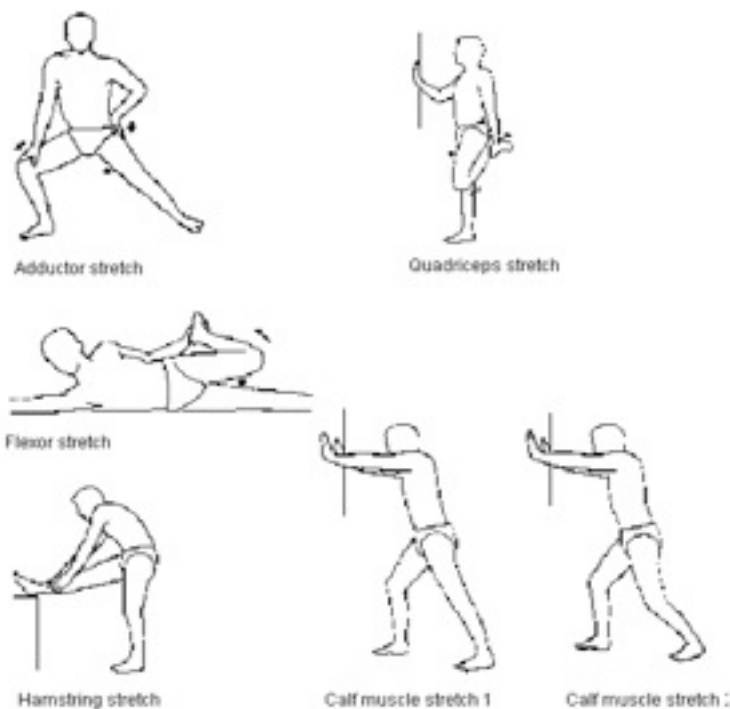
Studies have shown that athletes who run in the morning become injured more often than mid-day and evening runners, which suggests that it is dangerous to stretch cold muscles. It is hard to stretch muscles that are not loosened and warmed up, possibly running the risk of tearing a muscle. Therefore a thorough warm up before stretching may reduce the risk of injury.

Care needs to be taken when stretching. Never bounce while stretching because this could tear or pull the muscle. Also avoid stretching too quickly, as the muscle will respond with a strong contraction and increase tension. Do not stretch beyond the point where tightness is felt in the muscle, do not push through muscle resistance, and never stretch to the point of pain.

So having avoided the 'do nots' when stretching, how is stretching done properly?

Firstly, having an understanding of the benefits of stretching is helpful. Many experts agree that stretching reduces muscle soreness after activity and results in better athletic performance. Gentle stretching after running or an intense workout can also promote healing and assist lactic acid removal from the muscles. Stretching is most effective when performed several times a week, although a minimum of one stretching session per week is sufficient to maintain flexibility. However most coaches believe in stretching before and after every workout.

A typical session starts with a 20 minute steady warm up followed by 10 minutes of proper stretching. Always remember to stretch slowly in order to avoid the contraction reflex. By doing so, muscle tension falls, and the muscle can be stretched further. The stretch should be held for 30 seconds and it is also good practice to repeat a stretch at least 3 times.



Stretching should be built into regular sessions both before and after running. A good programme should include stretches for calves, hamstrings, quads, and groin (see diagram). There are many forms of stretching and this item provides an easy, simple form for an initial start. However using these stretches will fairly quickly lead to improved performance and injury avoidance.

For questions regarding warming up, training down and stretching, injuries in general or an injury subject George can be e-mailed at [physiohernebay@yahoo.co.uk](mailto:physiohernebay@yahoo.co.uk) and will try to help. Also, valuable information can be found on his web site [www.physio-hernebay.co.uk](http://www.physio-hernebay.co.uk)

In the next issue some minor common injuries that can occur will be covered - especially the ones you might not normally go to see a Physiotherapist or GP about.

Stay injury free and good luck with your running.

George Johnson MCSP  
22 The Fairway, Herne Bay CT6 7TW  
Tel: 01227 366648

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

## Spotlight on Jenny and Neil Benson

Jenny and Neil have kindly agreed to be the first members to be featured in a new 'spotlight' series.....thanks to both and watch out for further 'victims'.....

*What got you both into running?*

We started running before we had the children to keep fit. We joined the club after finding it hard to get motivated to train during the long winter months.



*Did you do any sports before taking up running?*

Neil - I use to do Ta Kwondo, Swimming (had a soft spot for Speedo's!!), squash and football.

Jenny - I was a bit lazier through my university years but before running used to regularly do aerobic and spinning classes.

*Favourite training sessions?*

Neil - In the winter Wincheap 400m (although not 16 of them!!). Summer training on the field.

Jen - Summer long runs in the countryside. I'm still trying to decide which winter session I could say is a favourite!

*How do you both manage to run with your family commitments?*

We have fantastic grandparents who babysit on a Tuesday and Thursday, very lucky.

*Favourite races and distances?*

Jen - Favourite distance 10km, although my favourite race so far has been the Canterbury 10 this year, lovely course and we were really lucky with the weather.

Neil - 10km although I'm thinking about taking up the 100m sprint as it will be over a lot quicker!

*Future goals and ambitions?*

Neil - would like to do a triathlon although Jen's worried after an article in the Sunday Times said men having a midlife crisis are taking up triathlon's instead of motorbikes and boys toys!

Jen - To get my 10km time closer to 40 minutes and one year to do the London marathon.



*How do you keep motivated to run?*

Jen - I find it great to get out for a run after being at home with the children. It's nice to have some time for myself. Running with the club really helps our motivation especially through the dark winter evenings knowing you are not the only one mad enough to run in the rain and minus temperatures!

*Any other comments?*

Jen - We would like to thank everyone for being so welcoming and friendly.

Neil - We look forward to many more runs when it's not so freezing, miserable and wet! Bring on the summer.

**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](http://www.farguet.co.uk)

## **You know that you're a runner when you.....**

So at what point does someone emerge from the apprehensive first time jogger stage before metamorphosis into full blown runner status. It takes time and the progress may be slow but there are intermediate landmarks along the way that we have all experienced.

If you can answer in the positive to more than 10 of the following then you may be in serious danger of being a 'runner'!

- have five pairs of Trainers at home and only one pair is fit to run in.....just throw the other four pairs out...
- have been bloodied by runner's nipple.....keep taking the vaseline
- can enthusiastically exhale a ball of snot without marking your running gear.....manners please
- have lost blackened toe nails and regard these as badges of honor.....
- can pass wind in a training group without being the one accused.....
- have drunk 5 pints of Shepherd Neame the night before and still completed the Thanet 20 miles....
- have tumbled down after a summer pub run and still smell of roses....
- can run eight Elliot hills without complaining.....
- can advise a new runner on their first night with the club.....
- know the names of at least 40 other Harriers.....
- have helped out at more than 5 Whitstable 10K races....
- have written an item for the Harrier Newsletter...
- can lead a road group around the roads of Canterbury on a Thursday evening without getting lost and returning all members that started..
- can recount your last five injuries.....
- have got lost on the SaxonShore or North Downs Way events.
- travelled a week early for a Rheims race....

***Lets hear more from you about what makes a 'runner'.....***



## Gadget Corner.....

Long gone are the days when all that was needed to run was just a pair of dunlop trainers, a pair of holiday shorts and a string vest...(although one or two club members, Steve, haven't moved very far forward!). We can now draw upon a wide range of technical gear, clothing and equipment to satisfy our thirst for improving our looks, comfort or performance - or even all three. As I casually turn the pages of Runners World I can see adverts for a whole variety of products ranging from Nike to New Balance, watches to windstopper, and hydration to Hellyhansen. All hold out a rich promise of improved performance and lifestyle gadgetry.

Is any of this 'stuff' of any use to 'us' runners or is it just a consumerism ploy to stretch our imaginations about what might possible in our running bubble of expectation?

Well I have to admit that I am one of those whose head can easily be turned by the luxuriant smell of the freshly printed pages of the running press - "Oh good a new gadget or piece of kit, I must give it a try". So am I sucker in an advertisers dream or a trailblazer in the brave new world of running technology ?"

I must admit that personally I lean towards the Aldous Huxley view of the running continuum and possess a soft spot for anything new. So this is the section in the Newsletter to let us know all about your latest gadget, clothing experience, new footwear or technology investment. To get the ball rolling, and following my past purchases of timex watch, heart rate monitor, Garmin 305 amongst many other items, I have recently turned to another heart related device.

The iTHLETE app works as an iPhone app and measures HRV? What's HRV I hear you ask? Heart rate variability measures the way that your heartbeat varies between each beat at rest and during exercise. It sounds odd but but a healthy heart does not beat like a metronome.

Instead, it has tiny rhythmic disruptions in between beats. The greater the variability the healthier the heart.



Why is this measurement useful? Because intensive exercise stresses the body and, as we know, this can cause extreme fatigue and tiredness. Without proper rest and recovery we can be subject to injury and feeling permanently run down. So what iATHLETE does is to allow a daily measurement of heart rate AND the variances between each beat - the greater the variance the more rested the body.

So how does it work? Well to start with you need an iPhone. This seems to be the only technology available at present.

Download the app and purchase a separate iATHLETE device that fits into the iPhone ear piece. The app is compatible with most heart rate monitors that gives the necessary signal for iATHLETE to work. For consistency the measurement should be taken upon waking up so that the heart is well rested.

Each daily reading is stored in the iPhone to provide a weekly/monthly guide to ones state of rest and recovery. The read-out provides a suggested guide of when to rest, when to train at a reduced level or when an extra hard session can be taken.....

*Don't forget to provide your own input to Gadget Corner on your recent purchase of gear, equipment and technology.....*

**Results that have caught the Ed's eye since the last Newsletter.....**

Well done to all Harriers who have competed in a wide variety of road races .....full results of all races are on the Club web pages...

<b>Event</b>	<b>Harrier</b>	<b>Time</b>	<b>Position</b>	
<b>Les Wilton Dartford 10 miles - 17 January</b>	Mark Maker	1:03:44	45	
	Ryan Bullows	1:06:10 PB	79	
	Sarah Maguire	1:08:11	103	
	Mark Wenman	1:09:56	125	
	Philip Wyard	1:10:13 PB	136	
	Barbara Wenman	1:11:45 VF50 1st	162	
	Emma Greatrix	1:14:48	232	
	Neil Godden	1:20:31	406	
	Sally Silver	1:31:43	657	
	Julia Bennet	1:42:21	846	
	Debbie Clifford	1:51:40	893	
	<b>Canterbury 10 miles - 31 January</b>	Mark Baker*	1:02:40	21
* 3rd Male Team award	Mark Taylor*	1:04:46 Debut	38	
	Ryan Bullows*	1:05:35 PB	47	
** 1st Female Team Award	John Richards*	1:07:50 Debut	63	
	David Felton	1:08:41	82	
	Philip Wyard	1:09:32 PB	93	
	Mark Wenman	1:09:33	94	
	Paul Graveson	1:09:48 Debut	97	
	Sarah Maguire**	1:10:18	115	
	David Bowden	1:10:36 Debut	108	
	Mark Cooper	1:11:05	118	
	Jennifer Benson**	1:11:21 Debut	123	
	Barbara Wenman**	1:11:23	124	
	Francis Maude	1:12:03	138	
	Ken Somerville	1:12:36 Debut	153	
	Faye Roberts	1:12:45 Debut	156	

	Andy Farrant	1:12:50 PB	147
	Emma Greatrix	1:13:24	167
	Ray Cameron	1:14:11 PB	187
	Charlie white	1:15:59 Debut	238
	Rupert Williamson	1:16:59	255
	David Waite	1:17:46 Debut	279
	Trevor Brown	1:18:36 PB	304
	Dave Smith	1:18:53	310
	Iain Smith	1:19:09	315
	Tony Savage	1:21:38	371
	Kevin Post	1:22:07 PB	394
	Yu Zhu	1:26:23 Debut	482
	Sally Silver	1:28:21	523
	Tina Jones	1:28:36	524
	Wendy De Boick	1:32:14	601
	Julia Bennett	1:40:08	713
	Debbie Clifford	1:46:51	773
	Nicola Richmomd	2:07:47	834
<b>Ashford 10K - 7 February</b>	Mark Baker	37:16	19
	Steve Clark	40:49	55
	Colin Kent	41:00 PB	67
	Mark Wenman	41:36	73
	Philip Wyard	41:49 PB	77
	Barbara Wenman	41:55 PB	82
	Ray Cameron	43:28 PB	118
	Russell Williams	43:34	119
	Faye Roberts	43:37 PB	122
	Bob Davison	44:07	128
	Dave Smith	44:55	152
	Wim Van Vuuren	45:29 PB	164
	Simon Dunn	45:36 Debut	175
	Trevor Brown	46:06 PB	183
	Tony Savage	46:40	197
	Martin Coombes	46:58	207
	Bob Pullen	47:50	228
	Joanne Gambrill	47:55 PB	233
	Sue Coombes	49:59	291
	Tina Jones	51:14	324
	John Hartley	57:15	465

	Jacky MacDonald	1:06:22	581
<b>Sidcup 10 - 14 February</b>	Jacky MacDonald	1:54:18	385
<b>Fowlmead 5 - 21 February</b>	Wendy De Boick	45:05	44
	Gillian McLaren	57:36	76
	Jacky MacDonald	59:59	80
<b>Hotelmpia 10k - 28 February</b>	Colin Kent	40:58 PB	44
Tunbridge Wells 1/2M - 28 February	Mark Wenman	1:34:10	141
	Barbara Wenman	1:34:48	157
	Mark Cooper	1:38:00	248
	John Richards	1:51:20	887
<b>Barcelona Marathon - 7 March</b>	Sally Silver	4:22:47	8549
<b>Thanet 20 - 7 March</b>	Mark Baker	2:17:48	27
	David Bowden	2:24:18	40
	David Felton	2:24:20 2 <sup>nd</sup> M50	41
	Barbara Wenman	2:24:50 2 <sup>nd</sup> F Team	43
	Mark Wenman	2:26:53	53
	Sarah Maguire	2:29:11 2 <sup>nd</sup> F Team	66
	Philip Wyard	2:29:22	68
	Francis Maude	2:30:00	73
	Faye Roberts	2:36:47 2 <sup>nd</sup> F Team	111
	Tony Savage	2:59:36	247
	Trevor Brown	3:01:03	258
	Tina Jones	3:01:54	264

	Wendy De Boick	3:17:13	325
	Sarah Stafford - Skinner	3:24:06	355
	Julia Bennett	3:34:40	380
	Debbie Clifford	3:47:09	405
<b>Eastbourne ½M - 7 March</b>	Jacky MacDonald	2:53:06	865
<b>Grizzly 20 - 7 March</b>	Andy Farrant	3:34:10	370
<b>Lydd 1/2M - 14 March</b>	Ryan Bullows	1:24:00 Debut	14
	Philip Wyard	1:31:28 Debut	35
	Emma Greatrix	1:36:06	65
	Dave Smith	1:41:17	97
	Trevor Brown	1:41:58 PB	99
	Tina Jones	1:47:42	143
	Sarah Stafford - Skinner	1:59:07 Debut	222
	Jacky MacDonald	2:30:58	334
<b>Hastings ½M - 21 March</b>	David Felton	1:30:47	198
	Colin Kent	1:35:31	383
	Andy Farrant	1:37:18	465
<b>Richmond Spring Riverside 10K - 27 March</b>	Colin Kent	41:47	14
<b>Folkestone 10 Miles - 4 April</b>	Mark Wenman	1:09:13	82
	Barbara Wenman	1:10:03	93
	Sarah Maguire	1:10:20	94
	Colin Kent	1:10:42	102
	Tim Richardson-Perks	1:13:27	140
	Bob Pullen	1:21:14	240
	Tina Jones	1:21:39	245
	Joanne Gambrill	1:21:45	248
	Sally Silver	1:26:55	316
	Nannette Miles	1:28:55 PB	337
	Jacky MacDonald	1:53:00	476

## **Running stimulates the brain....**

Running stimulates the brain, according to US research, to grow fresh grey matter and has a big impact on mental ability. Mice that were given an exercise wheel performed better in a series of tasks and their autopsies showed they had greater nerve cell development in the brain. As a result of this research Gerry is introducing a giant ferris wheel for us all to practice on so that we can complete the Times Crossword on a Tuesday evening. Unfortunately, Gerry hasn't yet got around the problem of carrying out the autopsy!!

Any volunteers step forward.

## **Another successful cross country season.....**

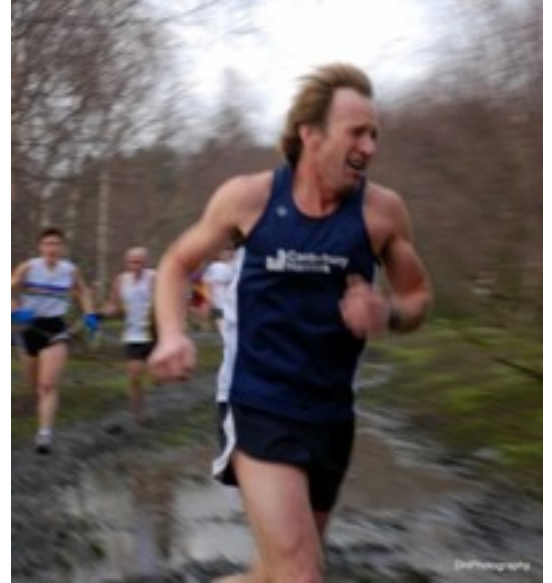
Given the generally poor weather (not that the picture below gives this impression), heavy ground conditions and the usual family demands it was great to see so many members turn out for the various cross country races from late October through to March. The KFL takes central position in individual and team efforts and, once again, there were superb individual and collective performances. Pride of place must go to our women's team who achieved second place in the overall standings with a series of high quality finishes against strong opposition from the likes of Paddock Wood and New Eltham Joggers.



*All smiles after the final leaguer race at Swanley Park in March - well done all*

Individually there were also superb performances from Tony McParland in winning the KFL M40 category; Steve Clark for winning the M55 category; and Barbara Wenman for winning the F50 category. Also, let's not forget Alastair Telford who made 13 appearances during the season.

### Fowlmead 2010



Blean 2009





Swanley 2010



**Remember, you needed 6 appearances (or 5 plus marshal @ KFL3) to gain your EXCLUSIVE, HIGHLY SOUGHT AFTER, Harriers XC Team Kitbag for 2009/10!**

**You needed to do 5 or more of the 7 KFL matches to count in their individual's league table and be You will have to have done 5 or more of the KFL matches or scored for the team to qualify for any Championship awards the club may achieve.**

- a) KCAA Sat league fixture 1 Capstone Park, Chatham 03/10/09
- b) KCAA Sat league fixture 2 Somerhill School, Tonbridge 24/10/09
- c) KCAA Sat league fixture 3(W) New Barn Park, Swanley 14/11/09
- c) KCAA Sat league fixture 3(M) Danson Park, Bexley 05/12/09
- d) Kent Vets Champs Rose Hill School, Tonbridge Wells 12/12/09
- e) Kent Championships Detling Showground 13/02/10
- f) KCAA Sat league fixture 4 Parkwood School, Swanley 20/02/10

's' in columns 1 to 7 (KFL) denotes scored for team

		KFI Kent Fitness League							Other-As above						total	marsh	Kitbag	cert	CAT	CAT	KFL	KFL
Runner		CA	1	2	3	4	5	6	7	a	b	c	d	e	f	app	KFL	award (5+)	POS	Trophy	medal	R/UP
1	Jenny Benson	F	s		s	s	x	s	s							6		x	x	7th		x
2	Barbara Wenman	F50	s	s		s	s	s								5	yes	x	x	1st	x	x
3	Joanne Gambrell	F	x	x		x	x		x							5			x	12th		x
4	Sarah Maguire	F40	s	s	s		s	s								5			x	4th		x
5	Wendy Smith	F50		x	x		x		x							4						
6	Emma Greatrix	F35		x	s	s										3						x
7	Pip Dyer	F								x	x					2	yes					
8	Wendy De Boick	F55			x	x										2						
9	Amy Hicks	F		s			s									2						x
10	Jenni Van Deeler	F40						s	s							2						x
11	Tracey Furminger	F35	x													1						
12	Barbara Hutton	F40								x						1						
												<b>38</b>	Total female appearances									
1	Alastair Telford	M40	x	x	x	x	x	s	s	x	x	x	x	x	x	13		x	x	16th		
2	Steven Clark	M55	s	s		s	s	s	s	x		x	x			9		x	x	1st	x	
3	Andy Farrant	M5		x	x	x	x		s	x	x	x				8		x	x	9th		
4	Phil Wyard	M45	s	s	s	s	s	s				x	x			8		x	x	9th		
5	Tony McParland	M40	s	s	s		s	s	s				x			7		x	x	1st	x	
6	Wim Van Vuuren	M40	x	x	x	x	x	x	x							7		x	x	21st		
7	John Hartley	M60	x	x		x		x	x				x			6	yes	x	x	8th		
8	Marco Keir	M45	x		x	x	x	x					x			6	yes	x	x	21st		
9	Neil Benson	M40	x		x	x	x	x	x							6		x	x	25th		
10	Ray Cameron	M	x	x	x		x	s	s							6		x	x	38th		
11	Joe Hicks	M55	x	x	s	s			x				x			6		x	x	4th		
12	Bob Pullen	M45	x	x	x	x	x		x							6		x	x	28th		
13	Roy Gooderson	M50	x	x		x	x		x							5	yes	x	x	27th		
14	Colin Kent	M40	s			s	s	s		x	x					5	yes	x				
15	Mark Wenman	M55	s	s		s	s	s								5	yes	x	x	2nd		
16	Robert Dowling	M	s	s	s	s				x						5						
17	Jason Furminger	M40	s	s	s	s			s							5			x	14th		
18	Bob Davison	M55	x			x		s					x			4	yes					
19	Neil Godden	M55	x		x							x	x			4	yes					
20	Mark Cooper	M45		x	x					x			x			4						
21	Gerry Reilly	M60		x	x				x				x			4						
22	Peter Yarlett	M55			x	x	x									3	yes					
23	Ryan Bullows	M			s	s						x				3						
24	Mark Baker	M			s	s		s								2						
25	John Marshall	M60		x									x			2						
26	Tim Perks	M50	s											x		2						
27	Robbie Hicks	M					s									1						
												<b>142</b>	Total male appearances									
Any omissions/errors noticed (although this is impossible) please let S												<b>180</b>	Grand total appearances									

## Canterbury Harriers Kit Korner

<b>MENS</b>	<b>£</b>	<b>SIZES</b>
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), L41/43 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
<b>WOMENS</b>		
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 Children;s hoodies are generously sized and would fit most women		
T shirt	10.00	S (10), M (12), L (14), XL (16)
Vest	11.50	XS - XXL

## CANTERBURY HARRIERS KIT ORDER

NAME:	
TEL NO:	
E-MAIL ADDRESS:	

QUANTITY	SIZE	ITEM	PRICE £	TOTAL £
			<b>TOTAL £</b>	

Please hand the completed order to Mark or Barbara Wenman or e-mail the order to [markwenman@hotmail.com](mailto:markwenman@hotmail.com)

Payment is required on receipt of Kit. Please make cheques payable to "Canterbury Harriers" (market 'Kit' on reverse). Many thanks

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

Members will be notified when Kit has been delivered if it is not available from stock. Kit can be collected from any Committee Member at Kings on a Tuesday or Thursday evening. Payment is by cheque made payable to "Canterbury Harriers" (write 'Kit' on back) on collect.