



# The Harrier

The newsletter of the Canterbury Harriers



Summer 2010

## Contents

Welcome.....	Pages 1 - 2
Paris Marathon.....	Pages 2 - 3
You couldn't make it up.....	Page 4
Committee news.....	Page 5
Final word on X-country season.....	Page 6
Spotlight on the Warman's.....	Pages 7 - 8
Whitstable 10K.....	Pages 9 - 10
Dave Lees charity.....	Page 11
Bungay not Vienna.....	Pages 12 - 13
Plantar Fasciitis.....	Pages 14 - 15
Man on the run.....	Page 16
Gadget Korner.....	Page 17
Trotter Independent.....	Page 18
Race results.....	Pages 19 - 20
Saxon Shore Relay.....	Page 21
Jersey walk.....	Pages 22 - 23
Kit Orders.....	Pages 23 - 25
West Highland Way.....	Pages 26 - 32

Dear all,

Welcome to your Summer newsletter. As days are spent enjoying the fine sunny weather it is hard to recall the snow and frost of the past winter. However, its true, the sun is out and lets enjoy while we can. Of course, hot weather can bring its own trial and so maintaining the correct hydration level and avoiding too much sun exposure will ensure that we all enjoy our running.

Not that the sun is often an issue with the Tuesday evening 'summer' relays where the cool coastal breezes of Folkestone, Minnis Bay et al are always evident. Well done to everyone that has turned out to represent the club in this current series of races so far.

Our very own Whitstable 10K has come and gone and Tim writes inside about his experience as race organiser and invites others amongst us to take on a leading role in future race organisation. Mt Ephraim is just around the corner and helpers are also needed on the day to assist with the many and varied tasks that race day requires. As well as promoting successful race for runners both events raise welcome funds for charity and provide welcome income to club coffers – thus avoiding steep annual fees that other clubs require. Please do make yourself available on Sunday 11<sup>th</sup> July to help on this important club day.

Once again at Mt Ephraim we shall be welcoming our friends from Rheims as an important part of the Canterbury twinning experience.

As part of developing services for members a new club website was launched in June.

Thanks are due to Sean (O'Reilly) who led the project and introduced the new site. The important thing now is to keep the site looking fresh with updated information and photographs so please do offer items to be uploaded to your club committee members.

In this issue we have Phil's account of the Paris marathon, a spotlight on Barbara and Mark, Tim's overview as Race Director of the Whitstable 10K, a new 'Del Boy' section on members services (do feel free to contact Ed to add your own 'services'), another 'you couldn't make it up' item, Tina running the Bungay marathon instead of Vienna, Roy's continuing problems with Plantar Fascists, 'man on the Run', gadget corner, a final word on the cross-country season, committee news, race results, Andy's walk with Sue in the Jersey 'marathon' and John's photographic account of the reprobates let loose on the West Highland Way.

And the very final word must go to all those who took part in the Saxon Shore relay. Judging by the weary, but sun kissed Harriers, who consumed vast amounts of food afterwards at the Rugby Club it really was a great day. Thanks to Barbara for putting into words.

Enjoy your read.....

### **Paris Marathon 2010 by Phil Wyard**

Andres and myself both made the trip, although separately, as he was meeting up with his Dad from Chile. Talk about a jet-setting family.

I think my eyes were bigger than my wallet, when I decided to do this back in November. I didn't really factor in all the cost when I applied, and just thought 70 Euros was a good deal for the entry.

To be fair though, the race did offer a lot. A beautiful route, well organised event, fairly flat course and not forgetting the pace-setters. These guys are great and take all the thinking out of the running.

The downside was that it was just a bit too busy for 31,000 runners, (40,000 applicants), on



a route with a similar width road to the Rheims route. This meant that you could never actually settle in to a completely steady pace for the most of the route. Too often I was confronted with a wall of two or three runners and having to ease off my pace by 10% or take detours to go round them.

However, the crowds and the atmosphere were encouraging and the weather was just about right. There were all kinds of bands and drumming groups. I like the drummers. One group seemed to have got just the right rhythm for my running speed. There was also a group of Male Vet 50 cheerleaders, in matching yellow outfits. Only in Gaye Paris.

My training seemed to have prepared me perfectly. Many thanks are due to Gerry and Steve for the programme and the coaching. I was eating up 2km splits at just over 9 minutes, being nicely in touch with the 3:15 pace setter. Unfortunately, I just lost the pace on 39km and came in on 3:15:43. Andres broke his target of 4 hrs by 9 minutes. Congratulations to him.

When the race enters the Bois de Boulogne at about 34km, you suddenly have a steady slight hill for about 4 km, which I hadn't really prepared for. My Elliot Hills training got me through this ok, but it used up some of my fuel, and probably accounted for losing the critical minute off the last two kms.



The fresh oranges at the end tasted like manna from heaven.

I can't remember hitting any 'wall', and so far I've had just normal stiffness in the muscles after the race, so a testament to the quality of the training programme.

So a thoroughly successful trip, apart from the obligatory missing of the train back in what seems to be true Harriers style. Not a bad thing, as I had the chance for a couple of beers. Even Heineken tastes good after a marathon.

Finally, there was a priceless translation into English from the official brochure giving advice to runners and listing the following things not to forget:

"Your bib and 4 safety pins

Your Jogging international poncho to keep warmth

Some anti-friction cream preserve your skin

Two small bandages for your tits".

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

When the Olympics comes to London almost all competitors will be using cutting-edge science to fulfill the games motto of 'faster, higher, stronger'. Harriers Newsletter can exclusively reveal that the Canterbury area has been selected as the testing ground for a new running device that has been designed by the Human Performance division of SADAID. Apparently Canterbury was selected as SADAID research shows that local runners have the greatest need for bio-mechanical support and pro-stylish intelligent posture development than other runners in the rest of the UK.

As Dr LIMP, Head of SADAID design says 'we need to get to grips with the needs of Canterbury runners as our research shows that poor running style and posture elevation can seriously affect bio-mechanical movement and even lead to loss of libido'.

In co-operation with UK Athletics SADAID engineers will shortly be visiting the club to place sensors in our running shoes that will measure the force and acceleration of steps and will constantly adapt the shoe structure to provide optimum support. The movement is intended to prevent injuries such as ligament damage and achilles wear. A ball pressure monitor will also be injected into the ball of each foot to accurately measure the forces that each step produces.



80 minute infra-red sensor cameras will will also be attached to every joint and movement point to record the velocity and displacement of different parts of the body. The cameras will be worn for a 3 month period to ensure that SADAID record every running movement and also the movements of everyday activities.

We can be proud that our running styles have at last been recognised for what they are and that we can all be part of the application of sports technology as winning margins become even narrower.

Volunteers please stumble forward.....

## **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>	
<u>Pub Run</u>	Friday 2 <sup>nd</sup> July at 7.00pm from the Waterfront Club, Whitstable
Summer Relay	Tuesday 6 July @ Canterbury 7.30pm start
Mount Ephraim 10K	Sunday 11 <sup>th</sup> July - be there or else!!
Le Touquet Trip	Saturday 21 <sup>st</sup> August
XMAS Presentation	Saturday 4 <sup>th</sup> December
<b><u>Messages</u></b>	
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.
Mt Ephraim 10K	This is another of our prestige events 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 on Sunday 11 <sup>th</sup> July as requested by Tim (Race Director) and the Club Committee. This is a great family day out in our local Kent countryside. 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.
Final Summer Relay	The last one in this series is on Tuesday 6 <sup>th</sup> July from Canterbury track. Its a great way of running in a team event and give that extra edge to speed work. 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 was officially opened in May. Sean has worked hard to provide a modern face to give easier access to key information, news and links. Please use the site to communicate club news.

## **The final word on the 2009/10 Cross-Country Season.....**

Lest they be forgotten...

Female Cross-Country Champion: Sarah Maguire

Male Cross-Country Champion: Tony McParland

Most Improved Female Cross-Country: Sarah Maguire

Most Improved Male Cross-Country: Wim Van Vuuren

'Holdall' award winners for mud, sweat and tears....with quotes from their faithful fanzines.....

Alastair Telford - 'top man with 11 appearances'...

Steve Clark - 'first over 50 man in KFL'....

Andy Farrant - 'enjoyed getting muddy....

Phil Wyard - 'enjoyed the road even more'....

Tony McParland - 'first over 40 man in KFL'....

Wim Van Vuuren - 'improved every race'..

John Hartley - 'not a day over 43'...

Marco Keri - 'led by example'...

Neil Benson - 'improved by the race'...

Ray Cameron - 'talked a great race'...

Joe Hicks - 'steady starter and pulled through the field'...

Bob Pullen - 'consistent and great team man'...

Roy Gooderson - 'mainly injured but still turned out'...

Colin Kent - 'nimble and neat'...

Mark Wenman - 'head down and hard to beat'...

Barbara Wenman - 'stylish and hard to beat'...

Jenny Benson - 'an excellent first season'...

Joanne Gambrell - 'team runner through and through'...

May you all RIP until next season!



## **Spotlight on Barbara and Mark Wenman.....**

Q. What got you both into running?

Barbara: I didn't start running until my mid-forties when I was getting fed up with the tedium of fitness classes and going to the gym and thought I'd try a few sessions with the Women's Running Network. When I realised I could actually run a mile without stopping I decided to try a mixed, more structured running club and joined Harriers.

Mark: I have always run 2 or 3 miles once or twice a week to keep fit for other sports and joined the Harriers to keep an eye on Barbara!

Q. Did you do any sports before taking up running?

Barbara: I played hockey at school and later squash and did a lot of fitness classes and gym



work.

Mark: I played rugby and football when I was younger and then squash.

Q. Favourite training sessions?

Barbara: We both enjoy running off-road in the countryside on Thursday night summer sessions.

Mark: I also particularly relish the setting and ambience of the Wincheap sessions on a cold January night!

Q. How do you both manage to run with your commitments?

We are fortunate in working for ourselves and can often fit work in around a lunchtime or early evening run, which is particularly useful during winter marathon training when it can be difficult to motivate yourself on a dark winter's night

Q. Favourite races and distances?

Barbara: I prefer longer distances, 10miles+. Tunbridge Wells Half Marathon is a favourite, despite the hills. It's well organised, a scenic route and the last two miles are downhill. I also like the Weald of Kent 10m and Sevenoaks 7 in Knole Park.

Mark: Shorter distances. I enjoy Wingham 10k because of the low-key, fete-like atmosphere and pretty countryside. The Great North Run was a fantastic experience with the overwhelming Geordie support and finish on the coast in South Shields.



Q. Future goals and ambitions?

We'd like to enter more races abroad in places we haven't visited and reward ourselves with a few days' away.

Barbara: To achieve that elusive sub 3.15 marathon (probably unrealistic). And also to beat Mark more often.

Mark: Sub 40.00 10k, and to keep ahead of Barbara!

Q. How do you keep motivated to run?

Having a partner to run with is a great help and means one of us can motivate the other if he(!) doesn't feel like training. We also try to vary our routes so we don't get too bored.

Q. Any tips to others?

Enter a variety of different races of varying distances. During marathon training we go on mystery runs. We set off and one of us decides the route for the first mile then the other takes over for the second mile and so on. Experience has taught us it's a good idea to take a map, you can lose your sense of humour when the 18 mile run you had planned turns into a 25-miler because your partner has got you completely lost...

Many thanks to Barbara and Mark for submitting themselves to 'the spotlight'...Ed



## **WHITSTABLE 10K 2010.....by Tim Richardson-Perks**

Hi

Well as Race Director the first thing I must say is "Thank you" to all of you who helped in the race preparation and most importantly for marshalling on race day. Your contribution, no matter what task(s) you did, is appreciated and helps towards the smooth running of the day. Especially this year as for the first time we used chip timing. Also it was not the best of weather so that could have put some of you off particularly if you were bringing your family along.

The second thank you must go to our Main Sponsors – BAILEY'S NISSAN. Their support over the years has been vital in making our flagship race financially very successful; this year after all payments etc have been made we should clear in the region of £5450 – an increase of £170 over 2009.

The third thank you must go to the Waterfront Club for being the Race HQ and this year for letting us take over the top floor for T-Shirt and Chip distribution. This was



so successful that we plan to put T-Shirt and Chip issue inside again in 2011. Here comes a job opening – if you like the idea of being inside, warm, dry and able to buy tea, coffee, snacks and/or alcoholic beverages whenever you want on race day then we have an opportunity for you. Yes seriously, we have reviewed all of the roles that are needed on race day and it would be great if someone could step forward to co-ordinate all of the issues involved in managing the race HQ based at the Waterfront Club.....

### **INSIDE HQ MANAGER**

The main areas involved with the role are to;

- to oversee the setting up of Race HQ inside the Waterfront Club top floor
- ensuring all T-Shirts & Chips are moved inside HQ and distribution is smooth and efficient
- supervise the manning of the help desk and use the internal PA system (set up by others) to keep runners & spectators informed during the two hours before the

start (it may be helpful to delegate this task if desired but at least be comfortable that announcements are made clearly).

- And after the race help organise the prize giving and supervising clearing of equipment to the trailer.

Lots of club members will be available to assist with the various tasks but we would really appreciate someone who is enthusiastic and able to be decisive when the situations calls. I (as Race Director) will be around some of the time but as I need to be in other places during race day the ability to work unsupervised is a must.

I know this sounds like the usual Canterbury Harriers banter (!) but this is an important job we have identified for next year and ideally I would like someone nominated by January so that they can be involved in the pre race preparation . Please speak with me or email [timbo2604@hotmail.co.uk](mailto:timbo2604@hotmail.co.uk) if you would like to talk about for this important role.

Okay back to the thank you list. The next thank you is to the committee who are all involved in the pre race build up which starts in December and intensifies as time goes on. This is where my second job advert/plea comes in. As a committee we all have our roles in race prep for both Whitstable 10k and Mount Ephraim 10k. However I'm very aware that a number of the roles would collapse if someone became ill for example or had to move away. Therefore I will be encouraging the committee (and yourselves as members) to find shadows for next year's race. This will not involve much work other than perhaps a dozen of you becoming more familiar with the role of an individual committee member so you can pick up (some of) the reins if for example someone is ill. It does happen – I had to phone Roy three days prior to Blean 2009 to say I had caught swine flu (I've heard all the Pinky & Perky jokes so don't waste your time texting me etc!!). This involved Roy in a major headache in re-distributing my tasks for the day.

#### Marshalling Duties

Once again thank you for your support on the day and thank you in anticipation for your support at Mount Ephraim on 11<sup>th</sup> July. If you are reading this and feeling left out if you could not make Whitstable this year please note we cannot have too many marshals! The advent of chip timing has created more jobs on the day and we could do with more people around both Whit & ME10k routes to keep pedestrians and motorists away from runners.

We need these races to keep our club running as it does at present – other clubs charge members for each KFL X-C race they enter for example and they cannot afford pub runs. Above all we develop a great sense of camaraderie and have fun on the day.

PS if it snows at Mount Ephraim I'll buy all Marshals a beer.

Tim

## **Whitstable 10k.....it's more than just a race...**

Thanks to all, especially Race Director, Tim for all the hard work at Whitstable10K. This will help keep all Harriers fed and clothed for another year.

Dave Lee is delighted with the £900 cheque for his children's charity which is now about £30K short of £2million donated, which is used to send sick and under privileged children on holiday.



**It's great news that we support Dave Lee's children's charity, receive support from Bailey's and publicity for the club!**

## **Vienna that wasn't, Bungay that was.....by Tina Jones**

What is it about Mums and sons?

This time last year I hadn't planned to run a marathon in 2010 and I was questioning myself as to whether I really wanted to run one ever again, but my son Ross who ran short distances fairly regularly got it into his head that he would quite like to run a marathon with his Mum and rather unfairly as far as I was concerned, thought he had better do it sooner rather than later! As most of us know it isn't too hard to train up for a half marathon if you run regularly but a marathon – well that is a very different kettle of fish, did I want to do those long training runs all over again? But of course I found myself agreeing to Ross's request. We decided to enter the Vienna marathon mainly because Ross probably wouldn't have got into the London and if he did we wouldn't go off from the same start, we had already agreed we would run the whole way together no matter who was quicker than whom, as it turned out over the months of training we found we paced each other pretty well. We had an added incentive to run in Vienna as my daughter lives there.

So we signed up in the middle of October and training started in earnest, well it did for Ross, Brian and I had already booked a visit to Australia which would take five weeks out of my training schedule. We had various hiccups along the way, small injuries, bad colds, the usual winter problems. Unfortunately Ross had a niggling knee injury throughout his training and during the Thanet 20, at mile 17 it finally gave out. He rested for a couple of weeks and had some physio but it didn't seem to be improving, so much against his will he decided he had to pull out of the marathon. As the family had all booked their flights and my daughter would have been very disappointed if we hadn't gone, I decided to run on my own. I continued to train, it was an exceptionally cold and wet winter so I was glad when the end was in sight. Finally I was 'tapering' and even looking forward to the race.

The race was to be held on Sunday 18<sup>th</sup> April but three days before, we got up to the news that there had been a volcano in Iceland and ash clouds were forming which had shut down airports in the north of the UK and the main London ones were likely to be affected too. How could this be happening, it seemed a bit of a dream really and all would probably be okay the next day. But as we know the airports were shut for nearly a week and no-one was going anywhere least of all to Vienna to run a marathon!

It was so disappointing after all those hard weeks of training, but there was light at the end of the tunnel in the form of the Wenmans! Barbara e-mailed me on Friday telling me about the Bungay marathon which Mark had run a couple of years before. They took entries on the day – marvellous, what could be better. Yes, said Barbara, it was a little undulating but nothing too bad (we are still friends!) We travelled up the day before having booked into a Premier Inn in Lowestoft for the night in order to make sure I arrived at the event in good time to secure a place. There were about half a dozen others there who had planned to run in Vienna so we chatted on which passed the time before the start and helped the nerves.

Unlike the razzmatazz of the 'London' this was a very low key event and with only just over 200 runners the crowd support wasn't huge. Psychologically it was a tough race as it was a two lap course (the half marathon set off during our second lap), the first half was very undulating as far as I was concerned and I had to get my head round the fact that I had to do all the hills for a second time, (thank goodness for Eliot Hills, we all groan about them but hill sessions are such an important training exercise).



Also after the first lap the half marathoners swept past us looking fresh as daisies whilst the marathoners were looking decidedly jaded especially in the heat of the day.

I have to say I was very glad when I saw the magic finishing line and my most faithful supporter, Brian, waiting there to catch me! But the pain was soon forgotten and I was just so grateful that I had been able to run a marathon especially on the same day as I was supposed to.

And now that Mums and sons bit has cropped up again, Ross still wants to run a marathon with me and providing his injury sorts itself out we plan to try for the Vienna in 2011.....

There is absolutely no doubt about it that I could not run a marathon without the support, encouragement and constant friendship of all at Canterbury Harriers. Sunday's long runs are almost fun in the company of Debbie, Sarah (S-S), Wendy De B, Kate, Sally and Julia, they are all good and loyal friends Wendy Os – you have been hugely missed this year but hopefully you will be back training with us for a 2011 marathon.



## **Plantar Fasciitis (a right pain)..... Roy Gooderson**

Having running since my teens I have gone through the usual range of pains and sprains, nothing had prepared me for the utter misery of Acute Plantar Fasciitis. My injury appeared from nowhere on finishing the Reims 10K 2008, nearly 2 years later, I am still suffering badly.

The Plantar Fascia are a number of fibrous tissues that form a bowstring under the arch of the foot through to the Calcaneous (heel bone) and help support the arch of the foot. If these are inflamed or torn you get a feeling similar what you might get if you jumped barefoot from a wall and landed on a golf ball, this pain is typically worse first steps in the morning, and due to compensation, very soon goes to both feet. If you are lucky enough to have just inflammation without tearing like elite marathon runner Mara Yamauchi, it may settle down with rest and calf stretches, the problem with PF is we all have to stand everyday and us mad runners want to get running again!

"I'm a Celebrity" snooker player Jimmy White's career was finished by Acute PF as it is often found in careers involving standing, often in un-supporting footwear, hence the old name



### **Roy finishing Le Touquet in 2009**

"Police mans Heel". I did try and run a couple of weeks after Reims as I never experienced most pain during running, perhaps because you lean forward and remove pressure from your heels. Now for the VERY big "BUT", if you just have inflammation you could go on and tear the fascia by running on it.

I am lucky in having private medical cover ( just as well as I reckon I have now spent nearly £3000 ) so early on in the rounds of 4 doctors, 3 physio's, 4 podiatrists and 1 acupuncturist I went to see an Orthopaedic Consultant and had an MRI scan.

The consultant stated that as a runner he would not give me a steroid injection, which is often offered by G.P.s because unless it is done with ultra sound it will probably be in the wrong place and if it does work in reducing pain you will think you are better too soon, start running and increase the injury. I went on to have Ultrasound, Shockwave therapy, strapping, night splints, acupuncture, antinflammatories etc.

All of summer 2009 I could not wear everyday shoes (still cannot) or even various orthotics I had made by Podiatrists, it was trainers and Crocs only. As I organise the Le Touquet 10K trip I thought I would go to the start line on my 18<sup>th</sup> year and perhaps run a mile and drop out, well you can guess the rest. Having done a very gentle 10k I actually felt better (especially mentally) I believe that careful stretching of the calf during gentle running seems to help. Since that time I have been running a little and the original "golf ball" pain is largely gone, but I still can not stand for more than a few minutes without pain and still get terrible burning pains in both heels at various times day and night, an ice bucket is the best temporary cure. I am currently considering Platelet Rich Plasma injections (my blood is centrifuged and the plasma injected into my heels) a therapy used on Tiger Woods knee, but is likely to put me off my feet at 1 week per heel. Will I ever get fully recovered? Who knows! So if you get a pain under your foot take it VERY seriously!

(Roy has really been through the Mill with his PF and we wish him all the best for a recovery and back to full running - Ed)

## **VIZ or Ed's practical running advice.....**

**WHEN YOU ARE RUNNING AT NIGHT MAKE SURE THAT YOU HAVE CANDLE WAX SPREAD OVER THE TOE OF YOUR SHOES AND CARRY WITH YOU A BOX OF MATCHES. WHEN ENTERING A DARK STRETCH OF ROAD SIMPLY LIGHT THE MATCH AND SET FIRE TO THE END OF YOUR SHOES.....**

## **Man on the Run.....6<sup>th</sup> June**

An advert seen during the current world cup has been encouraging men 'to check their balls!'

In the same spirit our 6<sup>th</sup> local 'Man on the Run' 5k running and walking event for men and boys was held in June to raise awareness of male cancers. The fun run started at Hampton Pier Avenue, Herne Bay and led along the sea front (same as

***Things getting underway at the start.....***



Whitstable 10K) before looping around the wild life area at Whitstable and returning along the sea front.

The event was in aid of [Cancer Research UK](#) and each runner was raising money for Cancer Research in preventing and curing cancer. Whilst events such as Race for Life have increased the awareness of possible cancer risks for women, there has been relatively little in the UK highlighting the corresponding dangers for men. Man on the Run is trying to address this with this informal fun summer event.



***Steve seen entering into the spirit of the occasion....***

Of course no run can be held without 'professional' input and Gerry and Steve were there with other club volunteers to ensure that the run was marked, led and recorded.

## **Gadget Corner.....the Powerbreathe Kinetic3 (Note: this is true...)**

If your 'thing' is gadgets and new technology then you the modern runner are probably already the owner of this device. If not, then read on...

POWERbreathe Kinetic is the 3rd generation of POWERbreathe Inspiratory Muscle Training series (breathing training) and the world's first portable precision electronic inspiratory muscle training and monitoring system that delivers a superior performance. POWERbreathe Kinetic is rechargeable and supplied with a recharging and display stand.



The POWERbreathe Kinetic uses the basic principles of resistance training. Just as you might use weights to strengthen your arm muscles, breathing in through POWERbreathe against the electronically controlled, rapid-response valve creates a resistance to inhalation – thereby increasing inspiratory muscle strength and endurance.

The POWERbreathe K3 training resistance is specifically designed to match the dynamic changes in breathing muscle strength throughout your breath and can automatically adapt to increases in your inspiratory muscle strength at the beginning of each training session. Training measurement results are displayed on screen, allowing you to monitor training progress and to optimise your training technique.

The POWERbreathe training regime of 30 breaths twice a day, typically takes only a few minutes a day, and when used correctly you should start to feel the benefits within just a few weeks.

POWERbreathe is drug-free and natural with no side effects or drug interactions.

And all for £299.99

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



### **Stuart Deal Photography**

My name is Stuart Deal, I have been a keen Photographer for over 20 years. I have been photographing weddings for the last 5 years. I have qualified as a Licentiate member of the British Institute of Professional Photographers. I am based in Canterbury and offer competitive wedding photography in Kent and throughout the South East of England.

Contact details:

[www.stuartsphotography.co.uk](http://www.stuartsphotography.co.uk)

E-mail: [dealstuart@yahoo.co.uk](mailto:dealstuart@yahoo.co.uk)

Tel: 01227 780049

Mob: 07932268256

### **Dave Emm Recording Studio**

I have a recording studio in my home in Blean, ideal for singers, duo's, bands, etc., who want to produce finished recordings. I do a fair amount of recording for Roy Palmer (ex Harrier) and will be playing with his band (Five Miler) at the 'Lounge on the Farm' gig in July.

" produce a professional demo CD of yourself, your duo or band"

Contact details:

Dave (V60) Smith

01227 768329

12, Bourne Lodge Close

Blean, Canterbury, Kent

CT2 9HD

### **rgelectronics**

All radio equipment including Roberts digital radios.

Audio equipment, connectors, leads, metal detectors etc.

Contact details:

66 Oxford St

Whitstable

Kent

CT51DG

01227 262319

[www.rgelectronics.co.uk](http://www.rgelectronics.co.uk)

### **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)

***Contact Ed if you would like your 'service' included.....***



### **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.....

Congratulations to all 20 of our runners in this years London Marathon with some brilliant times. Congratulations to the debutants and to Wendy on her PB on her birthday! But pride of place must go to the stunning performances by Sarah, ten minutes inside the elite time and bettering her previous PB by over 8 minutes! And Barbara on her PB and at FV52 only 4 minutes outside the womens elite time! And well done to Joe completing his 16th consecutive London Marathon and 17th in total.

<b>Event</b>	<b>Harrier</b>	<b>Time</b>	<b>Position</b>
<b>London Marathon 25 April</b>	Sarah Maguire VF40 PB	3:05:01	1430
	Mark Wenman VM56	3:13:58	2288
	Ryan Bullows SM35	3:18:01	2741
	Barbara Wenman VF52 PB	3:19:08	2855
	David Felton VM52	3:27:49	3992
	Tim Richardson-Perks VM50	3:28:42	4148
	Emma Geriatric VF38	3:34:43	5168
	John Richards SM29	3:43:46	6796
	Francis Maude VM43	3:44:19	6910
	Faye Roberts SF28 Debut	3:44:42	7005
	Martin Skeet VM43	3:45:15	7123
	Andy Farrant VM53	4:08:47	13117
	Charlie White VM53 Debut	4:11:51	13906
	Sally Silver VF35	4:25:29	17607
	Trevor Brown VM46 Debut	4:27:12	18102
	Wendy De Boick VF58 PB	4:34:04	19958
	Julia Bennett VF41	5:22:38	30177
	Debbie Clifford VF43	5:27:42	30921
	Joe Epsom VM59	5:31:40	31433
	Jacky MacDonald VF62	5:55:35	33689
<b>Whitstable 10K 5<sup>th</sup> May</b>	Nanette Miles SF 23 PB	50:36	267
	Yu Zhu VM45 Debut	52:10	307
	Jane Elder VF45 Debut	1:00:24	460
<b>Canterbury Half Marathon 23<sup>rd</sup> May</b>	John Richards SM29 PB	1:37:26	68
	David Waite VM 42 PB	1:43:48	153
	David Cox SM31 Debut	1:44:02	155
	Martin Agnone SM36 Debut	1:48:06	197
	Adrian Fox VM42 DEbut	1:49:32	228
	Rebekah Alderson SF23 Debut	1:52:50	285
	Joanne Gambrill SF26 PB	1:53:48	295
	Charlie White VM53 Debut	1:56:16	332
	Yu Zhu VM45 Debut	2:00:38	407

<b>Jersey Half Marathon 23<sup>rd</sup> May</b>	Andy Farrant VM53 Debut	1:38:56	75
<b>Dover Half Marathon 31<sup>st</sup> May</b>	David Bowden VM46 PB	1:32:07	17
	Gary Salmon VM47 Debut	1:34:03	27
	Helen Knuth VF41 Debut	2:00:43	172
<b>BUPA London 10K 31<sup>st</sup> May</b>	Karen Bennett VF37 PB	55:54	3545
<b>Stelling Minnis 10K 6<sup>th</sup> June</b>	Mark Ford SM20 Debut	37:32	7
	Sarah Maguire VF40 PB	41:20	15
	Martin Skeet VM43 Debut	41:29	16
	David Bowden VM46 Debut	42:32	20
<b>Cork City Marathon 9th June</b>	Sally Silver VF35 PB	4:17:41	936

## **Sweaty Hot Fun!**

### **(or the Saxon Shore Relay) – Saturday 26<sup>th</sup> June.....Barbara Hutton**

It was time again for the iconic Saxon Shore Relay. Many Harriers have run this event before and the stories were legendary of getting lost and having to harangue the locals for directions.

As this was my first time, I wasn't sure what to expect. Our team had an international flavour: Joe, Pavel, Yu, Steve and me. The car was strewn with paperwork: route maps and descriptions that made it look like we were organised (not!). After the traditional verbal exchanges between Harrier teams and Deal Tri teams, our lead runner Joe was off. I was under the impression that it was going to be 'easy' but judging by the sweaty and panting state of Joe as he finished his leg it was obviously going to be 4 x hard interval runs of approximately 2.3 miles each. My first leg was pretty straight forward, no chance of really getting lost. The heart rate soon got into interval territory and surprisingly it wasn't as bad as a Tuesday evening session!

Pavel and Yu seemed to get the hardest navigational legs, but managed to get to the designated finish points every time – well done lads! As the day progressed the temperature got hotter and hotter, necessitating drinking plenty of water. There was clearly a mixture of runners taking part, from uber fast speed merchants to steady Eddie's, but this made it a great event, it was a day that everyone of whatever ability could enjoy. There were even people in fancy dress, how on earth anyone can run in a Mad Hatter's outfit and not die of heat stroke I have no idea. It was definitely a day for running vests.

On the final legs faster teams were catching up with the slower ones, and you started to see familiar faces. Everyone was having fun (apart from Tony's team who were deadly intent on winning and they did!). At the finish in Whitstable it was great to catch up with all the teams and to also find out that the Harrier's had won the women's race too. A few mad people (Steve and Pavel) decided to dunk themselves completely in the sea afterwards – fortunately no policemen were on hand to arrest Steve for gross indecency! A few beers were consumed (they do taste good after a hard days running), then it was off to the rugby club for a well deserved buffet meal to round things off.

All in all a fantastic day out, great company, great running and loads of great memories.

## **Jersey - Around The Island Walk.....by Andy Farrant**

**19<sup>th</sup> June 2012**

This consists of a walk around the 48.1 miles of Jersey coast line via 12 checkpoints, at each checkpoint you hand in a card which has your personal walk number on it; you can drop out at any stage if it gets too much for you. Each walker can have a bag of things that you might need during the day, brush, hairdryer, lipstick etc., you drop it off at the start and it is moved around to various checkpoints throughout day. There are lots of Marshalls at each checkpoint to help with bags and pointing you in the right direction to go as people do strange things when they are tired. At each checkpoint you will find hot and cold refreshments and lots of snacks all free of charge.

Sue and Martin Combes, past members of the Harriers, invited me over to take part in a walk around Jersey, my wife Jacqui was also invited to walk, but declined, as she said there was a perfectly adequate bus system 'thank you'! It always seems like a good idea many months away but as the time nears and the truth comes out - like 48 miles, start at 0300 register at 0230 get up at 0150 Martin saying that he was not actually doing it but Sue needed someone to walk with but he was happy to drop us off, should have asked more questions!

We booked our flights and started our Journey to Gatwick with plenty of time to get a MacDonald's and beer at the airport before flying, not to be, best laid plans and all that, as the Gatwick turn off on M23 closed, bumper to bumper past the closed junction to the next turn off and then Grand Prix race to airport. Luckily we booked in on line and with just customs to negotiate, run down the travellator to departure lounge, wise words, never jump off moving travellator, bit like getting off a moving train before it stops at the station, made it onto the plane with minutes to spare and had a nice beer £3.70 for a small can, rip-off!

0150 Saturday morning, time to get up, weather forecast wet clearing later, glad I brought my waterproofs, booked in OK 0230, proceeded start point and you guessed it rain and we started 0300 first check point 7.8 miles away at Gorey. Here I had one of those what am I doing moments. Our bags were waiting for us at the 2<sup>nd</sup> checkpoint St. Catherine along with bacon rolls, the rain was easing a bit but still waterproof weather, we next saw our bags at checkpoint 4 we had covered 17 miles and the time was 07.45. It was now time to ditch the waterproofs, the weather was clearing.

Martin and Jacqui said they would be our support crew but we hadn't seen them perhaps it's too early. The sun is shining with a nice cool breeze blowing, we are approaching checkpoint 6 - Devils Hole - 23.7 miles 10.15. The walking is mainly on undulating tracks that hug the coast and they are well maintained, we jog down some of the tracks just to loosen up as continual walking tightens the muscles, still no support crew just as well the checkpoints look after us. Our support crew finally catch up with us and bring us cappuccinos and complain it's too windy and disappear again. We can see checkpoint 9 Le Braye Slipway in the distance and arrive at 13.45, 34.8 miles completed, Time for a change of clothes and socks feet are a bit sore but holding out. The scenery is amazing (not awesome), as you go around each headland there always seems to be a harbour and fishing boats, the French

can't have got all the fish! We pass by Sue and Martins abode and our support team are on the balcony shouting support, no, it's abuse, and too much time on their hands! The tide is out and Sue suggest we cut out the next headland by going along the beach at St Brelades Bay and onto checkpoint 11, felt sorry for the people walking over the top but more surprised by the people following us. Arrive 16.00 42.7 miles completed.

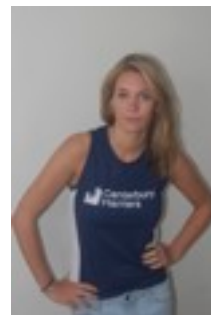
Last push for home, lots of people struggling we have also been joined by people doing a leisurely couple of stages, don't they know it's a competition and they are in my way. Sue reminds me that it's just for fun as I start jogging around them trying not to push them over the edge. We just want to finish but it seems like forever finally arriving at 17.36 and 48.1 miles later, the support team bought us champagne and told us to stop moaning about aching bodies, Sue mentioned Guernsey next year I said Sark sounds good.

Andy has also unearthed some unknown facts about the Jersey marathon....

12336 bottles of water drunk  
6966 cartons fruit juice drunk  
1236 packets crisps consumed  
1000 bananas consumed  
300 mars bars consumed  
20 jumbo packets jelly babies and fruit pastels consumed  
655 Jersey residents entered  
128 non Jersey residents entered  
478 male walkers  
305 Female  
average age of walker 32  
total 45434 miles walked in total  
61.3 % of registered walkers completed the walk



## Canterbury Harriers Kit Kroner



<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.

## The West Highland Way (WHW) Conquered (but not before a few sore toes!).....by John Hartley

If you have ever thought of invading Scotland to see Loch Lomond and the highlands, then you canna' do nah betta than walk the West Highland Way. The path is approx. 95 miles in length, and stretches from Milngavie (just north of Glasgow, and pronounced Mullguy) to Fort William.

Club members Steve Clark, Andy Farrant, Gerry Reilly and myself undertook this challenge back in early May this year. Andy and I were just interested in tackling a further long distance walk – the first official one north of the border. Gerry, though, wanted to defeat those demons that arose after his first attempt at the walk with two friends (non-runners, and as it happened non-walkers), but this was rained off. Well that's Gerry's version; the truth being that they had a few spots of Scottish rain, so they had to abandon the trek to the comfort of the Drovers Inn at Inverarnan! Steve had other ideas. Having vanquished the nutty Nuttalls – those peaks above 2000ft in England and Wales – he now has his sights on the Munros – the 3000ft plus mountains in Scotland. So if an actual Munro or a Munro top – a peak over 3000ft, but not in the registered list as the fall on either side does not meet the criteria – was close to the WHW, Steve was there (and usually Andy keeping him company) to 'bag' it for his records. I guess there was another ulterior motive for Clarkie; having been recognised by the Royal Geographical Society for 'discovering' the source of the River Aire in West Yorkshire (an episode from the Pennine Way), he had designs of a similar kind to enhance his reputation.

	WHW/Munro				Accommodation	Per Pers.
Location	M'lge	M'lge	Day/Date	Accommodation	Tel.No.	Cost (£)
Milngavie	0.0		Thu 6 <sup>th</sup> May	Laurel Bank	01415 849400	28.75
Cashel	22.5		Fri 07 <sup>th</sup>	Northwood Cottage	01360 870351	28.00
Crianlarich	23.5		Sat 08 <sup>th</sup>	Tigh na Struith Riverside Guest House	01838 300235	27.50
Bridge of Orchy	12.0		Sun 09 <sup>th</sup> am			
B. of O. Munro circuit		10.0	Sun 09 <sup>th</sup> pm	WHW sleeper bunkhouse	01838 400548	17.00
Glen Coe (High level route)	16.0		Mon 10 <sup>th</sup>	Clachaig Inn	01855 811252	44.00
Glen Coe Munro Circuit		13.0	Tue 11 <sup>th</sup>	Clachaig Inn		44.00
Fort William	23.0		Wed 12 <sup>th</sup>	St Andrew's Guest House	01397 703038	26.50
Ben Nevis ascent		8.0	Thu 13 <sup>th</sup>	St Andrew's Guest House		26.50
Total	97.0	31.0				
Average for WHW	19.4				Total	242.25
Average incl. Munros	18.3					

As you can see from the following spreadsheet (giving the planned position), the intention was to complete the walk in five days. However, with the climbing day in

Glencoe, and the ascent of Ben Nevis at the end, the hike was seven days, then with a couple of days travelling, this brought the overall trip to nine days. (Gerry, Andy and I now have gallantry medals from Jenny Clark for keeping Steve out of her hair for so long!)

The journey to Glasgow/Milngavie we did by car, courtesy of Andy. The distance is approx. 480 miles. It took about 11.5 hours, with shared drivers, including welcome stops at the Asda Store at Cannock for breakfast, and at Graham Brown's home (former Harrier) near Penrith for lunch. On the return from Fort William, we caught the City Link bus (No.914) to Clydebank, then a taxi to Milngavie to pick up the car. We made even better time on this leg, getting into Canterbury after 10 hours – mainly through the sterling effort of Lewis Hamilton Farrant!

Through Steve's attention to detail (yes, he is nerdie about this), all the transport arrangements were costed and put in the planning spreadsheet, even down to the M6 toll and the taxi fare. With the accommodation costs, and costs for lunches and evening meals, the estimated outlay was £527 per person. When we did our reckoning up at the end of the trip, we calculated the actual cost at £569, so we obviously underestimated on beers!

Here are some of the photographs from this very enjoyable trip. The start on 6<sup>th</sup> May was an early one, for the drive to Scotland. This is near the New Dover Road at 5am, with Steve helping the 'old coach' with his luggage.



Then after he had given his team talk, Gerry settled for the journey. However, he did assure us that he was ready for anything at a moments notice. Some hope of that given the sleepy grunts he was making!



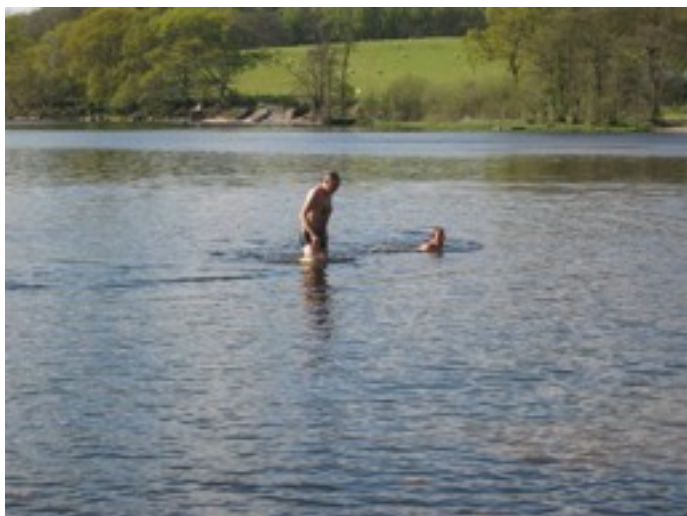
On Friday, 7<sup>th</sup> May we started our walk from Milngavie town centre. The start is well signed as depicted in the next photograph of the team rearing to go! Andy was leaning to ensure the monument didn't fall over.



The first stage took us to Cashel on the banks of the Loch. How about this picture of the bonny, bonny banks of Loch Lomond!



Although we did have a comfortable B&B arranged at Northwood Cottage, Cashel, Steve and Andy thought they would start their ablutions in the Loch. It was a little cool, so it did shrink their particulars!



In the evening, we continued with our training under the rigorous guidance of the Club coach. This consisted of carbo-loading and logistics (well that was 1 across in the T2 crossword).



The second day of walking took us to Crianlarich, but not before traversing the length of Loch Lomond, with some of the most stunning views. How about this one. As you can appreciate, the weather was fair and continued in this way for most of the trip.



Although we were at low altitude, the terrain was quite difficult to walk at this stage. The trail is rocky and hard on the feet, a feature that reflects most of the WHW.

On the third day, we headed for Bridge of Orchy. We are getting further into the highland area. Note one of two Munros on the right in this next picture. Steve and Andy climbed these. I joined them at the saddle between the two, whilst Gerry rested his feet at the sleeper bunkhouse we had booked for the night. An interesting (and comfortable) site, as the former station for the local rail line.



The fourth day took us to Glencoe. Steve and Andy did the high level route – to 'bag' a Munro or two. Gerry and I went across the far more perilous Rannoch Moor. You can see how isolated it is from the next photograph. Apparently, it is the largest uninhabited wilderness in Britain!





In the next photograph, Gerry and I are approaching the valley of Glencoe. This is such an impressive sight. The white building (on the right of centre of the shot) is Kings House Hotel. Gerry and I strategically placed ourselves in the climbers and walkers bar to await the wimps doing the hill route from the left!.



Here is Steve and Andy at the start of the walk; Andy looking more and more like an alpinist. We climbed up that gully in the picture to the Munros/Munro tops in the background.

told you he was a budding alpinist! This is on one of the tops before the misty/snowy weather squall came it. When it was clear, the views were spectacular.



On the sixth day, we made our way to Fort William. On route, there are some good views of Ben Nevis. This is one of them showing the southern and western slopes of the mountain. Then we were in Fort William and the official end of the Way.



On the last day, Steve and Andy attempted Ben Nevis using the Dearg Arete route. However, bad weather conditions forced them to use the Tourist route, which is still a demanding climb. Steve had already 'bagged' this Munro on an earlier expedition, but for Andy it was the first time so he was pleased in meeting the challenge. Meanwhile Gerry and I had a leisurely breakfast, a read of the papers, and a stroll around Fort William. Well, we needed to prepare ourselves for the enforced incarceration with Steve Clark during the journey back to Canterbury!