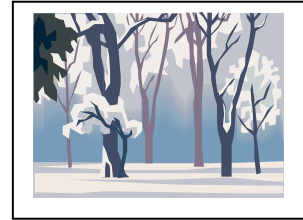




# The Harrier



The newsletter of the Canterbury Harriers

Winter 2010

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Welcome to the Harriers winter newsletter.

Why are we runners so conscious of the weather? Perhaps I am just speaking for myself but judging from the conversation on training evenings and in the lead up to races, I do not think that I am alone. Sitting equally alongside training and the state of one's current form the weather is a big topic of interest. Take the current winter weather leading up to the New Year. We have had our share of snow and ice but not as bad as other parts of the country; and thankfully we have not had the dreadful floods experienced in the Lake District. However, we may still wonder what surprise the weather has for us until the first shoots of spring finally dispel any thoughts of snow, ice and cold winds.

In addition, with the end of winter, our thoughts turn to entering a new phase of the annual running calendar and the busy marathon period. However, before we turn to the future, we report on the past few months with another successful series of race competition and well-organised events.

Nothing exemplified the feeling of 'Club' spirit more than when members undertook a multitude of tasks at our KFL fixture at Blean in November, in again providing a thoroughly professional fixture. (And, all done please note without our Supreme Organiser who also managed to miss the Mount Ephraim race). A big thank you and 'well done' goes to everyone who turned out on the day.

In early December, our Presentation evening, held at Boughton Golf Club in a very hospitable setting, where over 60 of us (with guests) had an enjoyable evening. Thanks to Wendy and Tina for leading the way with the arrangements. During the evening, we were also able to celebrate the achievement of Award winners over different distances and age groups. More news of the award winners is inside this Newsletter.

We welcome back Chief Coach, Gerry, after his

autumn working tour of the country. In his absence Steve and the coaching team led the usual high quality training sessions. We are fortunate to have such hard working coaches (well we do all the hard work - but you know what I mean).

Articles in this Newsletter include an account by Phil of the Rheims trip, Steve's immaculate organisation that went into the North Downs Way(!), and the legendary Canterbury Tart (don't get too excited boys). Bob introduces a cautionary article on illness, Tim gives an account of his trip to the New York marathon, a summary of Committee News, interim X-country stats and an epic account of John Hartley's LEJOG cycle ride are all included. Jo reports on her GRIM experience, John and Steve come clean on their 14 day love affair with the Pennine Way; and Tim on the delights of race directing and asking for support from members with our Mt Ephraim and Whitstable races.

Finally, a new section features the pick of recent road results.

Enjoy and run well in 2010.....

### **North Downs Way 2009 – or - What can possibly go wrong! (Steve Clarke)**

For the first time ever, the North Downs Way Relay and the Saxon Shore Relay fell on the same day. The NDW can be a tough and lonely race with only 3 or 4 teams in it in recent years and quite some travelling involved for the competitors in the latter half after it has crossed the Medway and wanders across Surrey to its weary end in far off Farnham! It is definitely for the more dedicated, 'loneliness of' long distance runner! So perhaps it was a bit ambitious to try and keep our clubs colours flying in this competition when it was clashing with the far more popular SSR!

"And if he is ambitious, it is a grievous fault and grievously will he pay for it!"

After a last hectic fortnight of endless phone calls, threats, harangues, pleadings and economies with the truth I had managed to cobble together a hybrid team, half Harrier, half other, to cover 14 of the 16 legs with three of the team doing double legs and finally getting my long suffering wife, Jenny on board to come with me as 'Supreme Assistant Manager' to help with car forwarding duties etc. As I was setting off to walk the Pennine Way with JR Monday morning, I was for the first time unable to see it through to the end at Farnham which would mean getting home about midnight. I would have to leave them to it from about midday at the Vigo Inn. This leg and the next from Dunton Green were the two legs we had no runners for anyway and transport arrangements for the remaining legs had (hopefully) been sorted.

#### Friday 19<sup>th</sup> June

Everything that could be done had been done. We would get up about 04:15 tomorrow and leave about 04:45 pick up 'Mad' Joe Epsom from around the corner and head for Dover where he would set off on the first leg from Shakespeare Cliff at 05:30. What could possibly go wrong?

#### Saturday 20<sup>th</sup> June

I came round to see the dawn light coming through the window, actually it seemed quite bright considering it can't even be 04:15 yet. I managed to focus my eyes on the glowing red figures of the clock 04:47!! " Jenny, the bloody alarm hasn't gone off! Quick, get up! " I stick my head under the cold shower, throw my clothes on, leap down the stairs and ring Joe to tell him we will be round in 10 minutes max! Jenny gets downstairs (the bacon sandwiches, coffee etc. will have to go out the window!). We grab everything in sight and chuck it in the car and zoom round to Joe's. I get in his

car as he is not sure of the way and Jenny follows behind in ours. As we set off I glance at my watch, 05:03! This is going to be close! There is nothing like a hectic day starting manically! But it now slows down a bit (just when you do not want it to!) as Joe (hmmm, how can I put this politely?) is a careful driver, yes that is it, a VERY careful driver! We crawl through Sturry and Canterbury always just within the speed limits although it is 5 o'clock in the morning and we hardly see another car or person, just the odd clubber staggering home from Canterbury town centre! 'Joe couldn't we go just a little faster?' 'Oh no, I simply MUST stay within the speed limit!' Then eventually we are out on the A2 and Joe allows himself to speed up to 60 or more! However, as we reach the outskirts of Dover, we catch up a huge lorry heading for the docks barely doing 55. Joe refuses to overtake 'far too dangerous!' We sit behind it until it turns into the docks and finally follow the seafront along to Shakespeare Cliff arriving at 05:27 the other 3 runners and a couple of drivers are there and look relieved to see us! To complicate matters even more the timing is being shared between the four clubs in the race this year and we cover the first four legs. Joe decides he wants to run in another pair of trainers, I leave him to it and rush off through the underpass to the start point and synchronise my watch with another team's member who is timing later on. At 05:29:45 Joe appears from the underpass and just has time to join the other 3 runners as I set them off exactly on 05:30:00!

Joe is very nervy about heights especially on cliff tops but I had assured him the path goes nowhere near the edge of the cliff, [for the most part], (I'm not sure he heard the last bit.) 'It's a piece of cake Joe!' I shouted after him. 'Just follow the path West along the cliff top and don't turn left under any circumstances!!' .....And that's the last I saw of him!

I return to the car the pressure is off at last for a while. It is a rough and hilly 7-mile leg to the outskirts of Folkestone and the record is 49:23. Plenty of time to spare for the 15-minute car journey. I drive Joes car, Jenny follows. We stop at Capel Le Ferne to check on runners' progress. Rummaging through the boot of our car I discover I have left behind my bum bag with wallet, money, mobile, etc in it! Bugger, especially the mobile, I now have no communication with other team members, oh well! The first three go through but no sign of Joe! I have to move on as I have Tim Perkys maps for the next two legs which he is doing back to back the hero! A distance of about 15 miles! I head off but after a few minutes I realise I've left the maps in our car and have to turn back, it is a mad rush again now! (Still no sigh of Joe!). I head off again (thank goodness Joe doesn't know how hard I had to hammer his car!) and reach the changeover; Tim is there, thank goodness! He has a completely luxurious 3-4 minutes to study his maps before the first runner is sighted and the leg two runners set off at 06:25. Jenny arrives a little while later and Joe had been spotted! Result! He has got 25 minutes to get in before the cut off time for this leg of 95 minutes. The other two runners have finished, the cut off time approaches no sign of Joe, the cut off time passes still no sign of Joe! The others drift away, I cannot wait any longer I have to get to Stowting to do the timing etc! We leave Joes car with the keys in the glove box. I take Tim's car and we drive back along the course a little way until we have to turn for Stowting. Still no sign of Joe! Where is he! You could stroll to this point by now from his last sighting at Capel. I push on to Stowting, Jenny can afford to stay another 10 minutes or so and hopefully pick him up and take him to his car, after that he is on his own!



***Here it is! wat you've been waiting for all these years with a picture of Joe Epsom at Capel Le Ferne. Caption ' The last sighting of Joe Epsom'***

At Stowting, Tim 'two legs' Perks arrives gasping for water before continuing on his second leg. Unfortunately, I had driven his car here and he had not thought to bring any water, however there was a puddle in the road which was not too muddy but then another option, one of our competitors kindly supplied some water and off he goes again! Shortly after Jenny arrives with alas no news of the whereabouts of Joe. I don't suppose we will ever see him again. Oh well!

Next stop Wye where I will be doing the next leg. We arrive in plenty of time for me to have a drink and study the map, which is nice! We set off at 08:27; I don't see Tim, as he is not the first runner home from the previous leg, some pathetic excuse about having to run two legs back to back! My leg is uneventful apart from having to avoid one angry goose sitting slap bang in the middle of the path not long into the run! One last lung busting effort up the slope to the finish on Charing Hill and I just have enough energy to give a feeble wave across the road to our next runner Lucy Clayton of Sandhurst Joggers who I have never met yet but has volunteered to do the next two legs, this leg to Hollingbourne at 7.7 miles then straight on into leg 6 to Blue Bell Hill the toughest and longest leg on the course, a hilly 10.4 miles! (Tim perks please note!).

Jenny has arrived and I take Lucy's car and we drive round to Hollingbourne to cheer her on as she arrives in 3<sup>rd</sup> place only a few minutes behind the leader. But that was the easy part now comes a hilly 10 miles, good luck Lucy!! We drive onto Jades Crossing at the bottom of Detling Hill about two thirds of the way and cheer her on through, still looking strong if a bit tired! We move on to Blue Bell Hill where Rob Sibley of Saxon Orienteers is doing this leg for us to Medway Bridge where his fellow Saxon member Nick Hope will continue for us to the Vigo Inn. Unfortunately, by the time we arrive the runners have already set off. We settle down to await Lucy's arrival, looking at the spectacular views from here across Maidstone and the Weald of Kent. She doesn't make the cut off time, which was a near impossible task but what a hero! After an all too brief chat I hand her the car keys and we have to be off over the Medway Bridge where the start and finish of those legs has long gone so I never do get to meet Rob (apologies!). Onto the Vigo Inn. We miss the start but we have no runners for the next two legs anyway! But we are in time to greet Nick Hope completing leg 8 for us. After that, my Pennine way preparations are pressing and we have to head back to sunny Canterbury!

Big thanks also to the following who picked up the flag for us again from leg 11. Aveze Oroos of Guildford Orienteers who ran leg 11 followed by his fellow Guildford team mate Marc Woodhall who ran legs 12 AND 13 for us. Mark Cooper again travelled all the way to the Stepping Stones on the A24 to do leg 14 for us as he has every year since 2004! Alan Kirby, another Sandhurst Jogger, who stepped in to do the penultimate leg for us from Newlands Corner. And finally but not least Mark Kendall (our ex Harrier Simon Kendall's brother) who for the third year running turned out for us to do the final leg.

Again my apologies as team manager for not be able to go through to the end and to those I did not meet but I will see you all next year, yes!?

ADDENDUM Joe Epsom is alive and well and living happily back in Sturry!

## **Rheims 2009 - Phil Wyard**

Eleven Harriers went to Rheims this year: nine in the van and two others under their own steam. Having three drivers made light work of the journey, barring a missed turning and Bob's van rage.

Rheims (pronounced Rance, with a guttural French R) is a beautiful city, known in France as the little Paris. It is similarly elegant and historic.

The accommodation was overall superb as the French twinning association made a big effort to make us feel welcome. We were then taken to the Louis Roederrer champagne house, the home of Cristal. Due to a connection with the twinning association, we were given an exclusive tour that would normally only be for professionals, by a sophisticatedly dressed French woman. Her accent was so good that Roy's hunch that she might be part English turned out to be accurate. She revealed at the end that she had one English parent and had been to school at Simon Langton girls school in Canterbury, before returning to France. Our first sample of champagne was taken at 5.00 in the afternoon.



*Not wishing to disturb 'entente cordiale' Harriers very reluctantly empty several cases of champagne at the Louis Roederrer Champagne House*

There was more champagne at the L'Union newspaper social club, where some of the twinning people worked, and then wine and pasta at the restaurant. There were plenty of opportunities for French speakers to have a go, but there were more than enough English speakers amongst the hosts to keep the lines of communication open. All this going on nearly made me forget the justification of the trip, the races.

Joe's good form continued as he was the first harrier in the 10k, and Andy managed a personal best time despite the people traffic. For many of the runners, the multitude of runners prevented them taking advantage of the ideal weather conditions and the flatness. However a special mention should go out to the half marathon crew; Mark and Barbara Wenman, Mark Cooper and Barbara Hutton.

As we waited for the half marathon runners to come in, the commentator started counting down to 1 hr 30mins, and the two Marks crossed the line, both getting their best times for years. It was a photo finish between them. Then, of course, Barbara W came in two minutes later and stole their thunder by being first female V50.

Needless to say, the lunch after was everything you would expect from a French restaurant with properly suited waiters serving *sandre* (which turned out to be Zander or pikeperch) and Blanquette de veau in champagne sauce.

Marco gave another speech to our French hosts, before passing on our gifts. Mark and Barbara, who were travelling on to the South, then got their payback, as they had to attend the official ceremony of the Lady Mayoress whilst the rest of us hurried back to Calais. We missed the 6.15 crossing by about 5 minutes, but this proved to be a positive outcome as it gave us a chance to get some drinks in at the harbour bar. We nearly missed the 7.50 as well, but thankfully accelerated onto the boat with seconds to spare.

Thanks to Marco, Roy and Bob for the organisation.

*C'était un weekend formidable.*

### **The Canterbury Tart (not to be confused with the Harbledown harlot)**

#### *Ingredients*

##### For the pastry

100g/4oz butter, cubed  
200g/8oz plain flour  
25g/1oz icing sugar, sifted  
1 egg, beaten

##### For the filling

4 eggs  
200g/8oz caster sugar  
2 lemons, rind and juice only, grated  
100g/4oz butter, melted  
2 large Bramley apples (about 350g/12oz in weight), peeled  
2 dessert apples, peeled and thinly sliced  
25g/1oz demerara sugar



#### Method

1. If making the pastry by hand, rub the butter into the flour and icing sugar until it resembles fine breadcrumbs.
2. Stir in the beaten egg and bring together to form a dough. This can also be done in a food processor.
3. Chill for about 30 minutes. Roll the dough out on a floured surface and line a round 28cm/11in (3.5cm/1½in deep) flan tin. Form a lip around the edge. Chill for a further 30 minutes while making the filling.
4. Preheat the oven to 200C/400F/Gas 6.
5. To make the filling, beat the eggs, caster sugar, lemon rind and juice together in a large mixing bowl.
6. Stir in the warm melted butter.
7. Coarsely grate the Bramley apples directly into the mixture and mix well.
8. Remove the tart from the fridge and spread the runny lemon mixture over the base.
9. Level the surface with the back of a spoon and arrange the dessert apple slices around the edge, overlapping.
10. Sprinkle over the demerara sugar.

11. Put on a heavy baking tray and bake in the oven for about 40-50 minutes until the centre feels firm to the touch and the apples are tinged brown.
12. Serve with cream or hot custard

### **Canterbury Harriers Awards 2008-2009**

The Presentation dinner held on the 4<sup>th</sup> December was the occasion to salute all Harriers who had excelled in their respective age groups over a range of distances during 2008/09. The winners are an inspiration to us all, showing quality performances in all events and age group categories. This year's awards included a new 'blood, sweat and tears' category for those who like their running *tough* over multi-terrain (usually muddy!) and a little unusual (normally involving heavy weights!).



***Having emptied all of the glasses Sally decides to try her wine from a 'silver' goblet***

***Harriers award winners proudly show their trophies - well done all***



<b>Senior Female</b>			
Nanette Miles – 5K	Denise Harding - 5M	Amy Hicks - 10K	Sally Silver – 10M, 20M, Marathon
Jennifer Benson – Half M			
<b>V35 Female</b>			
Jenni Van Deelen – 5K, 5M, 10K, 10M, 20M, Marathon	Sarah Maguire - Half M		
<b>V45 Female</b>			
Barbara Wenman – 5K,5M, 10K, 10M, Half M, 20M, Marathon			
<b>V55 Female</b>			
Gillian McLaren – 5K	Wendy de Boick – 5M	Tina Jones – 10K, 10M, Half M, 20M, Marathon	
<b>Senior Male</b>			
Mark Baker – 5K, 5M, 10M, 20M	Rob Dowling – 10K, Half M	Robbie Hicks – Marathon	
<b>V40 Male</b>			
Tony McParland – 5K	Mark Wilbourn – 5M	Garon Heslop – 10K, 10M, Half M	Colin Kent – 20M
Tim Richardson-Perks – Marathon			
<b>V50 Male</b>			
Joe Hicks – 5K, 10K	Steve Clark – 5M	Dave Felton – 10M, Half M, 20M	Mark Wenman – Marathon
<b>V60 Male</b>			
Dave Smith – 5K, 5M, 10K, 10M, Half M, 20M	Peter Greenwood – Marathon		



<b>Special Awards</b>			
Most Improved Female: Sally Silver	Most Improved Male: Mark Baker	Most Outstanding Performance: Ryan Bullows	
Mud, Sweat and Tears Award Female: Kate Marsh	Mud, Sweat and Tears Award Male: Andy Farrant		
<b>Overall Champions</b>			
2008-2009 Female Champion: Jenni Van Deelen	2008-2009 Female Championship Runner-up: Barbara Wenman	2008-2009 Male Champion: Mark Baker	2008-2009 Male Championship Runner-up: Garon Heslop



***Mark and Barbara Wenman look on excitedly as Mark Baker shows off his trophy***

## **Marathon News.....**

You either get enjoyment out of every moment involved in training and then covering the race distance of 26.2 miles; or just the thought of running for three of four hours could drive you to drink! Of course, most of you already know which camp you sit in... And so, it is hats off to those Harriers who have the drive, ambition and sense of purpose and who will be devoting three months preparing for a Marathon at some stage during 2010.

Of Harriers already accepted or entered for Marathons in 2010 these will now be joined by Andy Farrant, Jackie MacDonald and Francis Maude (with Peter Greenwood coming out as reserve) from our three place London Marathon allocation. In democratic fashion, and appropriate drum roll from Roy, their names were drawn at the XMAS presentation evening from nine hopefuls.

Perhaps next year we could add to the suspense by having an X-factor type contest and vote each week to eliminate aspirant runners. Categories already suggested include the ability to grimace, drink whilst running, patch up blisters and do a Radcliffe!

We wish all Harrier Marathon runners the very best in 2010...

## **I told you I wasn't well – Bob Pullen**

Well I am now!, but it has struck me over the last few months how many of us have not been well recently. I have been running for about 10 years now with two separate clubs but I can't recall a time when I, and so many of my colleagues, have been poorly. At first I thought it was just me. And I'm not talking about the traditional runners afflictions which we all seem to suffer from time to time.

Try these statistics. 20 September: Faversham 10k – 55 minutes 31 seconds. 18 October Rheims 10k – 49 minutes 39 seconds. How can I run a 10k nearly 5 minutes quicker in the space of less than a month? The fact that the Faversham 10k is "hilly" and Rheims is "flat" doesn't account for it as Rheims was also congested and the race was ran following a not inconsiderable intake of champagne and red wine provided by our hosts from the Rheims-Canterbury Twinning Association the previous evening. In addition, I did not get to bed until 1.30am the night before the Rheims 10k.

No. The reason for the large discrepancy between the two times was illness. As my doctor confirmed the day after the Faversham 10k, I had a virus. This explained why I ran the first kilometre in 4 and a half minutes and the remaining 9 kilometres with streams of people passing me. It also explained why I fell asleep for the rest of the afternoon on the sofa.

I won't go into details, but there have been some quite shocking and unexpected illnesses affecting some of our runners over the past few months. I was completely unaware that I had a virus before starting the Faversham 10k and am thanking my lucky stars that I made it through without any untoward effects. With the cross-country season now well under way, let us hope for a fit and well winter. In the words of Sgt. Easterhaus from Hill Street Blues – *"Let's be careful out there"*. After all, we do this to keep fit don't we?

(Ed's note – as someone who falls within Bob's description of those who have been ill - and who did not see his Doctor early enough – can I recommend an early visit to your Doctor if you are feeling at all unwell).

### **Runner bitten three times by adder - you couldn't make it up or could you!**

Following a report in the last Newsletter about a buzzard attacking a jogger we read of more animal disturbances, this time on the tranquil Tankerton Slopes...

A 31-year-old man was airlifted to a local hospital last week after being bitten three times by an adder - Britain's only venomous snake.

Dover Coastguard said the incident occurred at Tankerton Slopes, near Whitstable, on Sunday afternoon. The man was "weak, but conscious and breathing" after he vomited. The Dover coastguard rescue team, RNLI beach lifeguards from Herne Bay and the RAF rescue helicopter from Manston were directed to the scene. The man was taken to Tankerton Cottage Hospital for emergency treatment. It appears that the man was running along the grassy slope when he appears to have disturbed one of the many adder nests that exist in the area

The coastguard said they had been alerted just after 1430 BST. A spokesman said: "We had a report of a gentleman bitten three times by an adder. We tasked Dover Coastguard Rescue Team to assist the casualty and stabilise him so that his heart rate could be stabilised."



***Adders are not normally said to be aggressive creatures- unless trod on by a size 10 Nike.....***

Adders are frequently seen on Tankerton Slopes where the sandy soils, coastal heath and Mediterranean climate suit their habitat. Although venomous, they are very timid and quickly disappear if disturbed. However, they are said to be particularly aggressive when trodden on and the jogger seems to have landed right on their nest.

### **New York New York I Only Ran It Once - Tim Richardson-Perks**

New York Marathon 2009 began for me in all seriousness just over four years ago when my sister Janet was 40. I'm the eldest of four children and my sister being the youngest was the last to hit the big 40! We were at Janet's 40<sup>th</sup> Birthday dinner when I was asked "Well Timbo the next big party will be your 50<sup>th</sup>, what you going to do to celebrate?" I announced that I would run New York for charity and would like the crowd to sponsor me. They all thought that was brilliant. And so it came to pass.

Moving on almost 4 years I managed to get a place with Children with Leukaemia which was important as a good friend's son had died from leukaemia almost 25 years ago and I wanted to help a cancer charity as like most of us I know people who have and are suffering. So I started the fund raising and thank you everyone who did sponsor me. I'm keeping the account open for twelve months so there is still chance to bung in some spare cash if you missed the first round. Either give me the cash or go online to [www.bmycharity.com/timbo2604](http://www.bmycharity.com/timbo2604).

The next item was to plan on getting to and staying in New York. The good old internet helped and flights and hotels were booked, visas organised etc. And so came the big adventure. I had to keep costs to a reasonable minimum as every dollar spent on hotels was one less to CWL. So a quick in and out was the order of the day.

I flew out on Friday 30<sup>th</sup> October with Air Canada arriving via Montreal in New York at 945pm local time. Straight to bed at an airport hotel, breakfast and into Manhattan to register. The queue looked enormous when I arrived at 845am at Jacob Javitts exhibition centre but Uncle Sam is heavily unionised and once the 9am opening arrived I managed to process the registration, collect my number, t-shirt (long sleeved technical wicked material – brill!) and visit my sponsors stand in less than an hour. So the rest of the day was spent sight seeing Empire State, Statue of Liberty, Ground Zero etc. Late in the afternoon I found my Manhattan hotel (on Broadway!!) checked in and went to dinner on Halloween night. I got some strange looks when I asked for tea with my meal (mousaka) instead of an alcoholic drink. Then early to bed with the benefit of an extra hour as the New York clocks went back for daylight saving time. I needed it as we had an early start.

### Race Day

Up at 4am with three alarms set to ensure I didn't doze back off. Quick chocolate bar or two for breakfast then taxi to the catch the Staten Island ferry at 530. Miss the boat and you might not get to the start. There is only one bridge to Staten Island and it is closed early on race day. I think the overseas runners are all given early ferry times but there you go. Free bus from ferry to the start and we get to the start area (I'm in blue start on wave one which is for faster runners but I'm towards the back of the grid.). Toilets, cups of tea, food and three hours to wait for the start. Slight drizzle and quite cool but not freezing so I keep wrapped in multiple layers and doze under a tree along with several others. Keep hydrated and warm by drinking tea between dozes but need the loo frequently. Finally time to load gear onto the baggage truck and huddle in the corrals at the start. The weather has now eased to grey skies and no drizzle with light wind, perfect!

We walk to the start at the foot of the Verrazano Narrows Bridge where Neil Godden finds me in a crowd of 43000. What are the chances of that! Quick listen to the US anthem then the gun sounds and we are away. Jogging at first it takes about 3min 30 to cross the official start then a climb of 150 feet in the first mile as we cross the bridge. Not as steep as Elliot hill but close enough! Mile 1 is just over halfway across and the gradient is now down hill. The crowd thins out and with a bit of weaving I'm running at a steady pace. Through mile 2 at the end of the bridge I discard my spare clothing and we are into Brooklyn which is slight undulations of long gradual inclines and declines but no more than 30 feet of climb in a mile or so. Three and a half miles and blue and green starts merge which causes a slow down due to traffic. Then we are on the straightest road I've ever run on; from mile four to mile eight down Fourth Avenue is perfectly straight and you can see concrete buildings for miles. Not very scenic but crowd support is good. Apart from a pee stop at mile 7 I'm good and

making 7 min 10sec to 7 min 20second miles and feel good. I go through 8 miles at 1 hr 3 min on their clock and about 59 min on mine so I'm on course for a sub 3:15 chip time which is the target. The orange start which has been running down the other side of the dual carriageway now merges with us and traffic is heavy again making the uphill mile 9 a bit slow. We make progress though and after a few twists we cross Pulaski Bridge – the halfway point - into Queens. Time is good and 3:15 stills looks okay but I try to step up the pace to make sure. By this time I start to feel chaffing under my arms even though the top (provided by CWL) is well worn in. Through Mile 15 and we climb up the Queensboro bridge leaving Queens for Manhattan. This bridge is 1 mile end to end and the first half mile climbs 100 feet. This is definitely Elliot's twice with no downhill run in between! Still the downhill to mile 16 is good. A quick U turn beneath the bridge and we run up First Avenue, another perfectly straight road of 3.5 miles. This road is almost flat, equivalent to London for gradients, but I lose a bit of time on my 3:15 target and can't explain why.

Grabbed vaseline for the chaffing at 17 miles so its not that. Still have not lost too much time but at this pace I'm looking at 3:20. Into Brooklyn at 19.5 miles and out by 21 miles (the only day you can go into and come out of Brooklyn without being mugged and they only risk you for a mile and a half!). By this time I know I need to pick up the pace and I've stepped up. And I feel good for the last 5 miles! The problem now is "runners" stopping dead at the drinks stations, I clatter into 1 at 22 miles and 1 at 23miles! We are running down Fifth Avenue and enter Central Park at 23.5 miles. I'm running well but really need to run 6:55 to ensure a sub 3:15 but I'm turning over 7:15! The last three miles put you through 150 feet of climb with a few small declines interspersed. I cross the line gritting my teeth at 3:22 giving me a nett 3:18, bugger! However I'm pleased with the race overall and I can say I've done what I set out to do 4 years ago.

Collected the medal and goodie bag. Then follows a good mile walk down Central Park to collect baggage. Quick change, find the sponsors stand, back to hotel (I take a rickshaw!) to collect overnight bag then taxi to airport. It feels good as I've been finished over 90 mins and we pass runners coming back into Manhattan at 21 miles! Arrive in good time for flight and sleep most of way home. Back in UK at 630am Monday and back to school by 915. am I knackered by the end of the day – yes but it was worth it! If you get the chance go for it!

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

Well done to all Harriers who have competed.....PB's and debut's gain special attention.....full results of these and other races are on the Club web pages....X-Country races to be separately reported

<b>Event</b>	<b>Harrier</b>	<b>Time</b>	<b>Position</b>
Berlin Marathon 20.9	Chris Sutton	3.27.43 Debut	4888
Faversham 10K 20.9	Jason Furminger	41.28 PB	27
	Ken Somerville	41.42 PB	32
	Phil Wyard	42.55 PB	45

	Tracey Furminger	43.02 2 <sup>nd</sup> FV35	52
	Emma Greatrix	44.05 3 <sup>rd</sup> FV 35	59
	Trevor Brown	47.38 PB	123
	Barbara Hutton	47.52 PB	129
	Joanne Gambrell	49.32 Debut	160
	Paul Devitt	57.22 Debut	193
	Sally Silver	55.31 PB	206
Great North Run 20.9	John Richard	1.37.35 Debut	887
	Tina Jones	1.47.37 2 <sup>nd</sup> FV60	4692
Folkestone 1/2M 27.9	Trevor Brown	1.49.03 PB	233
Loch Ness Marathon 4.10	Ray Cameron	3.51.02 Debut	708
Sittingbourne 10K 4.10	Barbara Wenman	69.31 PB	24
	Phi Wyard	70.53 Debut	29
Quicksand 15 11.10	Sarah Maguire	1.52.37 1 <sup>st</sup> F	15
Ashford 10K 11.10	Mark Baker	37.14 PB	17
	Peter McQuire	40.16 PB	57
	Paul Gravesan	41.52 PB	96
	Wim Van Vuuren	47.23 PB	270
	Trevor Brown	47.38 PB	273
Maidstone 1/2M 18.10	Paul Gravesan	1.34.53	73
Reims 1/2M 18.10	Mark Wenman	1.29.17 PB	276
	Mark Cooper	1.29.17 PB	277
	Barbara Wenman	1.31.19 PB 1 <sup>st</sup> VF45	349
	Barbara Hutton	1.42.48 PB	1071
Reims 10K 18.10	Andy Farrant	44.10 PB	522
Great South Run 10Miles	Nicola Richmon	2.05.29 Debut	12632
Bushy Park 5 31.10	Peter McQuire	19.43 PB	43
Deal 5 Miles 1.11	Mark Taylor	29.46 Debut	8
	Sarah Maguire	34.03 PB	48
	Phil Wyard	35.05 Debut	60

Marathon Des Alps-Maritimes 8.11	Mark Cooper	3.29.07 PB	1656
Bexhill ½ Marathon 8.11	Amy Hicks	1.28.12 PB	21
Blean Woods X-Country – <i>special mention</i>	Jacob Puddle (Roy's nephew) won the junior X-Country race		
GRIM Challenge 5.12	Joanne Gambrill	1.20.30	883
	Wendy Smith	1.20.33	884
Thanet 10K 6.12	Sarah Maguire	66.30 2ndF PB	24
	Sarah Stafford-Skinner	1.39.15 Debut	275
Women's team victory – Sarah, Jenni and Emma			
Kent Fowlmead 5Miles 13.12	Ray Cameron	33.24 PB	16
	Charlie White	34.43 Debut	21
	Kevin Post	36.08 Debut	28
	Rupert Williamson	38.03 Debut	37
	Tony savage	38.12 1 <sup>st</sup> MV55 PB	38
	Pip Dyer	39.51 Debut	43
	Tina Jones	40.15 1 <sup>st</sup> FV60 PB	46
	Wendy De Boick	41.14 1 <sup>st</sup> FV55 PB	50
	Gillian McLane	49.30 PB	84

**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% discount 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)

## **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>2010 Diary dates</b>	
Remaining KFL races – your club needs you!	3 <sup>rd</sup> January Oxleas Wood; 10 <sup>th</sup> January – Minnis Bay; 24 <sup>th</sup> January – Fowlmead; 21 <sup>st</sup> February – Knowle Park
Quiz evening	Friday 5 <sup>th</sup> March
Whitstable 10K	Monday 3 <sup>rd</sup> May
Mount Ephraim 10K	Sunday 11 <sup>th</sup> July
Saxon Shore	26 <sup>th</sup> June
North Downs Way	tbc
XMAS Presentation	Saturday 4 <sup>th</sup> December
<b>Messages</b>	
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 Sue Reilly, 168 Old Dover Road, Canterbury, CT1 3EX
Club Kit	Mark advises that if anyone requires kit for the forthcoming cross-country series - 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 this newsletter. Payment is by cheque with orders please.
Chips with everything	Your Committee has decided that we will be moving into the new technology of race timing by using 'chips' for the first time at our own Whitstable 10K.



England Athletics	If any member has not yet received an England Athletic registration card then please contact Tim.
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 Trailer	Your Committee has invested in a new trailer to store and transport all of the equipment required to put on our various races. The trailer had its first airing at our Blean X-country race and will shortly be visiting a race near you! (see photo below)
New Websites	Check out <a href="http://www.race-calendar.com">www.race-calendar.com</a> for upcoming races or <a href="http://www.run247.com">http://www.run247.com</a> for running news



# Interim Cross-Country Stats

## CANTERBURY HARRIERS 2009/10 XC SEASON STATS

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 certified!  
 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 09/01/10
- f) KCAA Sat league fixture 4 Parkwood School, Swanley 13/02/10
- g) KFL end of season relays New Barn Park, Swanley 14/03/10

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

	Runner	KFL CAT	Kent Fitness league							Other-As above							total app.	marsh KFL 2	Shirt award	KFL cert (5+)	KFL CAT POS	KFL champ medal																							
			1	2	3	4	5	6	7	a	b	c	d	e	f	g																													
1	Sarah Maguire	F40	s	s	s														3																										
2	Pip Dyer	F																	2	yes																									
3	Barbara Wenman	F50	s	s															2	yes																									
4	Jenny Benson	F	s		s														2																										
5	Joanne Gambrell	F	x	x															2																										
6	Emma Greatrix	F35		x	s														2																										
7	Wendy Smith	F50		x	x														2																										
8	Wendy De Boick	F55			x														1																										
9	Tracey Furminger	F35	x																1																										
10	Amy Hicks	F		s															1																										
11	Barbara Hutton	F40																	1																										
1	Alastair Telford	M40	x	x	x														7		x																								
2	Steven Clark	M55	s	s															5																										
3	Andy Farrant	M50		x	x														5																										
4	Phil Wyard	M45	s	s	s														5																										
5	Mark Cooper	M45		x	x														4																										
6	Robert Dowling	M	s	s	s														4																										
7	Joe Hicks	M55	x	x	s														4																										
8	Tony McParland	M40	s	s	s														4																										
9	Neil Godden	M50		x															3	yes																									
10	John Hartley	M60	x	x															3	yes																									
11	Colin Kent	M40		s															3	yes																									
12	Ray Cameron	M	x	x	x														3																										
13	Jason Furminger	M40	s	s	s														3																										
14	Bob Pullen	M45	x	x	x														3																										
15	Wim Van Vuuren	M	x	x	x														3																										
16	Bob Davison	M50		x															2	yes																									
17	Roy Gooderson	M50	x	x															2	yes																									
18	Marco Keir	M45		x															2	yes																									
19	Mark Wenman	M55	s	s															2	yes																									
20	Neil Benson	M		x		x													2																										
21	Ryan Bullows	M			s														2																										
22	John Marshall	M60			x														2																										
23	Gerry Reilly	M60			x														2																										
24	Mark Baker	M			s														1																										
25	Tim Perks	M50	s																1																										
77	Total male appearances																																												
96	Grand total appearances																																												

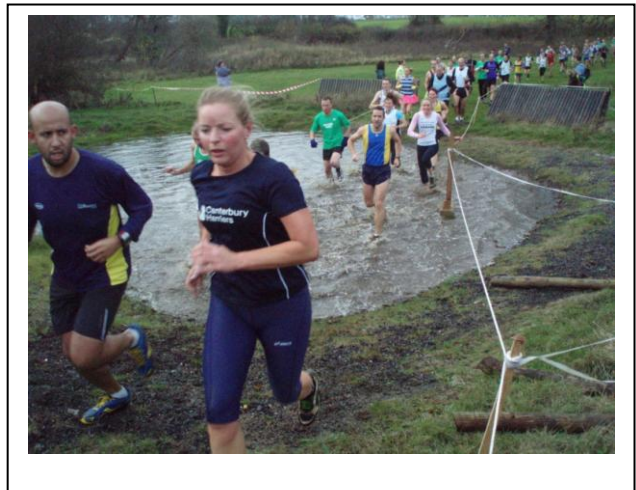
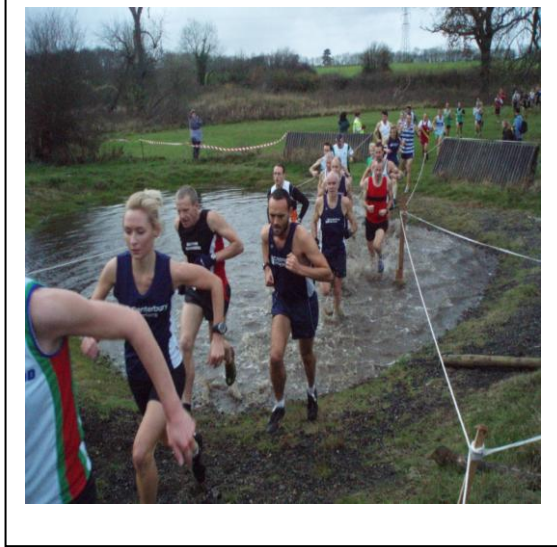
Any omissions/errors noticed (although this is impossible) please let Steve Clark know.

And a selection of photos follow from the first three KFL races.....

# Swanley



# Meophan



# Blean



## **My LEJOG – John Hartley**

No this is not about an easy run in the French country side! This is cycling from Land's End to John o' Groats, or in the National Cyclists' Association (CTC) parlance – doing the End to End.

I know a fair number of members were aware of this challenge. Many of you sponsored me for this ride, so much so, that I was able to donate £1200 to the British Heart Foundation charity. Consequently, besides this article giving me the opportunity of sharing some of my exploits, I can also give a further thank you to members for supporting this worthy cause.

I had originally planned this cycling trip for May 2009. However, owing to a sad death in my family, it was postponed until the first couple of weeks in September. I think I was inspired to take the challenge by our illustrious (supreme) Assistant (Ass. for short) Coach – Steve Clark. Steve had completed the ride a few years earlier, and took a mere 6 days! My aspirations were somewhat more limited. However, it was very useful looking at Steve's route, and comparing that with the one I devised through scanning road maps (and using a straight edge to arrive at the shortest distance), and the numerous routes available via the CTC website ([www.CTC.org.uk](http://www.CTC.org.uk); on this site you can search for LEJOG or End2End).

Conventional wisdom suggests that it is better to cycle south to north (or uphill as some of the bright sparks in the Club commented!). This is supposed to give you the prevailing wind behind or at your side, and similarly, the avoidance of the sun directly in your eyes. Well hardy travellers, don't bank on it. In reality, it was surprising how the elements seemed to come from all directions. Besides, the LEJOGers, there is another group of JOGLEers who have experienced the trip in the opposite direction, and who probably have similar comments about our unpredictable weather.

Although I wasn't planning on imitating our own 'national express' (coach), I did opt for a reasonably direct route. This generally means using 'A roads', rather than the quieter cycle ways. The shortest route, and hence potentially the fastest trip, is reported (by CTC) to be 845 miles. Using 'B roads' and meandering between the two extremities, can take the journey to over 1100 miles. My route was estimated as 864 miles, but actual mileage turned out to be 889 miles. It is interesting to note that some of the descriptions of the challenge refer to the longer routes being the more scenic. I was not unduly concerned at this, and found the route, even on relatively busy roads, to be of great interest and beauty. Just to give you a flavour of my route, here are the main towns/cities I passed through: Launceston, Taunton, Bristol, Gloucester, Wem (Shropshire), Preston, Carlisle, Galashiels, Edinburgh, Perth, Newtonmore, Inverness, Tain, Wick. If any member wants further details, I can pass on my spreadsheet that gives the specific route, mileages and accommodation used.

The next issue to consider is the average daily mileage on the bike. I went for the figure of 80 miles per day. Initially in my preparations, I wasn't sure about this target. However, in my training sessions, I managed to build up to this mileage as a comfortable achievement. This, helped to determine my stop-over points. Liking my creature comforts, and particularly a decent bed and shower after the days' exertions, I pre-planned (and booked) all of my accommodation. This situation caused moments of anxiety; however, in the main, I found this to be a good disciplining to my daily regime.

In my earlier planning, I had anticipated that there would be an advantage in having the lighter evenings to cover the daily mileage, if required. In fact, by taking the trip in late summer, I had less daylight hours and needed to ensure that I was on the road by 9am (or earlier). I should point out at this stage that this was a solo venture, with no back-up team. Consequently, I travelled with two panniers at the back of my road racing bike, and a smaller bag on my (straight) handlebars. Although I was using a relatively light weight bike (aluminium frame), with luggage, it was quite heavy. My average speed was approx. 13 miles per hour, and varied with the weather conditions, the terrain, and probably the after effects of the previous day's exertion and how effectively I had soothed these with my medicinal pints of Guinness! So much so, I was spending about 6-7 hours 'in the saddle', and a stage time of approx. 8-9 hours, including stoppages/breaks. In this situation, you can appreciate the importance of my scheduling, and the potential latitude the lighter evenings give.

I started my journey by getting the train from Canterbury (via London Paddington) to Penzance. You then need to cycle to Land's End for the cycle ride. At the other end, I found the most convenient route from John o'Groats, was to cycle to Thurso for the train to Edinburgh (via Inverness), then eventually to London (King's Cross) and Canterbury. I reserved a seat on each of these trains, and critically, a place for my bike, as these are very limited. By forward planning (by about 2 months) I was able to get substantial discounts.

As hinted at earlier, the weather was mixed during the 11.5 days for LEJOG. I had 3 very wet days, but the swirling winds made the going tough at times. The terrain is hilly in Cornwall, Devon and parts of Somerset; not anything too severe, but undulating for most of the way. There are other notable climbs: Shap in Cumbria, on the A7 after Langholm, on the A7 between Galashiels and Edinburgh, from the Forth Bridge to Kinross, on the A9 between Pitlochry and Newtonmore, on the A9 in the Cairngorms, and the sting in the tale on the A9 at Helmsdale and Berriedale, when almost at Wick.

I was very fortunate as I never had any punctures for the whole trip! I did get good advice from Downland Cycles about all aspects of the bike, and particularly the use of Schwalbe Stelvio Plus tyres. The only bike maintenance I needed to do was the occasional spray of lubrication on the gears and chain set; these being after the dousing I got from the bouts of poor weather. The human frame needed a long warm shower, and a soft cushion for the sit-down evening meal!

I generally did not have any problems with my route finding. However, I did have to change plans rapidly when on the A90 approaching the Forth Bridge to find that the dual carriageway prohibited bikes a few miles from the Bridge. I eventually found the cycle path to Queensferry, but not before facing the oncoming traffic from the Bridge for a short stretch of the cycle track! There were one or two anxious moments cycling across London. The worst part was from Kings Cross station to Victoria (on my return). Unfortunately, I had not taken into account some of the one-way systems so the journey was rather hectic. At that stage, I was heading for a train back to Canterbury that was scheduled to leave a little after 4pm. After the heart pumping effort to get across London, I raced to the ticket barrier just before the hour only to be told that as it was the peak period, I could not take the bike on to the train until after 7pm. Well, its at these moments that you use the same words as when Gerry announces 'its an Elliot Hill session', and 'be happy, it is free!'

Well, its good to have a little 'sweat and drama', even though it was just at the end! I am pleased that I took the challenge. I have now seen a lot more of the UK, and

appreciate our wonderful geography. I also managed to meet up and socialise with several former colleagues, a member of my family, a current work-associate, and a former member of the Harriers. I am now the proud owner of an End to End Certificate, courtesy of CTC; not too bad a memoir to contemplate in my dotage!



***John looking bright and perky at Lands End and some 889 miles later.....still looking as fresh as a daisy.***





## **A GRIM Challenge - Jo Gambrill**

Think of a cold Saturday daybreak in December - what would you be doing? Tea and toast in bed? On the other hand, watching Saturday kitchen with a cup of coffee? Or, maybe a gentle stroll with the dog? What about driving to the Aldershot army base, running for 8 miles through obscene amounts of mud and waist deep puddles, driving for 2 hours back WET and BROWN (in mud!), then going straight into Canterbury for a spot of Christmas shopping, while still crusty and brown? hmm. Oh yes, and pay £25 for the privilege? It takes all sorts I guess. Welcome to the GRIM challenge!

This year was the wettest, muddiest conditions I have ever run in. We are talking about running along military test vehicle tracks, where the track consists of, well there isn't a track, it is just mud with the consistency of cake mix! We started along with about 2000 others, we made the mistake of starting at the back, because it took about 3 miles and a lot of pushing past people to get to a comfortable pace. Along the way I met men in dinner suits trying their best to run through the middle of every puddle with a digital camera in tow, gentlemen in fairy costumes (shame they wore shorts underneath), supermen, spongebob square pants and a rather brown banana. It was, surprisingly to some, a really enjoyable experience, once you surrender to the mud, wet and cold. There is a good vibe as you run around the course, not as serious as the cross-country races by far. People of all abilities and attire run, and so anything goes!

This is my third Grim challenge. However, this has been the first year I have run it as affiliated with a running club and I smashed my PB by 10 minutes! So, I have the Harriers gruelling training around Wincheap industrial estate to thank. Next year I plan to do it in fancy dress, I felt rather boring in my shorts and t-shirt. So, if anyone likes the idea of the above, do it! It is worth it for the t-shirt at the end!

## **Locating the Source of the River Aire (and the incidental Pennine Way walk)**

**By John Hartley, and the Supreme, Chief Explorer (alias Ass.Coach), Steve Clark**

Some of you will be aware that we completed the full Pennine Way during late June/early July this year, but far more significantly, Steve graduated to Supreme, Chief Explorer, by finding and confirming the source of the River Aire close to the village of Malham in West Yorkshire.

Whilst John is still getting over the shock of spending a fortnight with such an illustrious club member (who incidentally, does respond to 'Stanley' after an earlier explorer), Steve is still busy assembling his notes and recordings for the Royal Geographic Society. However, let us tell you a little more about our expedition, just in case there are other intrepid Harriers wanting to compete with this geographical quest.

Although other explorers do tend to focus on Malham and the surrounding district in seeking the source of the river, we decided to sneak up on it from the south, and so we started from Edale in Derbyshire. Inspired by Steve's success, we then continued along the Pennine Way, until we were drained of the emotions of this earlier achievement (or oblivious of it through drink!).

Just to give you a flavour of the trip, we have reproduced part of the spreadsheet we used in the planning process, which now includes the actual mileage for each of the

stages. We completed the walk (277 miles) in 13 days. Naturally, as all explorers do, Steve continued with his meanderings into the 14<sup>th</sup> day, just to bag some Nuttalls (which are a rare form of boiled sweet found at the top of hills above 2000ft in very deserted places). The Trailblazer book about the walk suggests that it is not the gradients, but the duration that 'does you in'. However, total ascents amount to 40,000ft or 12,000m. We haven't worked out how many 'Reilly hill sessions' that is, but we can argue that we don't have to do them until next year!

**Travel out from Canterbury to Edale: by train on Monday, 22nd June 09:37**

Day	Date	Day	Miles	Cum	Note	Location	Name
0	22nd	Mon	0.0	0.0		Edale	Mam Tor House
1	23rd	Tue	15.4	15.4	0.5m to B&B 0.6m tops detour	Torside	The Old House
2	24th	Wed	27.2	42.6	1.3m from/to B&B's **	Mankinholes	Cross Farm
3	25th	Thu	15.8	58.4	1.0m from B&B	Ponden	Ponden House
4	26th	Fri	23.5	81.9		Malham	Miresfield Farm
5	27th	Sat	18.0	99.9	2.8m G.Scar 0.2m to B&B	Horton-in-Ribb.	Golden Lion Hotel
6	28th	Sun	28.8	128.7	0.5m from/to B&B's	Keld	Keld Lodge
7	29th	Mon	21.5	150.2	0.5m from/to B&B's	Middleton-in-Tee.	Belvedere House
8	30th	Tue	21.5	171.7	0.5m from B&B	Duften	Duften YHA
9	01st	Wed	20.8	192.5	0.3m to B&B	Alston	Grey Croft
10	02nd	Thu	17.5	210.0	0.3m from B&B	Greenhead	Greenhead YHA
11	03rd	Fri	23.8	233.8	0.3m from B&B	Bellingham	Lynn View
12	04th	Sat	16.8	250.6	0.5m Padon Monument	Byrness	The Byrness
13	05th	Sun	26.3	<b>276.9</b>	Cheviot detour omitted	Kirk Yetholm	Valleydene
			<b>21.3</b>			<b>Average</b>	
Additions for Steve for Nuttalls tops:							
8	30th	Tue	2.5	279.4	Detour to Backstone Edge		
9	01st	Wed	0.7	280.1	Reroute for Bullmans/Long M.		
13	05th	Sun	2.5	282.6	P.W. detour to Cheviot		
14	06th	Mon	25.0	<b>307.6</b>	Fr Cocklawfoot-hillbag 4 tops!	Kirk Yetholm	Valleydene
			<b>22.0</b>			<b>Average</b>	

\*\* Wainwright mileage is short by 1.7 miles from Black Hill to Black Moss Reservoir due to new routing of Pennine Way

**Travel home from Kirk Yetholm to Canterbury: initially by bus, then by train from Berwick on Tweed on Tuesday, 7th July (Train from Berwick 12:39)**

If any club member wants further details of the logistics, please let us know. Meanwhile, brace yourselves for the rest of the story!

In planning our trek, it was interesting the developments that took place in determining what kit to take, and obviously, the overall weight of the pack to carry. As you can see from the spreadsheet, we had opted for YHAs, and predominantly B&Bs for accommodation. Hence the kit was essentially, changes of clothes, waterproofs and washing gear. Steve is quite the 'anorak' (pun intended!) in this respect. He has a detailed list of all his equipment, and has weighed each item! Did you know how much a toothbrush weighs; well Steve does. However, this approach won the day, as with trial and error, we were able to reduce our individual packs down to 5.5 kgs! Unfortunately, with our daily ration of packed sandwiches/snacks for lunch, and drinks, we tended to double this! Well explorers, just as runners need their calories.

We used a variety of aids for route finding. Steve relied heavily on Wainwright's book and was often heard during the walk quoting passages from the great man's text. Unfortunately with both eyes on the pages of the book, he occasionally took a cropper as he stumbled over the rocky terrain. John dipped into the Trailblazer book in order to pick up the important information, like where we could have our next evening meal. We also used eight OS maps and compasses; we refused to use GPS, as we are true explorers from the ancient school.

The start of our walk was quite memorable. Not just for noting the Old Nag's Head pub, the official start (and acknowledging the fine pint we had in there on the previous night), but for the appearance and comment from the eccentric old lady who lived opposite. We naturally wanted a photograph of this auspicious occasion. Here we were on this self-funded expedition to find the source of the Aire. Unfortunately, there was no one available to take the snap, and the local (hag?) was insistent that we get off her drive (the official route), and proceed up the northern track to Grindsbrook and Kinder (the old route). She said she knew Wainwright, but we didn't have the heart to tell her he had passed away.

The weather was very kind to us for most of the 13 days. It was warm and at times very hot for walking. When it rained on the first day, as we were on Kinder Scout, we naturally feared the worst. However, on that occasion, it only rained for a couple of hours so we finished the day dry and in good spirits. The next bad day was the eleventh. We were considerably further north at that point, in fact on Hadrian's Wall, Northumberland, when the heavy rain set in for the rest of the day. Fortunately, we had a good B&B so we were able to dry our kit for the following day. The most noticeable weather was on our last day of the walk. Initially it was dull and overcast, but eventually opened up to clear blue skies and sun. This enabled us to appreciate the geography and views of the Cheviot Hills, which was just as well as the stage was our longest for the whole trek. The drama of the weather didn't finish there; as we were coming into Kirk Yetholm there was a massive thunderstorm which drenched the countryside and left the village without electricity for several hours. Still a cold supper at the Border Hotel, washed down with a celebratory pint, soon gets you over these problems.

The quality of the accommodation was generally good. This could not be said about the YHA at Greenhead. What a contrast this place was with the YHA at Dufton. Here the welcome was very friendly. The warden even did our washing whilst we sampled the food and beer in the Stag Inn, literally just across the road! As we generally made early starts in the morning, we were soon down for a cooked meal. However, when the start was before 7am, several of the proprietors allowed us to get our own breakfasts. Naturally, we ate breakfast like kings, but unlike paupers, we also feasted in similar fashion for our evening meals! The B&B at Alston scored the highest in our assessment; there was even shaving cream and smelly sprays in the bathroom! Well, as Steve said, you do need that sort of stuff when you haven't had a bath for a week.

We should now pay due regard and tribute to Chief Explorer Clark, and his finding (and subsequent proclamation) of the source of the River Aire. This happened on 26<sup>th</sup> June 2009. We had almost reached the end of this stage (Day 4). Steve became more excited as we came to Aire Head; he seemed to be sensing, as Livingstone did with the River Nile, that he was close to the source. John, as usual was keen to plough on to the B&B, settle in the room to catch up with the TV news, and contemplate the evening meal. The two explorers parted company, by mistake, as it happened. Steve ventured off the Pennine Way, as he was prone to do, whilst John was busy with the Trailblazer pages. As expected, John reached the B&B first and enquired of the proprietor, where

was the source of the River Aire. Well funnily enough, it's at Aire Head. But Steve needed to be more precise. He had criss-crossed the area and found where the water came out of the ground. Needless to say, we eventually got his kit dried, but this was way after he had told everyone in the bar the outcome of his explorations.

The due care and diligence about the type and quantity of kit did work out very well in practice. John had forgotten his head torch. Well, we didn't plan on walking in the dark, as the evenings were generally light, and John had not heard of any tunnels along the Pennine Way. Steve though planned for every occasion. Well, walking up a very dark spiral staircase in Stoodley Pike, an impressive stone monument built in the 19<sup>th</sup> century above Mankinholes, is nigh impossible without a light. Similarly, you do need a light if you decide to explore the occasional pothole, and if you like swimming in the local rivers, one needs suitable attire – like your swimming trunks. So even if the countryside didn't have its appeal at any time, it's useful to have the company to lighten the moment!

In due course, it will give us great pride in being recognised by the Royal Geographical Society for confirming the source of the River Aire, and in passing, a certificate of completion of the Pennine Way (in association with Broughton Ales Ltd).



***Steve at the start holding up the complete Pennine route marker.....***

***John at Top Withins/Wuthering Heights and Heathcliff or what?***



***At the end in the Border Hotel with a celebratory drink.....and they are still talking after 14 days together !***

## **The Life of a Race Director – Tim Richardson-Perks**

Hi as most of you know I have been the Race Director of the Whitstable 10k for the last two years and Mount Ephraim for 2009 and I'm wearing the hats again in 2010. So for all you aspiring Race Directors here is an insight to what goes on leading up to and on the big day.

The first thing you need is a good team around you and that goes from the Committee who are fully involved as of now to those who turn up to assist with marshalling on the day. Every Canterbury Harrier can and should contribute their time and resources. Wearing my Treasurer's hat for a minute we could not subsidise the presentation evening, cross country races, pub runs, trophies and other social activities without successful races such as the Whitstable 10K. So your club needs you to step up to the mark three times a year (as I should include Blean Woods), not a big ask.

As mentioned above the ball is already rolling for both Whit10K and ME10K in that we've set the dates, set the entry fees are I'm presently in contact with Canterbury City Council and UK Athletics to get Event Permissions (including road closures) and Race Licences to make sure we are fully insured. Fortunately, both events are now well established and the "old crocks" who play a major part in the pre race day prep have been around even longer so it goes together like a well oiled machine. This is however where the problem lies in the future. I've been on a learning curve in the last 30 months and I've been able to rely on the experience and knowledge of the old hands. But that cosy situation will not last forever and we only need one key person to move on (as Carol Reid has done) to leave gaps in the organisation which no one can easily fill as there is not the breadth of experience outside the Committee. So, this is also a plea for more people to come on board prior to race day and share or shadow the tasks so that we can continue to successfully stage these events.

As of January we will be advertising both Whit and ME races and entry forms will be available on the race websites and a number will be printed by mid-late January for distribution at races such as the KFL X-Country events, Canterbury 10 mile, Dover Half marathon. If you enter any of these or other races please see any Committee member for a set of entry forms. It takes one person about 10 minutes to wander or jog from car to car putting forms on windscreens. At the Canterbury Half last May I worked with 3 fellow Harriers and we covered a full car park of 200 cars in 5 minutes! Dead easy! In addition we can give you forms if you have a works notice board or a contact at another club etc. Any ideas are welcome. This is particularly important for the ME10K as this race is not full whereas we have been oversubscribed with Whit10K entries for some years now. We cannot count our chickens though so promotion is the name of the game for the next three to six months.

The work prior to race day intensifies in the month running up to the event as we make final arrangements including allocating tasks for race day itself. Typical final arrangements are collecting prizes, t-shirts, road closure sign's plus distribution of letters to residents along the route which must be done in the two weeks before race day. Infact our good public relations are vital to ensure the staging of next year's events so here are two dates for your diary

- Sunday 25<sup>th</sup> April Distribute Whit 10k Residents Letter
- Sunday 4<sup>th</sup> July Distribute ME10k Residents Letter

These are straightforward tasks made easier if we have a good turnout. A small turnout means long hours for the few, two people took five hours for Whitstable 2009, ten people would take less than two hours to do the 800 homes on the route. We make these tasks into social runs/cycles with some car support so you are not doing a paper round! Optional beer afterwards and good training as it is stop/start! Infact if you wish to enter either race as a Canterbury Harrier your presence on the residents letter run is an excellent way of making a contribution!

As Race Director I can delegate most of the above tasks but I'm still responsible for co-ordinating the activity and handling the legal side (road closure permits, insurances, police liaison etc) and sorting the inevitable last minute hassles; I will be on the residents' letter run.

Then on the day it is all hands to the pump. To run a 10K race requires about three to four hours of setting up and two hours of dismantling after the finish which is typically 1 hour 15 minutes after the start for the slower runners. So it is a 7-8 hour day for many of the team. Again if you can help by being at Race HQ before or after the races then please do so, there are plenty of pre race tasks that can be done before you warm up. NB for running Harriers this is in addition to your time on the previous weekend residents' letters run!!

Finally, please help with the clear up. Again the more helping the quicker it gets done. With many helpers most clear up tasks can be completed within 2 hours of the start which means you'll be on your way by 1pm.

After each event we have a post race debrief (no we keep our shorts on!) in the week or so following the race. This is usually at a committee meeting but your feedback as marshals, runners, helpers on the day and/or prior to the race is important as we can only learn from this.

Ok so having read through the above can I ask the following:

1. Have you put the dates in your diary?
2. Have you phoned Thomson's or Cooks to rearrange your holidays?
3. What task do you think you'll be able to do prior to and on the day? Steve Clark is organising the marshals so contact him for the prime positions on the route.

Many thanks and best wishes for 2010 - Tim

**CANTERBURY HARRIERS KIT PRICES****£****Sizes****MEN'S**

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

**WOMENS**

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

# CANTERBURY HARRIERS KIT ORDER

<p><b>Name</b> .....</p> <p><b>Tel No</b> .....</p> <p><b>E-mail address</b> .....</p>
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Q	Size	Description of item	Price £	Total £
			<b>Total</b>	

Please hand the completed order to Mark or Barbara Wenman or e-mail to [markwenman@hotmail.com](mailto:markwenman@hotmail.com) Payment required on receipt of goods, please make cheques payable to Canterbury Harriers on collection (marked 'Kit' on reverse). Many thanks.