



The Harrier

The newsletter of the Canterbury Harriers



Autumn 2011

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And so dear Harrier another summer of warm sunshine with occasional showers begins to wane as the shortening evenings draw their shadowy tentacles across the early evening sky, indicating the stark message that autumn and the cross-country season beckon.....

Speaking of summer gone the very popular Friday summer pub runs have been very well attended with a record turn out at 'The Local' organised by Jenny and Neil. However, the food bill placed a large hole in club funds and the pub owner has retired to Barbados for the autumn. Thanks then also to Iain (Hop Pocket), Bob (The Elephant) and Joe (Queens Head and Rose and Crow), Jo (Cat & Custard) and Francis (The Rose) for excellent runs and Friday evening company. It was also good to see non-club members joining the throng and adding to the good cheer and club conviviality.



July saw the running of our own Mt Ephraim 10K race now billed as a 'tour of the delightful Kent countryside' to tactfully describe the rather hilly contours! It was generally acknowledged from the field that it was once again a well organised and very enjoyable event. Inside the newsletter Bob writes about the 'French connection' that is now a race

feature and Tim, as Race Director, gives his view of proceedings at the sharp end.

The recent summer period also saw the annual August Le Touquet trip organised, once again, by Roy. This year's trip was of special significance as it celebrated Roy's 20th consecutive run at Le Touquet and the occasion is duly marked in the newsletter.

As autumn draws nearer the club AGM will be held at ****7.00pm on Thursday 10th November**** at the village hall, Blean. There will not be the customary Thursday training that evening as it is expected that as many members as possible will come along to the AGM to hear and discuss club affairs ('it's not what your country can do for you' etc). High on the agenda is to seek members views on a development plan covering future years. Suggestions for the plan include encouraging more members to become accredited as road running coach, seeking nominations as Race Director and looking at ways of usefully investing the clubs funds into further member benefits. ***Please make a note of the date and come along to contribute to important proposals to make your membership even more fulfilling.***

Although we all spend a lot of time running it would be interesting to note the amount of time that we are injured and unable to run. From Ed's experience of being injured (i.e. most of the time) it is easy to slip into seeing everything associated with an injury as glum and a real downer. Of course no one likes being injured but there can be a positive mindset that will maintain motivation whilst the muscles, tendons or whatever heal. Read inside for the tips on 'Injury, what injury' to aid recovery - and all with a smile.

Talking about injuries one of the most common parts of the body to react to training is the *humble knee* as it is calculated that every step we take whilst running is equivalent to the weight of 14 elephants. Well, if not exactly true (it may only be 12 elephants!) the point is that the knees take a massive force and largely without complaint. The *humble knee* is rather a clever piece of body kit as it is basically a hinge joint, allowing backwards and forwards motion, but it is also able to rotate slightly in on itself. The bending and straightening of the knee is controlled by the hamstring and quadriceps muscles at the back and front of the thigh bone respectively, and their size and position affects the angles the legs move at, and particularly the way that the patella (kneecap) moves. Our anatomy and the patterns of muscle use also determine the injuries that we might get. In celebration of the *humble knee* information on what can go wrong and how to strengthen the knee's working parts is highlighted inside.

As ever it is recommended that professional advice be sought in the early stages of any kind of injury.

Other mouth watering articles in this issue include information about registering your race results (previously circulated by e-mail but well worth another airing) and a spotlight feature on Phil Wyard who is making a great impression with a series of recent PB's. Tim still has time to run (outside of his Race Director duties) and reviews his run in the Fairlands Valley Marathon whilst Francis gives his special version of running the Heptonstall Fell race.

Of all the recent club achievements John Hartley's bike ride from Lands End to John O'Groats stands at the summit. But John is in danger of surpassing that achievement with his (and for the most part with Steve) almost completed walk from Dover to Cape Wrath. Read about this epic journey, the stages, the ecstasy and agony, and how John and Steve laid their plans. Well done both.

And finally, last but very much not least, following his announcement last year that 2011 would be his final year in office Marco reflects on his six years as Chairman. The Club has been very fortunate in having a stream of extremely capable Chairmen and Marco with his panache, outstanding good sense, expression of club values and commitment on all fronts has very definitely been no exception. There will be many other opportunities to express thanks to Marco (and to Heather) but let the Newsletter be the first to say THANK YOU for a job superbly completed and for leaving the baton ready for the next incumbent - Ed

Mount Ephraim 10k - The French Connection.....Bob Pullen

There will no doubt be other accounts of the Mount Ephraim 10k event elsewhere in this newsletter. This article focuses on the many visitors it was a privilege to host from Canterbury's and Whitstable's respective French twin towns of Reims and Dainville. 26 of the 169 finishers in the Mount Ephraim 10k were from Northern France, and there were many more visitors accompanying them.

I should say that while I have written this article, praise should go to Marco for masterminding the logistics of accommodating such a large group of people. Answers on a postcard as to how many times Marco shuttled between Whitstable and Canterbury on the Saturday!

Marco, Phil Wyard, his wife Carolyn, myself and my family met Terese, President of the Reims Canterbury Twinning Association, and two of her colleagues at the newly restored Whitstable Castle Orangery on the Saturday for a cream tea before Marco took them off to Canterbury. Phil and myself stayed on at the Castle in order to meet the contingent from Dainville who consisted of the Mairie, Francoise Rossignol, the Deputy Mairie - Philippe



Quadrelle and his wife Caroline, together with their colleague Herve Havet, Daniel Capel, President of the event five Harriers ran in April (Foulees Dainvilloises), and his wife plus two of their colleagues from the town.

We then gave them a whistle stop tour of the town and harbour, taking in some shopping in Harbour Street, Squeeze Gut Alley and a drink outside the Old Neptune before escorting them to their accommodation at Canterbury Christchurch University's Halls of Residence at Lanfranc in Northgate where the Reims party had also been billeted. All of this was organised by Marco.

We then all attended an evening reception and BBQ at the Dominican Priory in St Peter's Lane which was hosted by the Canterbury-Reims Twinning Association. We finished the evening off with a visit to the Parrot pub in St Peter's Lane where everyone enjoyed an English beer or two.

As already noted, 26 French runners completed the 10k course. 20 were from the L'Union newspaper group on the outskirts of Reims where numerous Harriers have in the past enjoyed champagne receptions as part of our annual visit to the city to take part in the 'Reims a toute jambes' 10k and half marathon events. The families associated with L'Union have also provided Harriers with B&B facilities, saving us the cost of hotels. Another 4 runners from the Reims Athletics Club – EFSRA - also completed the course, placing 3rd man and 3rd woman overall, which was a fantastic result. Harriers have also enjoyed beer and champagne receptions at the 'Reims a toutes jambes' Expo hosted by EFSRA at their stand. The group supporting all of these runners have in the past been instrumental in arranging visits to champagne houses and producers and hosted evening meals for us in local restaurants. 2 runners from the town of Dainville completed the 10k included the Deputy Mairie. Philippe and his family hosted Tony McParland and myself when we visited Dainville in April and laid on a fantastic evening meal for all of the visiting Harriers.

Afterwards, everyone enjoyed a sumptuous buffet in the spectacular grounds of Mount Ephraim where we got our visitors to sample some Chapel Down Sparkling Wine which had kindly been provided by the Mount Ephraim 10k sponsors, Baileys Nissan of Canterbury.

Over the past couple of years, we have established really strong links between the towns of Reims and Dainville and both are ready to welcome larger numbers of Harriers to take part in their events in October and April respectively. If you have never run abroad before, or only have experience of running the Le Touquet 10k, I would urge you to give one of these events a try. The hospitality provided and the opportunity to establish links with kindred spirits a short distance away on the other side of the channel is a fantastic opportunity. I am really proud that Canterbury Harriers have been able once again to reciprocate the fantastic hospitality we have experienced both in Reims and Dainville in recent years. Long may it continue! Allez, allez, allez!

Injury, what injury!.....

We get all injuries from time to time, whether a minor niggle, inherent weakness, or a long term injury. It can be a depressing time if we allow negative thoughts to outweigh our normal well adjusted approach to running. So here, gained from long experience of being on the sidelines, are Ed's do's of managing an injury.

1	Get an early diagnosis so that you are not left wondering where the problem rests. It may cost a few pounds for physio advice but it will pay off in the longer term through having pinpointed the problem and the steps to recovery
2	Follow the advice given, including the usual routine of exercises that are inevitably part of the diagnosis and treatment.
3	Try other forms of exercise that complement the recovery such as swimming, pilates, yoga, gym work, cycling, press ups, stretching, walking - the list is endless. Indeed it might be worth including these newly found pursuits long after the injury has gone.
4	Begin your comeback slowly and enjoy the gradual feeling of fitness returning.
5	Appreciate the pleasure of returning to running and vow never to again ignore the niggles that frequently can lead to longer term injury.
6	Support fellow club runners even when you are not running yourself - attend races to lend encouragement and help out at events (and take some photos!).
7	Come to Kings to socialise before, or after, training sessions to keep in touch with club affairs and your fellow runners. After x-country races come to The Elephant to enjoy the 'reliving the race' moments even if unable to run your self. In the summer come along to the pub runs - there is often a small group to join who are doing a walk rather than the run.
8	Attend a coaching course to gain an important road running qualification and support the club's training programme.
9	Stay positive - there are loads of things worse than being injured (as we all know from what life throws at us a from time to time)
10	Discuss your injury and treatment with others to gain ideas on what others have experienced but resist boring people with over-telling your own injury tale!
11	And finally, plan your recovery and future race goals and always remain patient during recovery.

The Humble Knee...

Knee Pain

Knee injuries are neither inevitable nor debilitating for runners. In fact, most knee pain is easily corrected if properly managed.

There seems to be a fixation with the idea that we are literally running our knees into the ground with every step we take. It turns out that knee injuries are not inevitable and, though common, are easily corrected if properly managed. Knee pain need not deter you from your ideal running programme. So what are the main concerns.....

Runner's Knee (Chondromalacia of the patella)

Description:

Pain around and sometimes behind the kneecap. One of the most common injuries among runners, runner's knee most often strikes as runners approach forty miles per week for the first time. Even after taking a few days off, the pain seems to come right back, sometimes even intensifying, after the first few miles of the next run. The pain often feels worst when running downhill or walking down stairs, and the knee is often stiff and sore after sitting down for long periods. You might hear a crunching or clicking sound when you bend or extend your knee.



The sure-fire test for runner's knee: sit down and put your leg out on a chair so that it's stretched out straight. Have a friend squeeze your leg just above the knee while pushing on the kneecap. She should push from the outside of the leg toward the center. At the same time, tighten your thigh muscle. If this is painful, you're looking at runner's knee.

Likely causes:

It's actually not your knee's fault at all. Blame your feet and thighs; for one reason or another they aren't doing their jobs properly. Your knee moves up and down in a narrow little groove in your thigh bone. It's a nifty design: when your legs and feet are working efficiently, your knee moves smoothly and comfortably with every step. But trouble appears when your kneecap moves out of its track, or rubs up against its sides. That trouble becomes pain when you factor in nearly 1000 steps per cartilage-grinding mile. Over time the cushioning cartilage around the knee becomes worn. That smarts. And that's runner's knee.

How did your knee get off track? Probably because of relatively weak thigh muscles and a lack of foot support. It's your thigh muscles that hold your kneecap in place, preventing it from trying to jump its track. Running tends to develop the back thigh muscles (hamstrings) more than those in the front (the quadriceps), and the imbalance is sometimes enough to allow the kneecap to pull and twist to the side.

Your foot, meanwhile, may not be giving you the stability you need. It's likely that your feet are making a wrong movement every time they hit the ground, and you're feeling the constant pounding and repetition of this mistake in your knee. Maybe you're over pronating (rolling your foot in) or supinating (turning it out too much) when you run.

Runner's knee is further aggravated by simple overuse. If you have steeply increased your mileage recently, you might consider holding back a bit. Likewise, back off on new hill work or speed work. Runner's knee can also be brought on by running on banked surfaces or a curved track. Running on a road that is banked at the sides, for example, effectively gives you one short leg, causing it to pronate and put pressure on the knee. Try as much as possible to run on a level surface, or at the very least give each leg equal time as "the short leg."

Remedy:

This is an easily treatable injury with a little patience. First, relieve the pain by icing your knees immediately after running. You can use commercially available cold packs or simply put a wet towel in the freezer before you run. Wrap the cold packs around each knee for about fifteen minutes to bring down the swelling. Take an anti-inflammatory like ibuprofen or aspirin after running, too, but only with food and never before running. Before bed, put heating pads or warm wet towels on your knees for half an hour.

Stabilize your feet. Make sure you have the right kind of shoes for your foot type and consider buying a commercially made foot support. If, in combination with thigh-strengthening exercises, the foot supports are not enough to get rid of the injury, see a podiatrist about whether you might need orthotics.

Iliotibial Band Syndrome

Description:

Pain on the outside of your knee (not usually accompanied by swelling or locking). The pain may be sporadic and disappear with rest, only to reoccur suddenly, often at the same point in a run. Depending on the individual, this could happen at four miles, two miles or just 200 yards. The pain often goes away almost immediately after you stop running.

Likely causes:

This is an overuse injury. The iliotibial band is a band of tissue that begins at the outside of the pelvis and extends to the outside part of the knee. The band helps stabilize the knee. If it becomes too short, the band rubs too tightly on the bone of your leg and becomes irritated. The tightness is usually the result of too much strain from overtraining.

Remedy:

Patience. This one takes a while. Give yourself plenty of rest, reduce your miles and ice frequently. You can keep running, but cut your run short as soon as you begin to feel any pain. Cut way back on hill work, and be sure to run on even surfaces. Look into some deep friction massage with a physical therapist.

Try some leg-raise exercises to strengthen your hips and be conscientious about the iliotibial band stretch. To stretch the IT band of your right leg, stand with your left side facing the wall. Cross your right leg behind your left, while putting your left hand against the wall. Put your weight on the right leg and lean against the wall by pushing your right hip away from the wall. Be sure that your right foot is parallel to the wall during the stretch. You should be able to feel the stretch in your hip and down the IT band (in this case, along the right side of your right leg). Hold for five seconds and do this ten times. For the left leg, do as above, but stand with your right side facing the wall, and put your left leg behind your right.

Baker's Cyst

Description:

Pain and swelling behind the knee, right at the junction where the upper leg meets the lower leg. It probably feels like a little glob of Jello under your skin.

Likely causes:

It's a non-malignant growth that typically hits runners and tennis players.

Remedy:

Sorry, there's not much you can do with this yourself. See an orthopedist to have it removed.

As ever, make sure that you get professional advice for the treatment of any injury.....

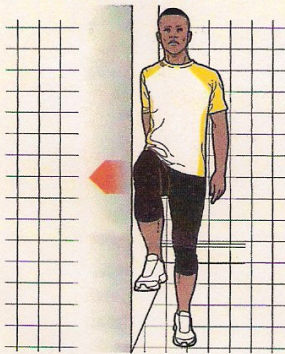
TRIED AND TESTED

How to combat knee pain

Making your muscles stronger and more flexible helps to offset wear and tear

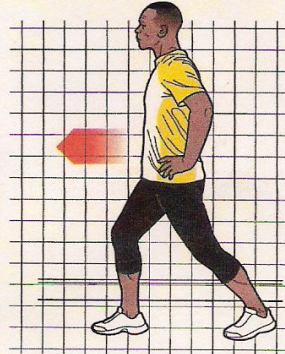
When it comes to dodging the dreaded runner's knee, prevention is better than a cure. So says the *American Journal of Sports Medicine*. A recent study, at the Defence Medical Rehabilitation Centre in Surrey, saw groups of Army recruits do either a standard warm-up and cool-down or a specific supervised programme of four strengthening and four stretching exercises. After 14 weeks, those in the latter group were 75 per cent less likely to report knee pain associated with overuse. Here's what they did.

STRENGTHENING EXERCISES Performed during warm-up. Do three sets of 10-14 reps, for each side of the body.



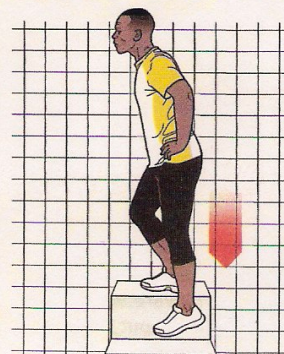
ISOMETRIC HIP ABDUCTION

Stand with your right side against a wall. Lift your right leg, bent at 90 degrees, and contract your glutes as you press it to the wall. Hold for 10 seconds. Relax and repeat.



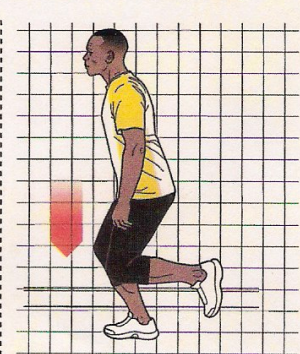
FORWARD LUNGES

Standing with your hands placed on your hips, step forward so that your leading leg is bent at 90 degrees. Hold the lunge for seven seconds, then relax your body and repeat.



ONE-LEGGED STEP-DOWNS

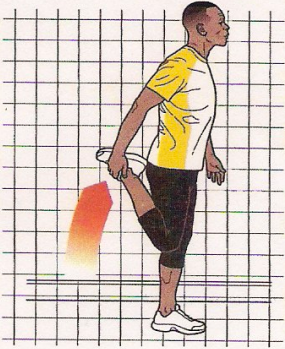
Standing on your right leg with the left leg hanging over the edge of a step, slowly bend your right knee so your body lowers. Hold for three seconds, then rise to the start position.



ONE-LEGGED SQUATS

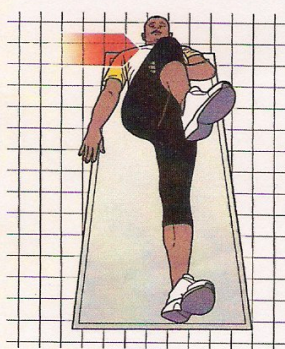
Standing with your body weight on your right foot, bend your left leg and raise your foot behind you. Lower your body until your right thigh is at 45 degrees to the floor. Hold for three seconds, then slowly rise.

STRETCHING EXERCISES Performed in cool-down. Do each 10-second stretch three times, for each side of the body.



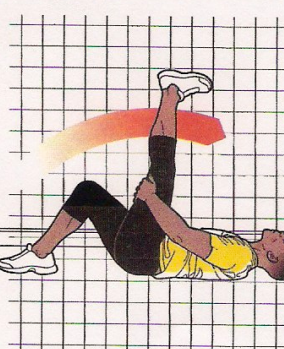
QUADRICEPS STRETCH

From a standing position, grasp your foot behind you, bringing it up towards your buttocks while keeping your hips pushed forward. Try holding the position while on your toes for a more effective stretch.



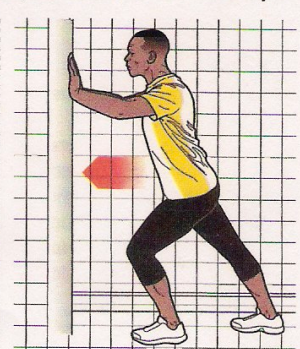
ILIOTIBIAL (IT) BAND STRETCH

Lying flat, bend and raise your right leg. Use your left hand to bring your knee across your body, keeping your back flat. This helps combat the tightening effects of high weekly mileage.



HAMSTRING STRETCH

Lying flat, bend your right leg. With your pelvis flat to the floor, raise your straight left leg until it's at a 90-degree angle to the floor. Put your hands either side of your left thigh and 'walk' them towards your ankle.



GASTROCNEMIUS (CALF) STRETCH

Stand facing a wall, about a metre away. Step forward on your left foot and lean in, keeping your right leg straight behind you, toes pointing forward and heel pressed down.

▶▶▶▶ A study in the *British Medical Journal* found that practising the Chinese martial art of 'tai chi can control knee pain for runners with osteoarthritis. ◀◀◀◀

Kit Korner (part one).....

Mark advises that the last kit bag in stock at 510mmLx 325W x 300H and a bargain at £19.50. Ideal for the next cross country season and just waiting for one careful owner.....contact Mark to gain ownership of this sumptuous item of kit.....



Your Club Committee

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

Marco Keir	Chairman	276029	Sue Reilly	Membership Secretary	477148
Tim Richardson-Perks	Treasurer	07766 347466	Sean Reilly	Web Master	730816
Roy Gooderson	Admin Officer	454449	Mark Wenman	Runners Rep	765336
Tina Jones	Runners Rep	262931	Wendy Osmond	Runners Rep	266940
Gerry Reilly	Head Coach	477148	Peter Yarlett	Runners Rep	263346
Steve Clark	Coach	711272	Francis Maude	Runners Rep	721868
Phil Wyard	Runners Rep				

ADRENALINE SPORT: FELL RUNNING.....Francis Maude

The inaugural Heptonstall Festival Fell Race was held on Saturday 9th July this year. The Category A race¹ was held over a six mile (approx) course, thus qualifying as "short". Climb: 1500ft. Entry (£4) on the day only, at the race HQ in the White Lion in Heptonstall, a convenient three-quarters of a mile from where we were staying, near the Blue Pig at the bottom of the valley.

Carrie forwarded me to the organisers' website, which offered a tempting description:

The 6 mile course should be an instant hit with fell runners, featuring some of the best scenery in the area on little known paths and rights of way; the unusual double-descent format starts at the White Lion Pub with a quick run up the cobbles, followed by a 500 ft descent to the Blue Pig. After the 1000 ft ascent to High Brown Knoll runners turn tail and head back to Heptonstall the way they came.

Set against the iconic backdrop of Hardcastle Craggs, Heptonstall, and Stoodley Pike, Peckett Well War Memorial is a real highlight. As the race progresses from Peckett Well to the summit of High Brown Knoll runners will be clearly visible from Heptonstall. Standing at 1453 feet, and 120 feet higher than Stoodley Pike, High Brown Knoll and its moorland flanks provide classic fell running, whilst offering festival-goers with binoculars the unique opportunity to monitor the race from the comfort of the finishing field in Town Field Lane. (weather permitting!). The return ascent to Heptonstall should be a real test of runner's endurance on the final, and steepest climb from Midgehole to Lee Bank.

Who was I to know better what it would be like: classic fell running, best scenery in the area, Timothy Taylor's Landlord on draft at the finish. I decided to enter.



I squelched up a muddy track in the pouring rain to the start in my nice new road shoes. As I passed the entrance to the car park a cheery marshal spotted my Harriers vest and apologised for the weather, which secretly I was disappointed by, as I had been hoping for the proper "it's grim up north" misery of a hailstorm at the very least.

At the White Lion, I poured the water out of my shoes before going into the bar and handing over a distinctly soggy fiver, in exchange for my race number and an instruction to look at the map to see where the course went (the contour lines were suspiciously close together), and the race rules (No Dogs Allowed...). An old man with a flat cap and a whippet shook his head at me and asked if I had really come all the way from Canterbury just for the race.

Actually, I made that last bit up. Heptonstall and the adjoining town of Hebden Bridge lie at the centre of West Yorkshire's muesli belt, on the commuter line between Manchester and Leeds, and there are coffee shops and organic cafes full of mums with out-of-control toddlers every few yards. The runners were comprised of members of the local clubs (Calderdale Harriers, Todmorden Harriers, Burnley Harriers etc) in their club kit, looking forward to exercising away the frustrations of a week spent at a desk. There was also a pair of lesbians in bright pink kit, having a pre-race snog by the bar.

A little before eleven, the rain stopped and we went out into the cobbled street for the start. I hovered at the back, and asked the man standing next to me if he knew the course. He didn't: it was the inaugural race (i.e. What a stupid question you have just asked); but he did advise that it was quite in order to walk up the steepest parts of the hills, and the race was won by those who dared fly downhill the fastest. Good Luck!

The horn blared, and we were off, up the cobbles to the top of town, then right into a field of long wet grass, up some more, over the top and then slide down to the road, across another field, across the road again and into a wood. Total hills so far, about the same as the Stelling Minnis 10k, total distance, half a mile. The leaders were about 50 yards ahead, may be not even that far. We were now following a scramblers trail down to the Blue Pig. I wanted to walk to avoid the risks of tripping over exposed roots, breaking a knee on a rock, sliding on some wet leaves or colliding with a tree. But No, this is the moment when you must up the pace, or be left further behind. Already in the first fifteen yards two competitors had skipped deftly past, judging perfectly a four inch wide rabbit track at the edge of a precipice. I leapt to the other side of a narrow ravine to some better ground, then dodged some boulders half the size of a car, skidded on another rock, twisted down, sideways, round, and caught them both up just as we joined an old pack-horse track, with half the cobbles missing: keep your eyes open and don't trip up. Lengthen stride, try not to lose control in the race to the bottom, out of breath, exhilarated. Overtook a lady in a stripy Calderdale top. Note to self: buy trail shoes next time. I've reached the bottom, level ground past the Blue Pig (WMC) (Closed). I can run faster now, all those nice flat fields in the south have been preparation for this. And Elliot Hills. Thanks Gerry! Turn right over the river, past the house we're staying in, Carrie is shouting "Come on". I am not last. There are a lot of bemused weekend yompers staring at us. It is starting to rain again.

Now for the 1000ft climb. No idea how to pace myself for something like this. I set off up a steady one-in-ten climb along a track running between a pair of stone walls. This is fine for a couple of minutes. We then leave the track for a somewhat steeper path. I am still keeping up, indeed have caught up another runner. The path steepens further, I go round a bend and can see another ten runners, all walking up what now approximates to a disintegrating flight of stairs. I will keep pushing, I will catch them up, I tell myself. I push on, choosing the clean boulders to put my road-shoe clad feet on. I gain slightly, I push more. Gasp, gasp, gasp, I do not believe this is really good for me. I would have been nicer to come on a dry day just walking along to enjoy the view. Presently, we leave the path by climbing up some boulders, then rise almost vertically through the trees. I pull on low hanging branches and shrubs to increase speed, and wonder whether crampons would have been useful.

I catch up another runner who is leaning against a tree, holding one foot off the ground at an uncomfortable angle. He has lost his shoe, which is caught between two rocks nearby. I press on, and after about six or seven minutes climbing emerge from the trees to pass the Peckett Well War Memorial, where a marshal is shivering under an umbrella. There are some fields rising in front of me, then some houses, then more fields beyond,

an isolated farm, and above that open moorland leading to the summit of High Brown Knoll about a mile away. The leading runners must be a third of a mile ahead, on the upper fields. The ground is level enough to run on, and the rain is easing off. It was only a brief shower. I make it across the first set of fields to the road past the houses, where there is a short downhill stretch, then turn up to the second set of fields. There are various narrow gaps between the fields where the path runs, and we must go in single file. It is bad form to push past through. Another five minutes later, and things are going quite well. I have caught up a group of half a dozen runners and overtaken them running through a farmyard by leaping a cattle grid and putting on some speed, to reach the next gap in a wall ahead of them. It's now open moorland up to the top. The ground is not so steep, and the main difficulty is the tussocky grass, which makes it impossible to judge what angle your feet will land at. A good breeze chases the clouds away and the sun comes out, and presently the wet ground starts steaming. I keep position and after a further five minutes I reach the top, where a marshal directs me to a track which runs along the ridge.

It has taken twenty-five minutes to climb a thousand feet, and to travel about two miles. This is the halfway point. I enjoy the immense views across the moors, down



the valley and across to Heptonstall, some 500 feet below. I stop concentrating on running and as a result am overtaken by the lady in the Calderdale top I caught earlier. I try to stretch out my legs after the climb, but it's hard, and it takes a while to gain any momentum. I lose about 50 yards in about quarter of a mile, at which point I pass another marshal and begin the descent. The slope is gentle enough to enjoy the run at this point, and we race across the hillside, picking up more speed as the gradient increases. The route follows one side of a drainage gully, but the ground is clearer on the other so I jump across and get to the stile into the top field first, where we rejoin the route we took on the way up. I see a lot of exhausted runners are still on the way up, whereas I had seen none of the leaders on the way back when I was going out. This thought cheers me. There are no other runners visible in front of me now, and I keep up a good pace to keep gaining on Ms Calderdale behind. It seems to take no time at all to return to the road at Peckett Well (short uphill stretch here...), and then to cross the lower fields.

At the war memorial I can't find the path down; the Calderdale runner catches up in about ten seconds and I see where she is heading so I can push on just keeping in front, to enter the trees where I now lose all self control and jump from rock to rock and dive between trees grabbing branches to keep my balance. Now, a five foot jump down to the path, which is clearer. I try to focus on where my feet will be three or four steps ahead and go as fast as I dare, almost skipping now, and sometime hopping, with each pace a different length to take advantage of the most level and driest looking rocks. It is strangely exhilarating to know that a misjudgement will mean a

twisted ankle at best, and broken bones at worst. In what seems like moments I am at the bottom running along the track past the cottage we are staying in, across the bridge over the river, past the Blue Pig (still closed), and am at the bottom of the 500ft climb back up.

I run up the cobbles of the old pack-horse track, and after less than a hundred yards am reduced to walking. Come on! Come on! It makes no difference. I find that I have no energy left. I can only walk, turning up the steeper trail we came down before, through the trees. I am not racing any more. I am just putting one foot in front of the other. Ms Calderdale comes past. She is walking too, but energetically, purposefully, looking ahead up the hill to where she can resume running. I have been overtaken by a pedestrian! In what is supposed to be a race! I am only looking one step ahead, plodding. I have stopped caring about anything other than getting to the finish. By the time I come out of the trees, she is already out of sight. I wave at the marshals in fancy dress on the road and summon up the reserves to chug up the fields over the last half mile of the course. I seem to be on my own. What happened to the other runners?

At length, I reach the top of the hill, and see the finish a couple of hundred yards away at the bottom of the next field. I embrace the attractions of gravity and hurl myself down the slope and into the finishers funnel. I have survived to reach the end.

I came 49th out of a field of 93, in a time of 1.07.35. This is not very quick for a distance of less than 10k. The Calderdale runner was at least a minute faster, all gained in not much more than the last half a mile. The winning time was 53.01, achieved by a seventeen year old with young knees.

The key question, though, is *Would I do it again?* *Absolutely Yes*, but I think I should get some trail shoes and spend time training on the cliffs at Dover.

New Physio facility at University of Kent

This is the link to the information on the University of Kent sports clinic. It is on their Medway campus band prices look reasonable and equipment looks very good.

<http://www.kent.ac.uk/sports-studies/clinic/index.html>

If anyone attends a clinic please let us know what you think of the service provided.....Thanks.....Ed

Spotlight on Phil Wyard

Q. What got you into running?

A. Originally cross country at school, which was 5 miles around Knole Park on a Tuesday afternoon.

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

A. Squash, darts, snooker and 5-a-side football amongst others. I did squash mostly for the drinking afterwards, as I could never get the elusive wrist snap required to be any good. I couldn't average more than 50 in darts which became a bit frustrating, although there are three 180s in the scrapbook. I always loved 5 a side Football but I tended to make up for skill with lots of running around, so it seemed a good idea to just do the running instead.

Q. Favourite training sessions?

A. Discovering a new off road route



Q. Other sports participating in or interested in?

A. I love all sports, particularly football and horse racing.

Q. How do you manage to run with work commitments?

A. Work isn't the problem. Its the DIY that gets in the way.

Q. Favourite races and distances?

A. I'm not sure yet, but 10 miles always feels good. Blean Woods cross country is a great event too.

Q. Future goals and ambitions?

A. I've achieved my sub-19 and sub-40, so its now a case of plugging my best equivalent time into Mcmillan calculator (just Google it), and seeing if I can beat the target. Getting up to 80% on the age grade rating would be fantastic. I'd also eventually like to do some coaching.

Q. How you keep motivated to run?

A. Just being outside is normally enough after spending 6 hours looking at the computer at work. To be honest the club and being in it makes most of the difference.

Q. Any tips or advice to others?

A. If you want to go faster, then do a hard Tuesday session, keep up the mileage, and do a regular long run. There aren't any short cuts, but you'll definitely get results, if you're a bit scientific about achieving your goal.

PS: Good luck in Berlin - Ed

Registering your race results.....your help is requested (or else!)

'In recent months we have seen a dramatic increase in race time submissions from club members. These times are forwarded to our club coaches to be uploaded to the Results section of our Canterbury Harrier website. In part the increase in submissions is due to the proliferation of new races emerging across the region, some are genuine athletic/road running races and some are charity/fun runs with little official recognition, particularly concerning the accuracy of distance. The Committee have carefully reviewed the situation and have decided to introduce guidelines for the registration of race results to ensure consistency in race distances and to make the registration process manageable for our coaches. Attached you will find the new guidelines which we hope will clarify the process moving forward.

Thank you for your co-operation

Marco'

'As you are all no doubt aware the club coaches regularly update the club website with road race results achieved by members. These in turn are transferred within the club database program to annual league tables which in turn form the basis of annual awards and prizes.

The club coaches will endeavour to record in the results section the full achievements of members in a wide variety of events ranging from ironman events to conventional road races to fell running. However in the UK only road races over 5k, 5 miles,10K,10 Miles,1/2 Marathon, 20 Miles and Marathon which have been run under UKA rules and which have a current Association of UK Course Measurers Certificate of Accuracy, together with 5,000m and 10,000m track races, will have their details transferred to the league tables.

Rapid Increase in Runs and Races

In recent years there has been a rapid increase in runs and races of varying distances and varying terrains organised by charities and commercial organisations. A significant number of these are simple charity events which have no claim to be conventional accurate road races accurately measured and run under UKA rules. A significant number of these races do not make any claims at all as to the accuracy of the stated distance. Some also claim they are "accurately measured". A significant number are in fact correctly certified as above.

If in doubt or to confirm whether a road race is duly certified members should visit <http://www.coursemeasurement.org.uk/>

If the event does not appear in the current listings then members should not expect the result to appear in the club league tables.

Normally the entry forms for these officially certified courses will indicate this by showing the UK Measurers sign, a bicycle wheel within a triangle.

Similar certification and governing body rules and procedures are in place in Northern Ireland, Eire and throughout the rest of the world.

Whitstable Park Run

We are aware that many of our members participate regularly in the new 5K Whitstable Park Run which takes place every Saturday throughout the year. The course has been recently measured by an accredited UK measurer and has now received a UK Course Measurers Certificate. Some of the other UK Park Runs may also have certificates. Although the results are logged on the excellent parkrun.com website we are aware that some of our members wish to also have their Personal Bests registered on our Harriers' website. We therefore ask members to log with us on one occasion only their season's PB on an officially certified Park Run course rather than throughout the year. This must be submitted to us immediately after the end of the club year which runs from 1st November to 31st October to allow us sufficient time to prepare for our Club Awards Presentation. Submitting one Parkrun PB for the year will help reduce the burden on our already hard working coaches.

Effective Date

The above will apply immediately to all new results which the club coaches register on the club website. All existing results/league tables for previous years and any which have been registered and transferred to league tables for this year to date will stand even if they do not meet the new criteria. If you have any queries on these new rules or questions regarding individual races please speak to Gerry or Steve'.

Le Touquet x 20.....Roy Gooderson

Well that's it, number 20!

Each year when Gerry and I disappear at Le Touquet to collect the race numbers, I comment on the fact it seems 5 minutes since the last time we did it, with time slipping away!

How did it all start? A good question, in all honesty I can't recall, you have to remember that the 3 remaining founder Harriers, myself, Joe Hicks and Bob Davison were still running for Invicta at that time. I believe it was one of several races in France that were popular at the time, the other being The Hardelet 10k, if you think we have an early start, try getting to France for an 11.00 start!



Le Touquet has always attracted the English; it was the resort of choice for the likes of actor Noel Coward, author P.G.Wodehouse of Jeeves fame and of course Ian Fleming who based the first James Bond novel "Casino Royale" on the Town.

The race has reduced in size over the years, especially when they started a half Marathon/Marathon on a different weekend. In early years the race was massive with TV motorcycle outriders and teams of elite mainly African runners who took it in turns to win and then divide the prize money. They would travel round European races to make a living. To show the class of field, I once saw London Marathon winner Mike Gratton come through the 10K halfway point in the 20K race in 30.32, he eventually finished in just 12th place!

Over the years I have met both male and female winners of London in Le Touquet, Mike I already knew from Invicta and would exchange stories about the joys of organising coach trips as he used to take 2 coaches to the race. His wife Debby used to train in our little group (which eventually became the breakaway Harriers). I also met Veronique Marot who although was born in Compiègne in France became a British citizen in 1983 (she is a solicitor in Leeds) in the 1985 Chicago Marathon she broke the British Marathon record and then in the 1989 London Marathon she set a new record 2:25.56 which stood for 13 years until broken in 2002 by Paula Radcliffe.

The Le Touquet ladies record was held for many years by another colleague from our Invicta days, Heather Heasman or Heather Heatles as the French used to incorrectly publish.

I suppose I should mention the joys of organising the trip, for anybody who thinks I play Jobsworth on the day I wish they could swap places for a while. Over the years I have had to deal with forgotten passports, missing race entries, runners lost on Ferry, Hypermarket, restaurants, bars, town plus the usual mix up on luggage (read beer!) I



could start a sports shop with the items left on the coach. The only time we have not had a coach or minibus was the year that Harriers imploded (another long story) we went by car and the return trip on the Hovercraft saw us create a democratic committee with Joe as Chairman and Gerry and myself in our current roles. We have also had some medical issues with Emma running into a glass door splitting her nose and chipping her tooth, she still went on to run a P.B. The heat has often been an issue, I have seen a number of Harriers drop out, Barbara did no such thing, she ran a good race then collapsed with heat exhaustion and needed oxygen. I have loved the many changing faces of the course, always fast flat. I have run at least 3 PBs on the course, my best being 38.09 a rare day when I beat Joe, but still not Bob.

So will I keep going? Well I will try; it has been hard in the last 3 years due to my heel injury for which I take pain medication twice a day. I think I am the only English runner to have run consecutively for 20 years, but Folkestone have a super vet who has run 26 out of 27, so perhaps that is my next goal. Overall I have loved the challenge and enjoyed the companionship of so many good running friends.
Number 21 bring it on!

Mount Ephraim 10k 2011.....Tim Richardson-Perks

If your idea of a race is long hills, hot weather and the possibility of running alongside escaped cattle then this is the race for you! Ideally though you will be watching others suffer whilst helping marshal the event, thank you to those who helped in any way this year both on the day, in the build up and in entertaining our French guests.

By the time you read this the ME 2011 race will be a distant memory of 2 months ago but I'm already starting to plan for 2012. Ok most of the work will not happen until 2012 but I need your help now!

This year's race was successful in that the overall organisation went smoothly and the minor hiccups on the day, which happen with any race, were quickly resolved. Also our entertainment of the French contingents (yes plural!!) was very well received. However we really need to increase the field of runners to make the race a viable fund raiser for the club and to make the race more competitive – a small race that loses runners will soon die out but if the field is increasing then we get a virtuous circle because as the race becomes more popular it effectively markets itself by word of mouth and reputation. For example we do not need too much effort in promoting Whitstable 10k as we regularly get a full entry; **PLEASE NOTE we still do need the leafleting of cars at races during January to April and adverts in local press etc – do not stop this vital activity!** However in addition to the above for Mount Ephraim we have introduced online entry, adverts in Athletics Weekly and a far heavier leafleting campaign. As you may have worked out by now I need your ideas in how we can promote the race to a wider range of runners and engage their interest. Examples could be promoting the run as a "Gruelling Challenge" rather than a regular 10k. Or there could be an Olympic or Family tie in for 2012, or perhaps a Fun Run as well as the main event. Secondly I need your ideas on where we could promote the race – radio ads, notice boards at your work place, children's school, blogs and other internet means. Please submit any idea – it may be daft but we will look at the costs against potential returns and see how it goes. Simply email your ideas to me timbo2604@hotmail.co.uk and I will put them to the committee. I have a couple of ideas but will not mention them in this article as I want you to use your imagination.

Now back to my normal plea as Race Director. We are very dependent on a core group of people when organising our races. This core is too small and if one core person for any reason cannot support the races in a particular year then we will have problems. I need volunteers (and we will approach people) to shadow the core people so they can pick up the reins if need be and our pre race prep runs as smoothly as possible. The tasks may seem daunting but by and large there is not much to them other than a bit of time commitment. Your club needs you!!

Finally my usual thanks to Baileys Nissan, Mount Ephraim and the Dawes family and to everyone who helped bring the race together and helped on the day. Next year's race is likely to be on Sunday 8th July. Book it in your diary before you book your holidays!

Best wishes

Tim.

THE FAIRLANDS VALLEY MARATHON...Tim Richardson-Perks

I've run this race for the last two years and thought I'd share my experiences with you Harriers as you may get a laugh at my expense or you may be inspired to have a go yourself.

I entered the 2010 race as I needed a sub 3:15 finish to continue my "Good for Age" entry into London and this was the only event I could do before the London Marathon GFA deadline in September 2010. Now what I did not realise until my entry was confirmed is that FVM is a trail marathon. There are no marshals, and the feeding stations are called checkpoints. This leads me onto the usual Harrier problem - we have difficulty reading maps and following written directions. However I decided to give it a go.

Next problem was that on arrival at the start I noticed that the predominate running vest other than Fairland Valley Spartans (the host club) was the 100 Marathon Club. Yes this is a race for purists and dedicated long distance athletes; there was not a single Rhino, Mister Man, fireman or other obvious charity runner in sight! So I checked the course map and sure enough there were loads of contour lines around the route.

Now the thing about trail marathons is that at one moment you are running through gladed woodlands on a gentle down hill incline and your world is great. The next moment you are running (or trying to run) in a stiff force 5 wind up a hill that makes Eliot Hill reps a picnic. FVM is such a marathon and yes I took a big hit. In fact having got lost at 10 miles I had a mare of a race finishing in 4h 50, the first time I'd run over 4 hours in over twenty years of marathons!

So this year I was prepared and determined to go sub 4 even though a niggling injury in May/June meant I was not as fit as I'd like to have been. This year I did not get lost but towards the end of the race I slowed up considerably and still only managed 4h 30 - an improvement but below target so I'm sharing this so that you know I'm determined to beat the 4 hours. As an idea how tough this course is this year's winning time was 3h 18. In other small marathons I've entered the winner has always been sub 3 and often sub 2h 30.

Enjoy!

Recent Harrier Results that have caught Ed's eye....

Picnic Marathon - 18th June					
Pos	Name	Cat	Time	Rtg	Notes
84	Richard Cook	SM36	5:48:38		
Staplehurst Carnival 'n' Fete 10K - 26th June					
Pos	Name	Cat	Time	Rtg	Notes
30	Wim Van Vuuren	VM41	43:40	64.27	PB
110	Gillian McLaren	VF65	1:02:38	63.65	PB
Battersea Self Transcendence 5K - 4th July					
Pos	Name	Cat	Time	Rtg	Notes
13	Mark Ford	SM21	17:17	75.06	
35	Philip Wyard	VM48	19:23	73.78	PB
Lee valley 10k - 10th July					
Pos	Name	Cat	Time	Rtg	Notes
2	Mark Ford	SM21	36:29	73.93	2nd
Baileys Nissan Mount Ephraim 10K - 10th July					
Pos	Name	Cat	Time	Rtg	Notes
22	Luke Bicknell	SM31	43:47	61.61	
25	Jason Furminger	VM45	43:59	65.71	

Rye Summer Classic Series 10K - 15th July					
Pos	Name	Cat	Time	Rtg	Notes
156	Emma Sherwood	SF29	54:38	54.76	Debut
Battersea Self Transcendence 10 Mile - 16th July					
Pos	Name	Cat	Time	Rtg	Notes
27	Philip Wyard	VM49	1:06:05	74.34	PB
Invicta East Kent Open Track Meeting - 19th July					
Pos	Name	Cat	Time	Rtg	Notes
7	Philip Wyard	VM49	18:54	76.24	PB
14	Wim Van Vuuren	VM41	20:44	65.47	
Dinosaur 10K - 24th July					
Pos	Name	Cat	Time	Rtg	Notes
8	Mark Baker	SM39	38:26	71.99	
15	Jacob Hussey	VM45	40:40	71.08	PB
33	Jason Furminger	VM45	42:27	68.09	
38	Mark Wenman	VM57	42:46	74.51	
41	Barbara Wenman	VF53	42:58	81.48	3rd Female
100	Dave Smith	VM62	47:25	70.46	
113	Trevor Brown	VM47	48:25	60.61	
174	John Marshall	VM66	52:09	66.77	

217	Wendy De Boick	VF59	54:45	67.97	
247	Wendy Osmond	VF45	56:43	57.38	
Dartford Half Marathon - 24th July					
Pos	Name	Cat	Time	Rtg	Notes
632	Emma Sherwood	SF29	2:17:04	48.01	
Brooks, Serpentine Last Friday of the Month 5K - 29th July					
Pos	Name	Cat	Time	Rtg	Notes
65	Wim Van Vuuren	VM41	20:36	65.91	
Faversham Marathon - 30th July					
Pos	Name	Cat	Time	Rtg	Notes
35	Iain Smith	VM47	4:13:47		
42	Sally Silver	VF36	4:25:30		
Samphire Hoe 5K - 3rd August					
Pos	Name	Cat	Time	Rtg	Notes
21	Brian Davis	VM60	21:37	73.23	1 st V60
41	Emma Sherwood	SF29	27:11	52.96	
Ashford 5K Series - 5th August					
Pos	Name	Cat	Time	Rtg	Notes
16	Brian Davis	VM60	20:38		1 st V60

Mid Kent 5 Mile - 7th August					
Pos	Name	Cat	Time	Rtg	Notes
18	Philip Wyard	VM49	31:07	76.28	PB
41	Brian Davis	VM60	33:47	77.19	2nd V60
Le Touquet 10K - 20th August					
Pos	Name	Cat	Time	Rtg	Notes
45	Tony McParland	VM42	38:48	72.87	
61	Philip Wyard	VM49	40:31	73.56	
111	Jason Furminger	VM45	42:41	67.72	
173	Gerry Reilly	VM63	46:08	73.13	3rd V60
193	Steve Clark	VM58	46:56	68.52	
195	Andy Farrant	VM55	46:59	66.63	
238	Marco Keir	VM49	48:18	61.70	
250	Tony Savage	VM57	48:52	65.21	
290	Joseph Standing	SM33	49:51	54.11	Debut
315	Roy Gooderson	VM54	50:35	61.37	
321	Joe Hicks	VM58	50:48	63.29	
350	Trevor Brown	VM47	51:55	56.53	
365	Barbara Hutton	VF45	52:27	62.05	
366	Priscilla Walkington	SF34	52:28	57.02	
427	Tina Jones	VF64	54:16	72.58	1st V55
467	Bob Pullen	VM49	55:21	53.84	
571	Emma Sherwood	SF30	58:22	51.26	
651	Jennifer Lucas	VF54	1:03:22	55.78	Debut

652	Elena Soto	SF31	1:03:23	47.20	Debut
678	Alix Cox	SF34	1:05:06	45.95	
732	Sue Reilly	VF60	1:10:35	53.28	
755	Jacky MacDonald	VF63	1:20:08	48.58	
756	Pete Greenwood	VM69	1:20:45	44.61	
Sandwich Festival 10K - 21st August					
Pos	Name	Cat	Time	Rtg	Notes
62	John Marshall	VM66	52:06	66.82	
81	Wendy Osmond	VF45	57:27	56.66	
86	Emma Sherwood	SF30	57:40	51.88	
95	Jane Elder	VF55	59:13	60.28	1st V55
Thanet Half Marathon - 4th Sept					
Pos	Name	Cat	Time	Rtg	Notes
40	Sarah Maguire	VF42	1:40:12	69.13	
66	Ray Cameron	SM36	1:47:17	55.60	
153	Wendy Osmond	VF45	2:04:45	56.95	
Thanet Marathon - 4th Sept					
Pos	Name	Cat	Time	Rtg	Notes
35	Richard Cook	SM36	3:30:21	60.30	Debut
	Sally Silver				
Autumn Spitfire 20					
Pos	Name	Cat	Time	Rtg	Notes
76	Philip Wyard	VM49	2:34:06	66.77	

Parachute Regiment 10 Mile Endurance Race					
Pos	Name	Cat	Time	Notes	
123	Colin Kent	VM46	1:39:11		
127	Andy Farrant	VM55	1:39:24		
Quicksand 15 - 18th September					
Pos	Name	Cat	Time	Notes	
18	Sarah Maguire	VF42	2:09:43		

Francis Maude has kindly volunteered to take on the role of **Results Manager** for the club **as of 20/9/11**.

IF YOU WISH TO NOTIFY ANY RESULTS PLEASE E-MAIL THE DETAILS DIRECTLY TO FRANCIS AT: francis.maude@insall-architects.co.uk

You should include the following details as appropriate:

- 1) Name , Location , Date and Time of race event
- 2) Weather conditions
- 3) Course severity – flat, undulating or hilly
- 4) Number of finishers
- 5) Finishing time and position (NB Chip Time if applicable)
- 6) Category position if applicable eg 1st MV40/2nd MV40 /1st FV35/2nd FV35
- 7) If team prize won
- 8) Confirmation that the race is accurately measured ie has a “Kite” (Association of Course Measurers) mark on the entry form and/or appears on the ACM database.
- 9) Internet address link for results if available

Please note that as before Francis will routinely monitor and record the results/details of the main local road races in which a large number of Harriers normally participate.

Many thanks

2011/12 CROSS COUNTRY SEASON DRAWS NIGH! - Steve Clark

As usual the heart of the season will be based around the 7 fixtures for the Kent Fitness Sunday League but I am keen to get the club represented in the main KCAA Saturday league fixtures of which there are only four, so it's easy! There are individual junior, senior women and senior men races at each meeting so the fields are smaller and the standards higher than the KFL but many veteran runners still participate and you will get to see some of the fastest men and women athletes in the County. So come on you Harriers lets see if we can get a better turn out this season!

And don't forget the County, South of England (SEAA) and National events!

If you are new to the club and are thinking of doing some cross country this season you will be warmly welcomed, whatever your standard, it's the taking part that counts! And lifts are usually available to these events, you don't have to get to them on your own!

There are so many benefits:

- The Club will pay all your entry fees to the events listed, you can recoup your club membership on this alone!
- Free lifts usually available to the league events and if we have enough support for the one off, bigger events we can often arrange for a mini bus!
- Club kit (sweatshirt or kitbag etc.) with exclusive season logo will be given to all members who do six or more of any of the events listed
- You will be held in high esteem by the Club XC Management Team!
- It has been scientifically proven that people who do lots of cross country events every season will live (on average) 50 years longer than those who don't!
- You will often get horribly wet, muddy and cold!
- It can improve your libido (I am told)!
- So, what are you waiting for! Contact me and be committed today! I can advise you on what kit you will need.

Steve Clark – SUPREME XC Team Manager

2011			
Date	Day	Fixture	Venue
08th Oct	Sat	Kent County League-Fixture 1	Swanley Park, Swanley
23rd Oct	Sun	Kent Fitness League-Fixture 1	Knole Park, Sevenoaks
29th Oct	Sat	Kent County League-Fixture 2	Somerhill School, Tonbridge
12th Nov	Sat	Kent County League-Fixture 3 (Women only)	Danson Park, Bexley
13th Nov	Sun	Kent Fitness League-Fixture 2	Swanley Park, Swanley
27th Nov	Sun	Kent Fitness League-Fixture 3	Oxleas, Plumstead
03rd Dec	Sat	Kent County League-Fixture 3 (Men only)	Sparrows Den, West Wickham
10th Dec	Sat	<i>Kent Veterans Championships</i>	Rose Hill School, Tunbridge Wells
		<i>Entries closing date 25th Nov</i>	
10th Dec	Sat	<i>SEAA Masters(vets) Championships</i>	Lloyd Park, Croydon
		<i>Entries closing date 18th Nov</i>	
		<i>Day off for Christmas</i>	
2012			
2 nd Jan	Mon	Kent Fitness League-Fixture 4	Avery Hill Park, New Eltham
07th Jan	Sat	<i>Kent Championships</i>	Wilmington Grammar, Dartford
		<i>Entries closing date 12th Dec 2011</i>	
08th Jan	Sun	Kent Fitness League-Fixture 5	Minnis Bay, Thanet
15th Jan	Sun	Kent Fitness League-Fixture 6	Nursted Court, Meopham
28th Jan	Sat	<i>SEAA Championships</i>	Stanmer Park, Brighton
		<i>Entries closing date 9th Dec 2011</i>	
11th Feb	Sat	Kent County League-Fixture 4	Parkwood School, Swanley
19th Feb	Sun	Kent Fitness League-Fixture 7	Blean Woods, Canterbury
25th Feb	Sat	<i>National XC Championships(W,8k M, 12k)</i>	Parliament Hill, London
		<i>Entries closing date 11th Jan</i>	
4th Mar	Sun	<i>KFL-Presentation Relay</i>	<i>* (to be confirmed)</i>
		<i>Any confusion about these fixtures, dates and venues is entirely the responsibility of Steve Clark and the Club cannot be held responsible for anything that he does, ever - Ed</i>	

Dover to Scotland on foot.....John Hartley

I thought Club members would be interested in the walking pursuits of Steve Clark and myself, so with one hand on the quill pen (and the other up my back, courtesy of the editor), I have outlined below the adventure, so far!

Probably you've heard it from your parents, and more than likely you've used the expression with your kids, but there's a lot of sense in 'you should walk before you run'. However, in the case of the Harriers, perhaps the adage can be extended to running and walking, as a means of physical and psychological development.

Steve and I have certainly taken this message on board as, besides our running, we have undertaken a range of long distance walks on an independent basis, for a good many years. However, back in July 2009, we decided to tackle the Pennine Way together, as neither of us had completed this particular challenge. We reported our exploits on the walk in the December'09 Newsletter. For Steve, this represented his first expeditionary break-through, as he prefers to name this quest: 'the finding of the source of the River Aire', a result he is still pursuing with the National Geographical Society. For me, it set me thinking about linking long distance trails, with the possibility of a continuous path from the south coast of England to the north of Scotland.

You may have heard of the E2 – a European long distance footpath from Galway (in Ireland) to Nice (France). This is not one path, but a series of trails and part trails enabling the walker to navigate from Eire, through southern Scotland, England and on to our continental neighbour. In considering our challenge, we thought there was merit in undertaking a series of full, recognised trails in order to join the south and north coasts of the UK. The Scottish and English section of the E2 starts in Stranraer and finishes in Dover. We decided to have our starting point in Dover, with a final destination at Cape Wrath; hence a longer distance, compared to the E2, with the opportunity of seeing the countryside for the full length of England, and also of Scotland.

Over the course of a couple of weeks, Steve and I examined the routes of national trails, and recognised/designated footpaths. We found the Long Distance Walkers Association website useful in this respect. Interestingly, there is not a definitive series of trails for this start and finishing point, so it seemed we were doing a spot of pioneering! Subsequently, we identified ten full trails, with a small number of link sections using appropriate rights of way. The following table gives the adopted paths for our journey.

Walk No.	End Points	Name of Walk	Distance (mIs)	No. Days	Additional Travel Days	Total Days	Completed/Dates
1	Dover to Farnham	North Downs Way	125	6	0	6	12th-16th & 24th Nov 2010
2	Rowhill to Swallowfield (plus links)	Blackwater Valley Path	33	2	0	2	2nd-3rd April 2011
3	Reading to Bath	Kennet and Avon Walk	76	4	2	6	8th-14th April 2011 (Note 1)
4	Bath to Chipping Campden	Cotswold Way	102	5	2	7	25th-31st July 2011
5	Bourton-on-the-Water to Milford (Staffs.) plus links	Heart of England Way	124	5	1	6	12th-17th August 2011
6	Rocester to Edale	Limey/Limestone Way	53	4	0	4	31st May - 3rd June 2010
7	Edale to Kirk Yetholm	Pennine Way	277	13	2	15	22nd June - 7th July 2009 (Note 2)
8	Low Byrness to Strathbane	Central Scottish Way	146	9	1	10	Planned for Oct.2011
9	Milngavie to Fort William	West Highland Way	97	5	2	7	6th - 14th May 2010 (Note 3)
10	Fort William to Cape Wrath	North to the Cape	217	20	2	22	Planned for May 2012
Total			1250	73	12	85	

Note:

- 1 Additional day in Bath/Pill
- 2 Additional day in Kirk Yetholm
- 3 Additional day in Coe (climbing); additional day in Fort William Glen

The table also gives our progress to date. We have now completed eight trails (and links), taking us from Dover to Kirk Yetholm and Fort William in Scotland. Consequently, since completing the Pennine Way in 2009, we have traversed all of England and a section of Scotland. We have now planned the Central Scottish Way for next month, which fills the current gap between the end of the Pennine Way and the start of the West Highland Way. The final leg – North to the Cape - is being scheduled for May of 2012, as extensive preparation is thought necessary for this last, difficult stage.

The walks have been challenging, considering some of the terrain we have travelled over, and some of the daily distances hiked. However, they have been great fun – particularly with a mate like Clarkie who is just as zany walking as he is running! Here are several photographs of a couple of our recent walks – the Cotswold Way and the Heart of England Way; there are a further number of views below of the trails completed so far, reflecting the stunning countryside, and the enjoyment of reaching our destinations.



Here is Steve at the source of the River Frome, near Dodington (Glos.); yet another one to report to the National Geographical Society. Also 'bagged' on the trails are the sources: River Blackwater (Hampshire), the controversial River Thames (near Seven Springs, Glous.), and of course, HP at breakfast! (yuk)



JH at the end of the Cotswold Way in the centre of Chipping Campden



JH at the monument in the village of Meriden (West Midlands), reputed to be at the heart of England.



Steve enjoying a reward as we complete the Heart of England Way in Milford (Staffs).



Some members will recognise this – early morning at the start (Dover sea front) of the North Downs Way.



On the North Downs Way at Gatton Park.



Steve and John at the finish of the North Downs Way, and the start of the link to the Blackwater Valley Path.



Steve – the intrepid explorer - at the source of the River Blackwater.



The start of the Kennet & Avon Canal at Reading.



On the Kennet & Avon Canal path at the top of the Caen Hill series of locks, just outside Devizes.



After the Kennet & Avon Canal, the walking tour links with the Cotswold Way, then the Heart of England Way, and on to the Limestone/Limey Way. This picture is of the stepping stones in the River Dove in Dovedale, Derbyshire.



This is the lovely Lathkill Dale on the Limey Way.



Higher Shelf Stones: Steve at one of the Nuttalls (above 2000ft) on the Pennine Way.



On top of Malham Cove, Yorkshire.



Approaching Pen-y-Ghent, Yorkshire, on the Pennine Way.



One of the spectacular waterfalls – High Force – on the Pennine Way in Durham.



John at the top of High Cup Nick, an impressive U-shaped valley above Dufton, Cumbria.



A section of Hadrian's Wall in Northumberland.



Steve & John outside the Border Hotel, Kirk Yetholm, at the finish of the Pennine Way.



Approaching Loch Lomond (on the high road!) on the West Highland Way.



On the track to Bridge of Orchy, on the West Highland Way.



Approaching Glen Coe from Rannoch Moor.



Completion of the West Highland Way, in Fort William, and our furthest point north. Filling in the gap of the Central Scottish Way in October 2011, to be followed by the big trek north to Cape Wrath in May 2012.

Passing on the Baton

Marco Keir reflects on six years as Chairman

It has been a great privilege to be the Chairman of the Canterbury Harriers since 2005. The experience has been both scary and exciting but above rewarding and memorable! The best part has been meeting and getting to know you the members.

As Chairman you are expected to be a steward as well as a leader to ensure a combination of continuity and development. There is no doubt that at the heart of our Club is a set of values which are lived and experienced by all. I have heard some say we are a 'drinking club with a running problem' but I believe the Canterbury Harriers is essentially a welcoming, friendly Club, passionate about running and its running community. This set of values has underpinned the Club since its early days and will, I hope, continue to form the foundation of our community of like minded runners.

The Club is very fortunate to have a group of Committee volunteers who feel a great sense of responsibility to its membership but also to the wider running community of Kent and, internationally, to the new partnerships developed with Reims and Dainville. Our members play an active role in supporting the Club, its races and raising money for charities. The Club also supports running events hosted by others such as the Stelling Minnis 10K. There is no doubt we, as a Club, play an important part in the community and are respected for the quality events we manage. However, it is the development of



our runners and the enjoyment we generate through our varied social events that has brought me greatest pleasure and pride.

Since receiving the baton in 2005 as Chairman from John Hartley – who was an exceptional Chairman and had a considerable hand in shaping the Club we know today – the Club has continued to prosper and in so doing, offer even more to its runners. Looking back there are many events I would like to share with you but The Harrier editor is quite strict and so I limit myself to the following:

Coaching and Running

Gerry and Steve have continued to provide the backbone to our coaching service and I am glad to see new coaches come through our training programme but we can always do with more. Please put your name forward if you are interested in joining Gerry's coaching team.

The running calendar has expanded significantly over the past few years and we encourage you to take part in the KFL cross country league and summer relays later in the year. It's been great to see new members join us and, through the coaching programmes, improve their running and achieve their goals.

Canterburyharriers.org

I am delighted with the redesign of our site - thanks go to Sean Reilly. It now helps us to communicate with our members, sharing news and uploading results. The results section is by far the most visited area as it allows us to monitor our progress – or not! I think we have the best results service on line and for this we must thank Sean and Alastair Telford.

Social highlights

Could Steve's 'Quiznite' be the most eagerly anticipated social event of the year? I was glad we were able to persuade Steve to reintroduce the event as part of our developing social calendar. We also saw the introduction of the Cross Country awards evening and

Pub Runs have gone from strength to strength with new additions complementing old favourites. We always encourage members to put forward ideas for new pub runs or social events so don't be shy – nothing is too silly for consideration, given that we accepted the Cat and Custard pub and The Local!

Harriers on Tour

Each year I am amazed at how many of our runners participate in international races, usually marathons in exotic locations. We have also extended the reach of our official Harrier trips from Le Touquet and Reims to Dainville. The number of members participating has also increased resulting in stronger partnerships with our friends in France and beyond. This would not be possible without the help of members who are passionate about international linkages such as Bob Pullen. Bob, I am looking forward to this year's Reims trip! In 2009 we were finally able to return the hospitality to our Reims friends by inviting them to our new Mount Ephraim 10K. Previously this was not possible due to our Whitstable 10K taking place on a Monday which was not a Bank Holiday in France. Now we can regularly expect around 40

runners from France to join us for a fun Summer Weekend of running, eating and drinking.

The Summer 10K

For many years we had staged the Red Lion 10K, starting in Hernhill and taking the Mount Ephraim 10K route but following a disagreement with the Red Lion landlord (involving Gerry!) the race was suspended in 2005. I am glad we decided to reinstate the race in 2007, starting at Mount Ephraim. It is a lovely event and we are now attracting well over 200 runners, not to mention the ever increasing international contingent. The ME10K and Whitstable race are our major revenue generators. The introduction of chip timing in 2010 made a significant difference, allowing us to increase numbers at Whitstable. It is essential that we continually develop our major races to ensure we protect and enhance our financial base.

Money makes the Club go round

Over the past six years the Club has strengthened its financial position, giving us the confidence and opportunity to continually look at ways in which we can improve the value we generate for our members both sporting and social. The Committee, with the hard work of our Treasurer, look to balance the books to ensure we have enough in reserves to spend on our members and safeguard us from the unexpected. I believe we have achieved this careful balancing act.

Together we have achieved much in these past six years. Thank you to my Committee colleagues and all of you in the Club who have provided me with support and encouragement. I now look forward to passing the baton on to my successor, confident that the Club is in good shape to face the next six years. I wish the incoming Chairman every future success.

Finally I can get back to concentrating on my running!



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

E-mail: 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

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Audio equipment, connectors, leads, metal detectors etc.

Contact details:

66 Oxford St
Whitstable
Kent
CT51DG
01227 262319
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

Jo Gambrill - holistic massage therapist...

Affiliated with the Complementary Therapists' Association and fully insured. Mobile service offered. Special price for Harrier members at £10 per half hour!!! Full consultation and treatment plan at no extra cost.

Tired legs after a race or training session? Massage can really help in the recovery process! Call or text Jo on 07708545021.

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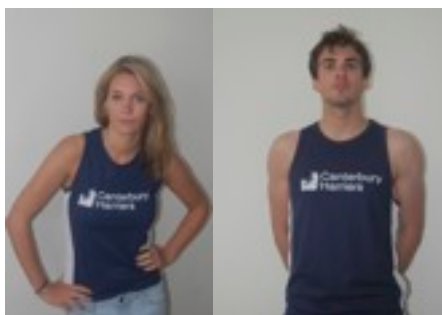
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Canterbury Harriers Kit Korner



MENS	£	SIZES
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
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 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

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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) 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 collection.

Hope you enjoyed reading the Autumn Harrier. If you would like to contribute an article, memoir (!), anecdote, race review, running funny or indeed anything running related please send to peter.yarlett@tiscali.co.uk or catch Peter when at Kings.

THE END

