



# The Harrier

The newsletter of the Canterbury Harriers



Spring 2011

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Dear Harriers,

A warm welcome to the Spring edition of your Club newsletter.

Hopefully training routines were not too seriously thrown out by the winter snow and cold temperatures, and especially for those of you with plans for a spring marathon, as many of you will have. The poor weather made it two bad winters in a row and so there won't be a third – will there!! As I write the daffodils have flowered and the sun is threatening the sky....

Despite the weather and many changes to the x-country schedule we were still well represented in the Kent and KFL leagues with some notable individual and team performances. Steve provides his usual flawless round up of the season in this issue.

As spectator to some of the tougher courses at Meopham, Oxleas Wood and Minnis Bay (where Jenny badly injured her ankle) congratulation to everyone that took part and more so to those of you achieving six events to earn Harrier running pants or top. There was great debate at Committee whether the pants should be 'tights' or the more conservative 'trackster' style that were eventually selected. Steve modelled both versions and enjoyed the attention!

For those with marathon ambitions all of the concentrated training is about to be translated into race conditions. For 'virgin' Harriers this is the time to begin to wind down and start to rehearse your race day routine. For 'non virgins' you will have done all this before and be well aware of the challenge ahead. You'll be glad to know that your long runs are almost reaching their peak and tapering can begin. But don't try to fit in one extra long run if time doesn't permit before the race day. Just take a

moment to reflect on what you've achieved so far - you're covering distances that would have seemed unimaginable just a few months ago.

Do take time to give your trainers a check to see if they're still up for the job. If you need a new pair before the marathon, it's time to start breaking them in. Ideally, you should have covered at least 100 miles in your race day trainers. The same will go for kit as it's probably best to wear something tried and trusted rather than brand new vests and shorts. Good luck to everyone taking part in a marathon and let's hear about your experience in a future newsletter.

For those of you who were around in 1948 (!) you might feel that the Olympics have returned home, although it may not be repeated in the UK for some time! After all the excitement of being selected as host country the clock is now ticking towards July 2012.

If you are interested in attending any of the paying events you will need to be registered to apply for tickets. As you read this newsletter individual applications for tickets are in the middle of being made and notification will be sent in June to those successful in ticket allocation. However, not all events will cost as the marathon and road cycle routes are on public roads and can be enjoyed in situ.

A line from an Alfred Tennyson poem has been chosen to inspire athletes taking part in the London 2012 Olympic and Paralympic Games. "To strive, to seek, to find, and not to yield", from Ulysses, will be engraved as a permanent installation in the centre of the Olympic Village. It could almost describe a session on Eliot Hills. Which neatly links with the news that the University wants to build on green campus space. Whilst understanding the need for the University to grow it would be a shame to lose more open land in our city. Fidelma explains the latest position and invites members to complete a questionnaire to attempt to establish village green status for the site.

The newsletter has a number of Olympic related items to set the scene for the year ahead. As Harriers we might want to consider how the club should celebrate this unique piece of history on our doorstep. Suggestions on how we might do this would be welcomed by your committee.



Must dates for your diaries are Thursday 21<sup>st</sup> April for the x-country presentation evening and Monday 2<sup>nd</sup> May for our own Whitstable 10K where all members are asked (expected) to carry out a range of race day duties. Other dates for the diary are Sunday 10<sup>th</sup> July for our Mt Ephraim race promotion and Saturday 20<sup>th</sup> August for the Le Touquet 10K trip. Whisper it quietly – this will be Roy's 20<sup>th</sup> consecutive appearance at the race. Finally the Rheims 10k and half marathon are this year on Sunday 16<sup>th</sup> October.

Apart from the Olympic theme other treats in this issue include an update on Parkrun (Jacky), a spotlight on Sarah Maguire, a full review of the x-country season (Steve), a round-up of race results, indoor track racing (Russell), the North Downs Way Challenge (Phil), running in Japan and Australia (Adrian), the role of race director (Tim), the great headphone debate, a round-up of race results and other slightly off beat running nuggets that you may have missed. As ever thanks to everyone that has contributed to the newsletter.

Enjoy your read. Ed.

## **Parkrun 4 MONTHS ON - Jacky MacDonald**

As the weather gets better so our numbers are beginning to increase. The numbers dropped to below 30 over Christmas and for a few weeks into the New Year. However we are very close to our record turn out of 70 which is a nice easy number to manage. We now have 430 people registered of which 281 people have taken part. We have had 31 different clubs and our most popular club is Thanet Road Runners whose ages range from 64 down to 11. Canterbury Harriers are the second most popular and added to this we have four Harriers who marshal permanently.

After four months we are getting used to the faces and are on first name terms with most, and runners know the names of those whose times are closest to their own. They greet each other like long lost buddies each week and it is becoming one of the biggest social events in Whitstable. The kiosk where we meet is now open for the summer (!) with outdoor tables and chairs making it a very pleasant place to pass a bit of time with a drink and good company whilst recovering sociably after the run.



We have quite a few family members and we love to see mums and dads encouraging their children, and over the course of four months we have seen seven families run regularly. We have seen quite a few people running with their dogs as well.

We are now a UKA 5k measured course (certificate awaited) so if any Harriers feels that they have done particularly well and would like their results recorded for the league tables please send a link from the <http://www.parkrun.org/Whitstable> website in an email to Steve or [results@CanterburyHarriers.co.uk](mailto:results@CanterburyHarriers.co.uk).

We are attempting to make parkrun more interesting and to encourage those who have never run, or not taken part in exercise for sometime. With this in mind we had a 'pacer event' a few weeks ago. That week we had 20 newbies who joined our dressed up pacers. We had a 45 minute finisher, 40, 35 and 30 minutes. It was very successful with several people asking where the pacers were the following week. We plan a Red Nose Day event, Breakfast on the Beach, Generations Running

Together (where each runner will be encouraged to bring somebody in their family from a different generation) and possibly a run on the morning of the forthcoming royal wedding. If anybody has any ideas of how to add spice to our runs, we would like to hear from you.

All Harriers are more than welcome.

### **Headphones when running – love them or hate them!**

Love them or hate them headphones used with ipod, phone or radio can provide a warm glow of audio pleasure. But should they be worn when running given the safety need to be in touch with all senses when on the run? In contrast and in favour the smooth beat of 'The Almost' or 'Jonathan Richman' can raise the soul, motivate an increase in pace and tempo to burn a speed session or complete a long steady run to a smooth rhythm.

And then again not wearing headphones means being entirely in touch with soul and silence; being at peace with oneself, with nature and the city, the air and ground, and the pleasant sense of breathing to commune with thoughts and sensory reactions.



Purely from a spectators point of view it is hard to cheer on a runner who is encased in headphones as who knows whether or not they are hearing your shouts of encouragement! Also, it may not be too long before race organisers ban headphones due to the risk of competitors not hearing marshal instructions or the engine noise of an impatient motorist edging their way through a phalanx of runners.

On the other hand on a cold winters evening when it is easier to stay in the warm than venture out for an evening run it may just be the added encouragement of 'soul, pop or rap' that gets the front door open and the first steps taken.

So there it is.....headphones 'on' to provide rhythm and motivation – or headphones 'off' to stay safe and enjoy the sensory experience. Take your choice.

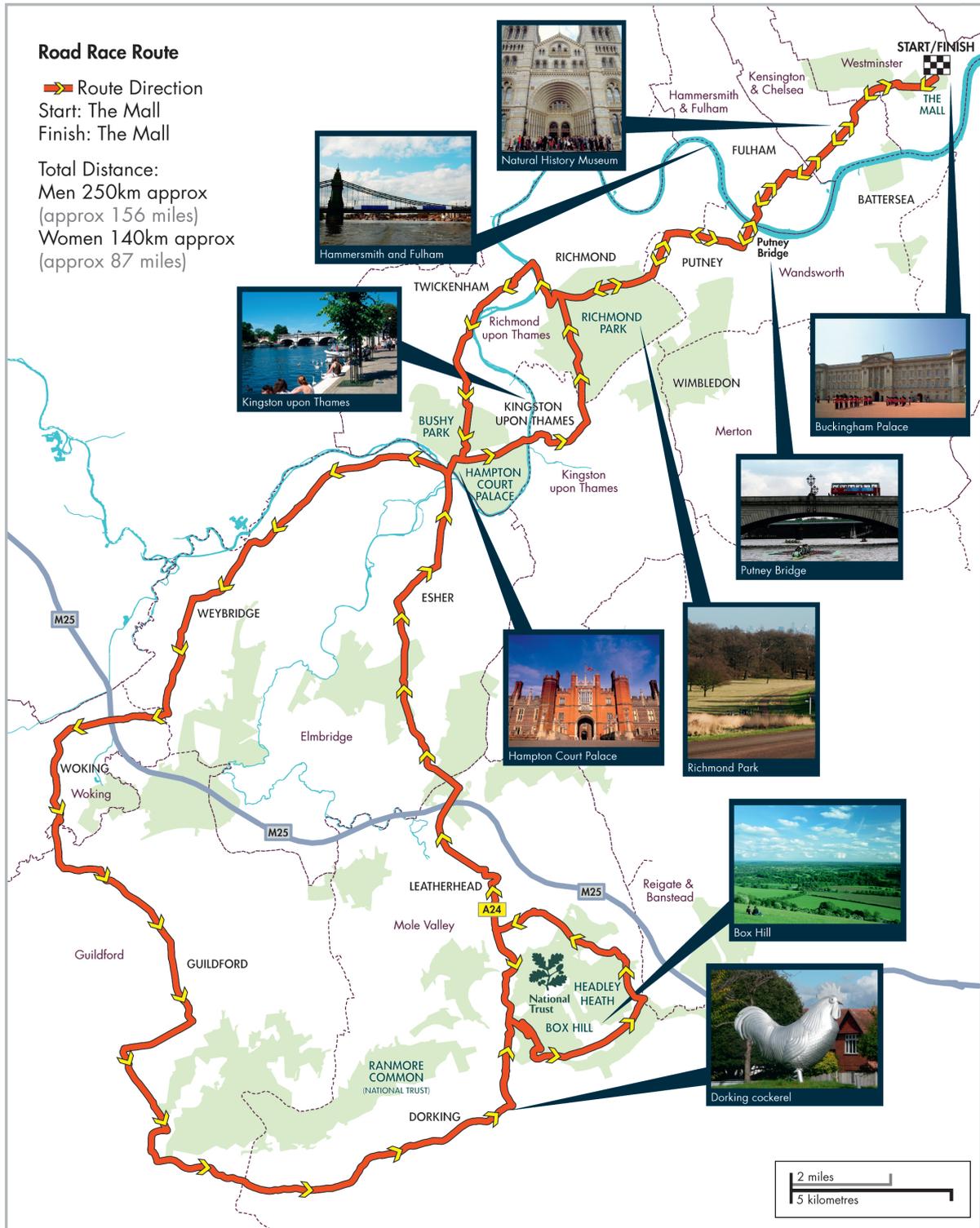


## London 2012 - Schedule by sport

<b>Opening Ceremony</b> <b>Venue:</b> Olympic Park – Olympic Stadium <b>Dates:</b> Friday 27 July	<b>Closing Ceremony</b> <b>Venue:</b> Olympic Park – Olympic Stadium <b>Dates:</b> Sunday 12 August
<b>Archery</b> <b>Venue:</b> Lord's Cricket Ground <b>Dates:</b> Friday 27 July – Friday 3 August	<b>Athletics</b> <b>Venue:</b> Olympic Park – Olympic Stadium <b>Dates:</b> Friday 3 – Saturday 11 August
<b>Athletics – Marathon</b> <b>Venue:</b> London <b>Date:</b> Sunday 5 and Sunday 12 August	<b>Athletics - Race Walk</b> <b>Venue:</b> London <b>Dates:</b> Saturday 4 and Saturday 11 August
<b>Badminton</b> <b>Venue:</b> Wembley Arena <b>Dates:</b> Saturday 28 July – Sunday 5 August	<b>Basketball</b> <b>Venue:</b> Olympic Park – Basketball Arena and North Greenwich Arena <b>Dates:</b> Saturday 28 July – Sunday 12 August
<b>Beach Volleyball</b> <b>Venue:</b> Horse Guards Parade <b>Dates:</b> Saturday 28 July – Thursday 9 August	<b>Boxing</b> <b>Venue:</b> ExCeL <b>Dates:</b> Saturday 28 July – Sunday 12 August
<b>Canoe Slalom</b> <b>Venue:</b> Lee Valley White Water Centre <b>Dates:</b> Sunday 29 July – Wednesday 1 August	<b>Canoe Sprint</b> <b>Venue:</b> Eton Dorney <b>Dates:</b> Monday 6 – Saturday 11 August
<b>Cycling – BMX</b> <b>Venue:</b> Olympic Park – BMX Circuit <b>Dates:</b> Thursday 9 August – Friday 10 August	<b>Cycling – Mountain Bike</b> <b>Venue:</b> Hadleigh Farm, Essex <b>Dates:</b> Saturday 11 August – Sunday 12 August
<b>Cycling – Road</b> <b>Venue:</b> London <b>Dates:</b> Saturday 28 July – Wednesday 1 August	<b>Cycling – Track</b> <b>Venue:</b> Olympic Park - Velodrome <b>Dates:</b> Thursday 2 – Tuesday 7 August
<b>Diving</b> <b>Venue:</b> Olympic Park – Aquatics Centre <b>Dates:</b> Sunday 29 July – Saturday 11 August	<b>Equestrian – Dressage</b> <b>Venue:</b> Greenwich Park <b>Dates:</b> Thursday 2 August – Wednesday 8 August
<b>Equestrian – Eventing</b> <b>Venue:</b> Greenwich Park <b>Dates:</b> Saturday 28 – Tuesday 31 July	<b>Equestrian – Jumping</b> <b>Venue:</b> Greenwich Park <b>Dates:</b> Saturday 4 – Thursday 9 August
<b>Fencing</b> <b>Venue:</b> ExCeL <b>Dates:</b> Saturday 28 July – Sunday 5 August	<b>Gymnastics – Artistic</b> <b>Venue:</b> North Greenwich Arena <b>Dates:</b> Saturday 28 July – Tuesday 7 August

<b>Gymnastics – Trampoline</b> <b>Venue:</b> North Greenwich Arena <b>Dates:</b> Friday 3 – Saturday 4 August	<b>Gymnastics – Rhythmic</b> <b>Venue:</b> Wembley Arena <b>Dates:</b> Thursday 9 – Sunday 12 August
<b>Football</b> <b>Venue:</b> City of Coventry Stadium, Coventry; Hampden Park, Glasgow; Millenium Stadium, Cardiff; Old Trafford, Manchester; St James' Park, Newcastle; Wembley Stadium, London <b>Dates:</b> Wednesday 25 July – Saturday 11 August	<b>Handball</b> <b>Venue:</b> Olympic Park – Handball Arena; Olympic Park – Basketball Arena <b>Dates:</b> Saturday 28 July – Sunday 12 August
<b>Hockey</b> <b>Venue:</b> Olympic Park – Hockey Centre <b>Dates:</b> Sunday 29 July – Saturday 11 August	<b>Judo</b> <b>Venue:</b> ExCel <b>Dates:</b> Saturday 28 July – Friday 3 August
<b>Modern Pentathlon</b> <b>Venue:</b> Olympic Park and Greenwich Park <b>Dates:</b> Saturday 11 – Sunday 12 August	<b>Rowing</b> <b>Venue:</b> Eton Dorney <b>Dates:</b> Saturday 28 July – Saturday 4 August
<b>Sailing</b> <b>Venue:</b> Weymouth and Portland <b>Dates:</b> Sunday 29 July – Saturday 11 August	<b>Shooting</b> <b>Venue:</b> The Royal Artillery Barracks <b>Dates:</b> Saturday 28 July – Sunday 5 August
<b>Swimming</b> <b>Venue:</b> Olympic Park – Aquatics Centre <b>Dates:</b> Saturday 28 July – Saturday 4 August	<b>Swimming – Marathon</b> <b>Venue:</b> Hyde Park <b>Dates:</b> Thursday 9 – Friday 10 August
<b>Synchronised Swimming</b> <b>Venue:</b> Olympic Park – Aquatics Centre <b>Dates:</b> Sunday 5 – Friday 10 August	<b>Table Tennis</b> <b>Venue:</b> ExCel <b>Dates:</b> Saturday 28 July – Wednesday 8 August
<b>Taekwondo</b> <b>Venue:</b> ExCel <b>Dates:</b> Wednesday 8 – Saturday 11 August	<b>Tennis</b> <b>Venue:</b> Wimbledon <b>Dates:</b> Saturday 28 July – Sunday 5 August
<b>Triathlon</b> <b>Venue:</b> Hyde Park <b>Dates:</b> Saturday 4 and Tuesday 7 August	<b>Volleyball</b> <b>Venue:</b> Earls Court <b>Dates:</b> Saturday 28 July – Sunday 12 August
<b>Water Polo</b> <b>Venue:</b> Olympic Park – Water Polo Arena <b>Dates:</b> Sunday 29 July – Sunday 12 August	<b>Weightlifting</b> <b>Venue:</b> ExCel <b>Dates:</b> Saturday 28 July – Tuesday 7 August
<b>Wrestling - Freestyle</b> <b>Venue:</b> ExCel <b>Dates:</b> Wednesday 8 – Sunday 12 August	<b>Wrestling - Greco-Roman</b> <b>Venue:</b> ExCel <b>Dates:</b> Sunday 5 – Tuesday 7 August

# Olympic Cycling Road Race



# London Olympic events approved for Hyde Park Serpentine

## **Hyde Park's Serpentine lake will be the centrepiece for the London 2012 triathlon after officials approved final plans for the course.**

A 3,000-capacity seating area will be constructed in the park, as well as a pontoon on the lake where triathletes will swim one 1500m lap.

After the swim, the 40km cycle and 10km run will take in Constitution Hill and Buckingham Palace.

The Serpentine will also host the Games' 10km marathon swimming event.

The marathon swim will consist of six laps of 1.67km - two more than in Beijing - and, as with the triathlon, ticketless spectators will be able to watch from vantage points in the park.

In the triathlon, the swim will be followed by the cycle race which will take competitors out of the park through Queen Mother's Gate, through Wellington Arch, down Constitution Hill and on to Birdcage Walk in front of Buckingham Palace.

Athletes will then compete in the 10km run around the Serpentine for four laps before reaching the finishing line.



"Hyde Park will be a first-class backdrop for the triathlon and marathon swim as it will allow sports fans to get really close to the action as the athletes run, cycle and swim through the heart of our capital city," said Alastair Moss, chairman of Westminster Council's planning and city development committee.

Westminster had already rubber-stamped proposals for beach volleyball\* in Horse Guards Parade off Whitehall, where a 15,000-seat temporary arena will be constructed with stands designed to offer a clear view across the central London skyline.

Test events will be held at both venues in summer 2011, including the International Triathlon Union World Championship Series on 6-7 August.

The temporary structures for the Olympics will be installed in June 2012, two months before the Games begin while for the Olympic events Hyde Park will be surrounded by a three metre high temporary fence.

(\*tickets for the women's competition have surprisingly been in demand 100 times over - what a surprise. Ed)

## **British Heart Foundation - North Downs Way Challenge on Sunday 6<sup>th</sup> March – or an average day for Phil Wyard.....**

The words North Downs in a race title should have warned me that there was going to be some (mis)adventures in the race. My last attempt in the North Downs Relay took me over an hour and a half to do roughly seven miles. Despite seeing wild deer and discovering where the Priory is, it wasn't an experience I wanted to repeat.

However, due to the Thanet 20 being cancelled, we've all been searching around looking for an alternative 20 mile race.

I plumped for the North Downs Way Challenge, organised by BHF and offering a choice of 8, 14 miles or 20 mile routes for walkers and runners.

It was due to start from Thurnham, near Cobham Manor, near Detling. I set off on my journey and worryingly, I had to take a turning to Hucking off the road opposite the strip club on the way to Maidstone, and the road started getting narrower by the minute. In an area famous for the cottage industries, I was getting a little nervous. I found the right road eventually and all was well.

Tony , Colin and Andy were also there but I hadn't got up in time to catch these early birds. Registration was 6.30 till 8.00. Arriving at 8.15 I was told it was too late to do the 20 mile route, but managed to convince the organisers that I would be fast enough to not be the last home.

So off I went and was faced with an immediate one mile up a steep hill. About this time the battery died on my Garmin so I now was running with no idea how fast I was going or how far I'd gone. There were no distance markers and the marshals weren't too sure.

I'd been looking forward to a scenic run through countryside I didn't know too well, but the uniform greyness above and slight dampness would have made Alpine Meadows look dull. Anyway, it wasn't raining. And after about 4 or 5 miles, I started enjoying the race. Mostly because it wasn't a race. The walkers en route were cheerful and friendly and the runners were happy to chat whilst running. Also I had feeling that 20 hilly miles off road was probably great training for the marathon.

Three hours later, I got back to Cobham Manor, feeling tired but not exhausted. The organisers were letting their kids help out with giving the medals, and the café had fantastic bacon rolls, so there was a general feeling of goodwill around the place.

I went back to the car, turned the key and dead battery no..... two.....

## Humanoid wins robot marathon race.....

A humanoid robot "Robovie PC" of Japanese robot venture Vstone crosses the finish line of the world's first full-length marathon for two-legged robots in Osaka. Robovie-PC, a toy-sized humanoid, won the world's first full-length marathon in March for two-legged robots by a whisker, beating its closest rival by a single second after more than two days of racing.

Five bipedal machines began the non-stop 42.2-kilometre (26.2-mile) contest on a 100-metre indoor track in the western Japanese city of Osaka after doing knee bends or raising their hands to greet spectators.

One of the competitors retired after finishing only the first lap, but the others continued running day and night, getting up by themselves every time they fell to the floor or got into collisions with rivals.



Robovie-PC, 40 centimetres (16 inches) tall and weighing 2.4 kilograms (5.3 pounds), stormed into first place with only a few laps to go after Robovie-PC Lite, which had established a comfortable lead and appeared to have secured an easy victory, suddenly locked up.

Robovie-PC Lite managed to return to the track and fiercely chased the leader, but after 422 laps Robovie-PC crossed the line in 54 hours 57 minutes 50 seconds, organisers said, one second ahead of its rival.

Their average speed was 0.77 kilometres per hour.

After the dramatic finish the two robots -- both made by Vstone Co., a robot technology firm based in the industrial city which also organised the "Robo Mara Full" race waved their arms and bowed, to wild applause from the crowd.

According to the event's regulations, competitors were allowed to change batteries and the servomotors which control the robots' speed and other functions.

Special Note: The third finisher in the race in the race was robot 'Robo Stevie Clark' running on an alcohol fuelled battery technology system (paid for by subscribers) in a time of 6 days and 14 hours. Unfortunately, immediately after finishing Robo Stevie was immediately broken-up for spare parts. Aaah.

## Spotlight on Sarah Maguire

Q. What got you into running?

A. I first started running as an adult in my late teens, I joined Bexley Athletic Club (which is where my parents live). I ran shorter distances then and I competed in the 3000m and 1500m on the track and X country. I stopped running in my early twenties when I had the children, and then took it up again in 2002 and joined Canterbury Harriers. I like running because you can make it fit around any schedule, you are not tied to a particular time of day and you can make the session as long or as short as you like. I found this particularly beneficial when the children were small. Now they are older it still works well because I can drop them at a club, either gymnastics or rugby, and then run until it's time to collect them, which is how I manage to fit some of my long runs in - Kirsty trains for 2 or 2 1/2 hours at a time at Body and Mind so I find myself pounding the streets of Canterbury rather than using up fuel driving home to Wingham and back. Barbara W has kept me company on some of these runs which I really appreciate.



Q. Favorite Training sessions?

A. My favourite training sessions are long easy runs around the country lanes near home, or when I am on holiday in Scotland I absolutely love running in the early mornings in the Highlands, the scenery is breathtaking and I see so much wild life, deer, birds of prey etc. I would certainly recommend it, especially if extra motivation is needed to complete a longer run!

Q. Other sports participating in or interested in?

A. I started cycling about 2 years ago when I couldn't run because of a stress fracture. I still have a lot to learn, I am slowly gaining confidence (although I still hate going fast down steep hills). I belong to a cycling club called V C Elan. Last season I completed four 10 mile time trials, a 25 mile and a 50 mile time trial and a 100k reliability trial. I enjoy cycling especially when the weather is good, and I believe it has helped my running, I have completed a couple of sprint triathlons but I prefer the duathlons run/bike/run as my swimming is grim!!



Q. Favourite races and distances?

A. My favourite race so far is the London Marathon although I would like to try other Marathons. I ran the Thanet Marathon last year and really enjoyed it. I also really like the Quicksands 15. My favourite race distances are marathon, half marathon and 10 miles. I would really like one day to try a Half Iron Man if I could better my swimming and I would also like to try an Ultra Marathon.

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

A. I'm lucky that I work School hours so it is easier for me to fit in my training because I have the late afternoons and the School holidays that others don't have the benefit of. My biggest problem is fitting in races because of family commitments.

Q. How do you keep motivated to run?

A. So far I have not suffered with lack of motivation - I hope I don't for a long while yet!!

Sarah is far too modest to include her pb's but for the record they are (Ed):

10 K - 41:20

10 miles - 1:06:30

Half Marathon - 1:28:37

Full Marathon - 3:05:01

## Masters Indoor Athletics Championships – Russell Williams

Both the Southern Counties Veterans Athletic Club (SCVAC) and British Masters Athletic Federation (BMAF) indoor championships, took place at the Lee Valley Athletics Centre near Enfield, this year. I entered both in the 3,000 metres track races. We are fortunate in having such good indoor facilities near us, as the next nearest venues are in France, sometimes Birmingham and in Scotland. Anyway the Lee Valley facilities include all that is necessary for indoor track and field events, as well as those for outdoor competition. For those not in the know, an indoor track is 200 metres, half the size of the normal outdoor track, with tight banked bends (for the sprinters), so 3,000 metres is run over fifteen laps, double the number run outdoors.

Masters events are normally graded for both men and women in five year age bands, from thirty five upwards, so there is always a chance of a medal in your age category, if you perform well enough. In the SCVAC Championships on Sunday 20<sup>th</sup> February, I ran in the M60 +, all the women 35 + race and managed the gold medal in the M65 + group – 12 minutes 25.5 seconds. As you can imagine some of the women in the younger age groups were well ahead of me.



The BMAF Championships took place over the weekend of 26<sup>th</sup>/27<sup>th</sup> February and included competitors in all track and field events, apart from discus, hammer and javelin (competition outdoors). Unlike the area championships, which are limited to South of England competitors, the British Championships are open to any Masters in the UK with those from Southern Ireland competing as guests. The 3,000 metre races were split by age, with men and women competing separately. I ran in the M60 + race and got the silver medal in the M65 + age group in 12 minutes 17.72 seconds. The overall race winner was Patrick Timmons (M60+), the Southern Ireland Champion. There were some good performances in the other 3,000 metre races, including an indoor World Best in the W60+ class Angela Copsonby (I raced against her on the track over 10,000 metres a couple of years ago, where she ran 39 minutes something!!!).

For those interested in doing a few of the Masters events you can find out more about them on the SCVAC and BMAF web sites. Details about membership of the SCVAC can be found on that web site.

## **Any Spurs fans out there.....Cross-country training has made me an iron man (in the running sense of course!) says Gareth Bale**

For Harriers football fans the name Gareth Bale (especially for Spurs fans) is already well known. For Harriers less inclined to the round ball Gareth is one of the leading players in Europe and earns in the region of £80K per week for his skillful runs from defence or midfield.



Gareth Bale believes his cross-country training at school has helped him to burn off his Premier League and European opponents and helped him to make the lung-busting runs that have taken advantage of tired rival legs. He has made a even deep impression with his relentless running when many of his adversaries have backed off.

When Gareth was at school his left foot was so deadly that his PE teacher took drastic action and allowed him to use his right foot when playing. Any touch made with Gareth's left foot resulted in a free kick to the opposition. It all sounds like good preparation for becoming a top flight footballer.

So can we Harriers turn this approach on its head to help our running? Well certainly we all need to get in miles of x-country with plenty of hills and mud thrown in - so don't miss out when the season next comes round.

But what about going the whole hog by avoiding using our left or right leg? The solution is of course to tie up one of our legs so that we bounce around the course in one giant hopping motion!

Or there again perhaps settle back to watch a Spurs match and wonder what might have been with £80k per week!

## **Do you want to run around Wincheap car parks week in week out? -Fidelma Atkinson**

One of the many pleasures I have enjoyed whilst running with the Canterbury Harriers (apart from all you friendly members) is the variety of training that is on offer to suit the range of members running goals. This includes a range of intensity and type of training and not to forget the variety of local running routes and terrain available to us around Canterbury. I am writing to you to highlight the fact that some of Canterbury Harriers regular running routes are in danger of disappearing soon. The fields that make up the southern slopes of the University of Kent at Canterbury regularly used by Canterbury Harriers throughout the year e.g. Eliot Hills sessions and laps around Chaucer fields. The University has plans to build on these southern slopes. This would directly affect Canterbury Harriers regular training routes.

However, there are a number of ways you can help preserve this land as an amenity area and continue to enjoy its use. Local residents groups ([www.savechaucerfields.com](http://www.savechaucerfields.com)) are planning to submit an application to KCC to have the land registered as a 'village green'. Statements of use from people like you who use the fields are needed for this to happen. I have attached a link to the statements of use questionnaire and I would urge you to fill it in and help preserve this prime running, training and amenity green area for your future running goals. Just think, if these green areas in Canterbury are continually removed the future would look grey! (Like Wincheap car parks week in week out!)



Please find the questionnaire attached or download and complete the questionnaire at [http://www.savechaucerfields.com/village\\_green.html](http://www.savechaucerfields.com/village_green.html)

To help with the first two questions on the statement of use questionnaire:  
question 1) 'boundaries of the land shown' please see the orange area on the impact map at <http://savechaucerfields.com/map.html>

Question 2) no need to do this as we can mark the address you give on our map.

Send the completed questionnaire c/o Harkness Area Residents Association, 30 or 32 Harkness Drive, CT2 7RW or alternatively I can collect them on training nights. Thank you in advance for your support - Fidelma

## **THE CURTAIN COMES DOWN ON THE 2010/11 CROSS COUNTRY SEASON - Steve Clark**

Again this year severe winter weather caused disruption to the season. Despite this the turnout of members was much improved on last year, especially from the ladies with 19 individuals (12 last year) putting in a total of 66 appearances between them, a marked improvement on the 38 last year. So well done you ladies who turned out for the club! As usual the heart of the season was based around the Kent Fitness Sunday League but members made appearances for the club in other competitions along the way.

### KCAA Saturday League.

Strangely enough, despite the increased turnout of members, the representation in the Kent Saturday League (never particularly good with us) was pretty abysmal this season, down from 19 last year to a mere 8 this year and no female appearances at all! We only managed



to get a Harriers team out once, at the re-arranged Swanley fixture in February with a senior men's team (4 to score), although the youngest member in the team was 48!

This is the main Kent (KCAA) league on just 4 Saturday matches through the winter. 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 let's see if we can get a male and female team out for each fixture next season and get our club's name on the Team League map! There are only 4 matches and don't forget the club will pay your entry, so watch this Newsletter come next September for the dates and make a note of them in your diary and rearrange or cancel all weddings, funerals, christenings, operations, holidays, etc. Your club needs you!

### Kent Veterans Championships-Rose Hill School, Tunbridge Wells-11/12/10

Held at the same venue as last year. This multi laps, very uneven, twisting and turning course kept everyone on their toes! A better turnout this year, with a female team in the new WV55 category (well done Dianne, Wendy & Tina) and teams in all three male categories MV40, MV50, MV60. We did not manage to get any individual or team medals but it was good the club was well represented.

Main Kent Championships-Wilmington Grammar, Dartford-08/01/11

At a new venue this year which is further away for us and also clashing with the KFL fixture at Minnis Bay the following day we were unable to get any competitors from our club to this competition this year.

SEAA Championships-Parliament Hill, Hampstead, London-29/01/11

The South of England main championship was missed by our club last year, but there was a lot of interest this year and we ended up entering 5 in the senior women, 1 in the junior men and 20 in the senior men just before the closing date in early December and two mini buses were arranged. However as the competition drew near the usual injuries, illness and lack of resolve took their toll amongst the men but we did manage to get a team of 12 out which was the minimum needed to compete for the Camden Cup for the first Kent team of 12 home. We beat New Eltham Joggers but Kent AC were far too strong for us! Oh well, perhaps next year! It also meant we had two teams (6) in the main competition. Also very pleasing, with 5 females turning out for the club we had a team in the senior women's race for the first time ever!

It was a stressful day before the race as we lost one of the minibuses at short notice but as the numbers going had dropped from 26 to 17 (and 2 spectators) we were able to manage with one minibus and a car. A big thanks to Andy Farrant and Tony Savage for organising the transport and doing the driving. The journey there went ok and we arrived in plenty of time. It was a bitterly cold day and the Parliament Hill course is tough and extremely muddy in



places, lost shoes in the mud is not unheard of! The girls went first at 2pm over 8k and 381 runners survived to cross the finish line! The senior men was the last race at 2:50pm and at 15k it is the longest xc competition in the country. We all survived somehow and were among the 885 who crossed the finish line. By the time we had cleaned up a bit and got back to the minibus the daylight was fast fading. A bit of a traffic jam before we could get out onto the motorway delayed us about half an hour and we finally arrived back at the Kings Centre about 19:00. But everyone said it was a great day out and they can't wait to do it again next year!

### Kent Fitness Sunday League

The 7 fixtures in this league are the backbone of our cross-country season and are well supported by our club members and indeed for several years our club has hosted one of the fixtures with the venue at Blean Woods, Rough Common. And what an exciting season it has been!

We hosted the first fixture this year at Blean Woods on 24<sup>th</sup> October in fine and mild conditions with 342 runners finishing. Despite the strain on the clubs members with the requirements to organise and marshal the event (a big thanks to all those who helped), we managed to field a strong side of 26 runners and got off to a great start, being second in the



Combined League and 3<sup>rd</sup> in the Female League.

The next meeting was three weeks later on 14<sup>th</sup> November at the ever-popular Swanley course where 432 runners finished in the rain and a finish funnel a bit on the short side! We had a good turnout again of 27 runners but in a closely contested race we finished 4<sup>th</sup> in the Combined League on the day, a mere 26 points from the second place we could have obtained had we not lost one of our faster runners through injury. So we slipped back one place to third in the League Table a point behind Dartford RR. A slightly weakened ladies team finished 7<sup>th</sup> on the day and slipped back to 4<sup>th</sup> in the table.

Two weeks later, 28<sup>th</sup> November and conditions turned seriously wintry for the 3<sup>rd</sup> meeting at Fowlmead Park, Deal. A bright start to the morning but the weather soon closed in with snow starting as we arrived the course was covered in a good layer of snow by the start making the going exciting and treacherous! Being in our neck of the woods I was hoping a strong turnout would see us back in second place and indeed we had a good turnout of 32 runners in a field of 249. But alas flu had robbed us of two of our fastest runners and in another closely contested race we again finished behind Dartford RR in 3<sup>rd</sup> place on the day (this time by only 13 points). We remained third in the Combined League table, comfortably clear of the rest of the pack but now 2 points behind Dartford. A good but disappointing result in the Ladies League, coming 2<sup>nd</sup> on the day but missing out on winning by 1 point! Remaining 4<sup>th</sup> in the Table but closing the gap.

The next few weeks saw several more bouts of snow, clearing for our next fixture scheduled at Knole Park on December 19th but the powers that be refused to let us hold the event as they were worried the waterlogged ground would cut up badly. Attempts were made by Sevenoaks AC to find another venue but to no avail. So the 4<sup>th</sup> meeting wasn't until the next year on January 9<sup>th</sup> at Minnis Bay on a gloriously sunny day with the tide right for a beach start and the infamous dykes having a healthy (?) level of water in them! Again in our neck of the woods I was hoping for a strong turnout and a good result. This time things went our



way, with 35 runners out for the club in a field of 263, we not only beat Dartford but also the League leaders Larkfield to win the match, pull back the 2 points Dartford had had on us and move into second place in the league on 'goal difference'. A great run by Mark Ford in his first XC season for the club saw him gain third place with Tony McParland and Rob Dowling also in the top ten finishers. In the Ladies League we finished a clear 2<sup>nd</sup> on the day, moving up to 2<sup>nd</sup> in the Table again on 'goal difference'. But there is always something to spoil the day! Sadly Jenny Benson fell, shortly after leaving the beach and was taken to hospital with a damaged foot that turned out to be fractured thus ending her cross-country season. The only consolation I suppose is that it happened before she reached the dykes!

Just one week later and we were at our 5<sup>th</sup> meeting at Nursted Court, Meopham. There were 306 finishers and again we had a good turnout for the club of 33 runners. We had a good result beating the League leaders Larkfield again to finish 2<sup>nd</sup> on the day but a very strong Dartford RR team were convincing winners and so we slipped back to 3<sup>rd</sup> in the League Table one point behind Dartford. In the Ladies League we narrowly held off Paddock Wood to gain 3<sup>rd</sup> place on the day and remain in 2<sup>nd</sup> place in the Table, one point clear of them.

With the next 5 weeks heavily congested with other major running events there was no opportunity to reschedule the cancelled meeting at Knole Park and so it was decided to reduce this seasons fixtures to six. This is the first time this has happened. It was decided that in the individuals championships it would be decided on the best four performances of the six fixtures held.

And so a long 5 weeks later we came to the final meeting at Oxleas Wood. With many club members away as this was the first weekend of half term and several missing with injuries we fielded our weakest team of the season with just 17 running for the club in the field of 264. So there was little hope of out gunning Dartford and clawing back the point we needed

to finish 2<sup>nd</sup>. Larkfield were again back on top with Dartford RR 2<sup>nd</sup> and we slipped back to 5<sup>th</sup> on the day. So we finished the season 3<sup>rd</sup> in the Combined League 4 points behind Dartford and 8 behind the winners Larkfield but 10 points clear of the rest of the field giving us our best result in the League so far. In the Ladies league it was a nail biting finish! Slipping down to 7<sup>th</sup> on the day but our rivals for the runner up position Paddock Wood also slipped down to 6<sup>th</sup>. Although they pulled back the point they needed to draw level with us we still had the better Total Placings score and so remained in 2<sup>nd</sup> place! The same as happened last season but with New Eltham Joggers! Congratulations to all involved in quite a successful season.

The final event of the season was the KFL XC relays competition followed by the Presentation buffet afterwards held at Avery Hill Park, New Eltham on 20<sup>th</sup> March. It's always a struggle to keep the interest going this late in the year but we had a good turnout



of 18 people with 14 able to run! So we managed to enter 4 official teams of 5 (4 males, 1 female), more than any other club, albeit several people having to do 2 legs between the teams and Tony McParland doing three! Congratulations to our 'A' Team, Barb Wenman, Tony McParland, Mark Wenman, Paul Lucas and Neil Benson who collected the third team prize.

After, it was back to the Hall for the Presentation and to pick up some Silver ware! Congratulations to the girls on winning the Ladies League Runners Up medals for the second year running! They were: Jenny Benson, Barb Wenman, Wendy De Boick and Sally Silver (at the Presentation) together with Sarah Maguire, Faye Roberts, Barb Hutton, Joanne Gambrell, Emma Greatrix and Karlene Kurtz, having either scored and/or competed in four or more of the fixtures for the team.

And congratulations to the following, who picked up awards in the Individual Competition. Barbara Wenman won FV50 category for the third year running. Tony McParland won the tough MV40 category and Steve Clark managed to get his grubby little hands on the MV55 trophy, both for the second year running. But pride of place must go to Mark Ford, gaining the 3<sup>rd</sup> male overall trophy in his first season in the league.

We had a bigger and stronger squad this season, with many scoring for the team but a special mention must go to Tony McParland, Phil Wyard and Mark Ford who turned out for all 6 of the KFL fixtures and scored for the team in all of them. Wendy De Boick and







## Running in Japan and Australia.....Adrian Fox

I gather that the Canterbury Harriers have a long tradition of running overseas and with a trip to Japan and Australia planned for the middle of February I was determined to pack my running gear into my luggage. My enthusiasm for squeezing into my luggage such items was



met at work with comments such as 'Are you mad' 'Why can you not just relax on holiday'. Despite these comments my running gear was packed firmly into my luggage along with my 'Canterbury Harriers running vest' as I was expecting and hoping to escape from the cold English winter!

Japan - After speeding around on several superfast bullet trains to Kyoto, Hiroshima and Tokyo that would leave the fastest runner on the planet on the starting blocks the opportunity

for running did not come until I reached Tokyo. My hotel in Tokyo was just down the road from the Imperial Palace which has an ideal circular path around its perimeter. This is a safe route to run at night with a surprising number of Westerner runners.

Whilst it was safe and well used route, there were guards at various sentry points who had very large automatic guns strapped to their shoulders which I took a sign to keep on running! Every time I approached a sentry post the guard seemed to be talk into their walkie talkie – were they checking and monitoring on my progress? I had planned to repeat this run in the morning but alas the next morning there was tropical rain monsoon which meant that the Japanese receptionist looked at me rather oddly when I came down in the lift in my runner gear only to look outside at the horrendous weather, return to my room, change and then head into the restaurant for the buffet breakfast!

### Australia

Sydney - Having watched numerous runners who all seemed to be running with no shirts on whilst I was enjoying a cold beer in the café outside the Sydney Opera House, I decided that I would not inflict my pale English body on the people of Sydney so I set my alarm clock for 7:15am the next morning. The previous night I had climbed the Sydney Harbour bridge at night so my legs were well and truly warmed up! Awake and keen to start running I set off towards the Botanic gardens and the world famous Sydney Opera House on a bright sunny Australian morning.

What surprised me was the number of runners that all had the same idea as myself! Running through the Botanic Gardens early in the morning light and then seeing the Opera House glimmering in the early morning sunshine was truly magical. Forget Wincheap

Industrial Estate, try running up and down the Opera House steps with a friendly group of Ozzie runners!

The main disadvantage with running in Sydney is that the City is based on a grid system which means there are numerous roads to cross (you can be fined in Australia if you cross a road on a red man). Do be aware that Sydneysiders do enjoy their early morning takeaway coffee and people arriving in the City from the various ferries seemed to (1) all hold a hot cup of takeaway coffee and (2) seem to be unaware that runners like myself wanted to run around Circular Quay!

Western Australia - Running along a footpath with a glorious white sandy beach in the sleepy town of Busselton in Western Australia had to be one of the highlights of my trip. The main thing that struck me was how hot it was even early in the morning! The route is especially interesting as you have the possibility of seeing dolphins in the early morning; alas they must have been eating their breakfast when I came pounding pass! The run completed I arrived back at my accommodation with my friends working their magic on a cooked breakfast on the barbie how could life get any better! I had been tempted to go for

a swim in the blue ocean but my Ozzie friends advised me against this as the beach was regrettably known for being a favourite spot for stingers!



Adelaide - My accommodation in Adelaide was just 1 minute walk away from a pathway along the cliffs which proved to be very convenient place to run in the early morning sunshine. What did surprise me in Adelaide was the number of cyclists! Whilst I enjoy cycling like the next man, there seemed to be large swags of cyclists who all seemed for some reason to think that the cliff top pathway was an Olympic cyclist training ground!

Melbourne - As I spent 2 years of my life living in the wonderful City of Melbourne I knew that one place that I wanted to run was along the River Yarra. My first morning run was crisp and bright and I was greeted by a hot air balloon taking a sight seeing tour of the City and rowers on the River. The main thing to watch out for on this particular route is that the rowing coaches are often very busy shouting into their mega phones and are so busy with shouting instructions that they

can very easily ride into your path!

Concluding thoughts - Packing my running gear into my luggage provided me with the perfect opportunity to see a number of places 'waking up' and to also enjoy sights that many tourists do not experience. It also provides you with a great excuse after a run to fully enjoy the hotels hospitality! One thing is for sure next time that I plan an overseas trip my running trainers will be joining me! Italy is firmly on my travel agenda so I will keep you posted!

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

Well done to all Harriers, especially to debutants and those achieving PB's, who have competed in a wide variety of road races .....full results of all races (and the x-country leagues) are on the Club web pages.....

<b>Saltwood Boxing Day Race - 26<sup>th</sup> December</b>					
Pos	Name	Cat	Time	Rtg	Notes
102	Marco Keir	VM49	25:29		
132	Dianne August	VF56	27:16	1st FV55	
352	Trevor Brown	VM46	38:37		
<b>Brooks Serpentine New Years day 10K</b>					
Pos	Name	Cat	Time	Rtg	Notes
207	Dianne August	VF56	48:27	74.42	
<b>Canterbury 10 miles - 30<sup>th</sup> January</b>					
	Name	Cat	Time	Rtg	Notes
31	Mark Baker	SM39	1:03:29	71.87	
63	Luke Bicknell	SM31	1:06:25	67.25	Debut
90	Sarah Maguire	VF41	1:07:52	76.19	
96	Darren Base	SM26	1:08:17	65.41	Debut
128	Barbara Wenman	VF52	1:09:58	81.38	
129	Mark Wenman	VM56	1:10:03	74.32	
168	Trevor Brown	VM46	1:11:47	66.88	PB
170	Faye Roberts	SF29	1:11:48	68.78	PB
211	Francis Maude	VM44	1:13:25	64.42	
219	Karlene Kurtz	VF35	1:13:54	66.82	Debut
234	Tim Richardson-Perks	VM51	1:14:15	67.24	
241	Paul Lucas	VM40	1:14:25	61.74	Debut

247	David Waite	VM42	1:14:40	62.43	PB
267	Marco Keir	VM49	1:15:41	64.91	PB
308	Ray Cameron	SM35	1:16:57	58.05	
315	Wim Van Vuuren	VM41	1:17:20	59.83	Debut
335	Rupert Williamson	VM48	1:17:58	62.53	
357	Iain Smith	VM47	1:18:50	61.37	
381	Barbara Hutton	VF45	1:19:53	66.93	
386	Kevin Post	VM46	1:20:04	59.96	PB
386	Hannah Thomas	VF35	1:20:08	61.63	Debut
391	Emma Greatrix	VF39	1:20:40	63.06	
401	Fidelma Atkinson	VF45	1:20:59	66.02	Debut
414	Sarah Young	SF27	1:21:23	60.68	Debut
430	Dianne August	VF56	1:21:56	72.27	PB
435	Kate Marsh	SF31	1:22:12	60.08	PB
498	Wendy Smith	VF52	1:25:02	66.96	PB
601	Sally Silver	VF36	1:29:08	55.74	
666	John Hartley	VM64	1:33:15	60.24	
700	Jacqueline McFarling	VF44	1:34:15	56.25	
730	Sarah Stafford-Skinner	VF37	1:36:23	51.95	PB
756	Karen Bennett	VF38	1:39:31	50.71	PB
778	Peter Luetchford	VM56	1:42:15	50.91	Debut
787	Louise Gregory	VF35	1:42:48	48.04	Debut
834	Debbie Clifford	VF44	1:49:11	48.55	
<b>Ashford 10k - 6<sup>th</sup> February</b>					
Pos	Name	Cat	Time	Rtg	Notes



<b>P &amp; O Ferries Dover Half- Marathon - 13<sup>th</sup> February</b>					
9	Mark Baker	SM39	1:26:21	70.34	
24	David Bowden	VM47	1:30:05	71.49	PB
30	Sarah Maguire	VF41	1:30:54	75.57	
35	Philip Wyard	VM48	1:32:21	70.27	
43	Barbara Wenman	VF52	1:33:50	80.62	
52	Mark Cooper	VM50	1:35:41	68.88	
59	Mark Wenman	VM57	1:36:49	72.20	
70	Colin Kent	VM45	1:38:22	64.49	
71	Faye Roberts	SF29	1:38:25	66.86	Debut
144	Ray Cameron	SM35	1:44:12	57.25	
152	Andy Farrant	VM54	1:45:04	64.83	
158	Sarah Young	SF27	1:45:22	62.45	Debut
168	Emma Greatrix	VF39	1:46:06	63.71	
175	Kate Marsh	SF31	1:46:39	61.70	PB
185	Trevor Brown	VM46	1:47:42	59.34	
186	Iain Smith	VM47	1:47:49	59.73	
217	Fidelma Atkinson	VF45	1:50:55	64.04	
233	Barbara Hutton	VF45	1:52:01	63.41	
255	Dianne August	VF56	1:53:51	69.09	
302	Sally Silver	VF36	1:58:38	55.64	
321	Julia Walker	VF39	2:00:33	56.07	Debut
396	Louise Gregory	VF35	2:12:10	49.79	Debut
398	Sarah Stafford-Skinner	VF37	2:12:25	50.24	
408	Wendy Osmond	VF45	2:13:43	53.12	
445	Debbie Clifford	VF44	2:28:57	47.29	

<b>Isle of Oxney Hot Soup 5 Mile Dash - 20<sup>th</sup> February</b>					
116	Jacky MacDonald	VF63	54:54	54.62	
<b>Brooks, Serpentine Last Friday of the Month 5K -25<sup>th</sup> February</b>					
192	Jacky MacDonald	VF63	33:17	56.67	
<b>Barcelona Marathon - 6<sup>th</sup> March</b>					
10077	Sally Silver	VF36	4:22:49	52.83	
<b>Lydd Half-Marathon - 13<sup>th</sup> March</b>					
15	Tony McParland	VM41	1:22:11	74.97	
33	Philip Wyard	VM48	1:27:05	74.52	PB
34	David Bowden	VM47	1:27:26	73.66	PB
40	John Richards	SM30	1:28:02	67.76	PB
<b>Hastings Half-Marathon - 20<sup>th</sup> March</b>					
122	Mark Baker	SM39	1:26:41	70.08	
344	Colin Kent	VM45	1:35:51	66.18	
493	Andy Farrant	VM54	1:39:07	122	
1002	Tony Savage	VM56	1:47:04	64.72	
1075	Chris Clark	VF38	1:48:24	61.86	Debut

## **THE LIFE OF A RACE DIRECTOR....Tim Richardson-Perks**

Hi as most of you know I am the Race Director of the Whitstable 10k and Mount Ephraim 10k. 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 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, that cosy situation will not last forever and we only need one key person to move on 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 now we are advertising both Whit and ME races and entry forms are available on the race websites. We have printed W10k entry forms for distribution and ME10k will be available shortly. If you are entered into any race 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 in May 2009 I worked with 3 fellow Harriers and we covered a full car park of 200 cars in 5 minutes! Dead easy! At the road relays in June we did similar for ME10k. 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 signs plus distribution of letters to residents along the route which must be done in the two weeks before race day. In fact our good public relations are vital to ensure the staging of next year's events so here are two dates for your diary

Saturday 9<sup>th</sup> April Distribute Whit 10k Residents Letter

Sunday 3<sup>rd</sup> July Distribute ME10k Residents Letter

These are straightforward tasks which are 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 or more people in 2010 took less than 90 minutes to do the 800 homes on

the route and we bought them bacon rolls at the Waterfront club. We make these tasks into social runs/cycles with some car support so you are not doing a paper round! For Whit there will be chance to run the Park Run (please register on their website first). Optional beer after ME10k distribution so what more enticement do you need. In fact 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 which 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 committee meetings 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. Why aren't you out training? You could have done a 5 miler.
2. Have you put the dates in your diary?
3. Have you phoned Thomson's or Cooks to rearrange your holidays?
4. 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 2011

*Do please put your self forward to assist with both races - either prior to the race day, with the multitude of race day tasks, or with things after its over...ideally volunteer family members and friends as well. Ed.*



### **Stuart Deal Photography**

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

Contact details:

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

E-mail: [dealstuart@yahoo.co.uk](mailto:dealstuart@yahoo.co.uk) Tel: 01227 780049 Mob: 07932268256

### **Dave Emm Recording Studio**

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

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

Contact details:

Dave (V60) Smith  
01227 768329  
12, Bourne Lodge Close  
Blean, Canterbury, Kent  
CT2 9HD

### **rgelectronics**

All radio equipment including Roberts digital radios.  
Audio equipment, connectors, leads, metal detectors etc.

Contact details:

66 Oxford St  
Whitstable  
Kent  
CT51DG  
01227 262319  
[www.rgelectronics.co.uk](http://www.rgelectronics.co.uk)

### **Holiday Retreat - special rates for members...**

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

## **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.

## **Steve's Reynolds Maintenance**

All house and garden maintenance  
01227 361112 or 07951754926

Present yourself  
with your raceday achievements  
stylishly framed  
competitively priced



BRONZE      BLACK      PEWTER

Choose your frame colour - either bronze, black or pewter, then compliment this with the mount colour of your choice. We will then professionally design the layout and cut to accommodate your race day mementos, for you to display and be proud of.

Example price for a 600x300mm layout (like sample above)  
£48.50 inc vat

As we provide a bespoke service, we are able to create any variations you require, in as many multiples as you need, just contact us to discuss your ideas.

Give Elaine or Chris a call or jog on down to:

**Gilbert & Clark Frame and Print**  
4 mill street maidstone kent  
T: 01622 685146 E: info@gilbertandclark.com

If you would like to add your business details to the Trotters pages just ping an e-mail to Ed at [peter.yarlett@tiscali.co.uk](mailto:peter.yarlett@tiscali.co.uk)

## Canterbury Harriers Kit Korner



<b>MENS</b>	<b>£</b>	<b>SIZES</b>
Jacket	32.50	Unisex S(38), M(40), L(42), XL(44), XXL(46/48)
Hoodie (full zip)	16.50	Unisex S (35/37), M(38/40), L41/43 XL(44/46), XXL(47/49)
T shirt	10.00	S(35/36), M(37/39), L(40/42), XL(43/46), XXL(46/48)
Vest	11.50	XS - XXL
<b>WOMENS</b>		
Jacket	32.50	Unisex S(38), M(40)
Jacket (child's)	26.00	11/12 (30"), 13/14(32"/34")
Hoodie (full zip)	16.50	Unisex S(35/36), M(38/40), L (41/43), XL(44/46), XXL(47/49)
Hoodie (child's full zip)	11.50	9/11 (30"), 12/13 (34"), 14/15 (36")
NB Children;s hoodies are generously sized and would fit most women		
T shirt	10.00	S (10), M (12), L (14), XL (16)
Vest	11.50	XS - XXL

