



The Harrier

The newsletter of the Canterbury Harriers



Autumn 2012

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Welcome to the autumn newsletter. with an especial warm welcome to members who have joined since the last edition. Hopefully your membership is already proving to be fulfilling.

And so dear Harrier the final flush of summer, the wettest for 100 years, is fading behind a bank of cloud to remind us of the lost summer that might have been and entry to longer evenings accompanied by the first chill winds. So it's welcome to autumn and the sight of hastening golden leaves as they prepare for the drop to the stately earthen floor below.

But what a summer it has been. The opening Olympic ceremony soon cast aside any doubts that GB couldn't organise a PUIAB. Apart from an early wobble with empty seats and absent security staff we really did have a successful games. The helpers and military staff provided the welcoming backdrop for competitors and spectators to bask in a two week orgy of world class competitive sports. A number of us were fortunate to attend some of the events and witnessed an emotional, some might say hysterical, celebration of team GB successes. Who can forget the memorable Super Saturday when Mo, Greg and Jess won gold over a 40 minute period.

Our own Brian Davis carried his Olympic relay torch with great pride and his day is covered in this issue. Well done and congratulations to Brian.

After a short pause for breath we were then plunged straight back into the Paralympics and an equally fierce quest

for medals with competitors making a mockery of any supposed personal disadvantage.

A welcome legacy for the Harriers is the rising number of runners wishing to join our club. However, with membership now at around 180 your committee has discussed the option of holding a waiting list for new members. Why so you might ask? The reality is that we only have a finite level of resources to service increased numbers, including the coaching team, the facilities at Kings (including parking) and the sheer logistics of organising training groups and keeping them safe. Interestingly, it is reported that other athletic clubs have had a similar explosion of interest and are also considering how best to meet demand.

Whilst the Olympics quite deservedly hogged the headlines we at Harriers continued our own routine of running and summer activities in the form of competing in the summer relays, individual and team participation in a wide variety of open races, our very own Mt Ephraim race, pub runs, the North Downs way and Saxon Shore, as well as the annual trip to Le Touquet. If that wasn't enough a growing number of Harriers used their varied talents and athleticism to take part in mini triathlons (see Colin's photo inside!).

The favourite distance for Harriers over the summer months has been the 10K with many Harriers running the distance with distinction with a clutch of PB's for Simon Jones (also at 5 miles), John Wilkins, Peter Hogben, Jacob Hussey, Rick Austin, Gareth Coult and Ray Cameron. A group of Harriers also ran the 10K distance at Le Touquet in sweltering heat where just finishing was an achievement. The local citizens of Le Touquet are to be thanked for extending the use of hosepipes to cool us down.

Amongst all of the achievements three of our female runners stand out for special mention. Sally Silver ran her 22nd and 23rd marathons in the space of a week in September. Emma Sherwood has been running great distances during the year and her achievements are reported in this issue. Faye Roberts won the Las Vegas half marathon on the 15th September. Come on you men. Don't leave it all to the women....

Anna Fisk returning from a long standing foot injury attributes regular speed training with Harriers in improving her half marathon PB of 2:20 achieved in 2007 to 1:53 at the recent Kent Coastal half marathon. As Anna says in those early days she had no knowledge of threshold or paced running and just went out and 'plodded'. The moral is that with regular and consistent training the results will surely follow. Thanks also to Gerry and the coaching team for leading us through another summer of speed training. The very latest is that Anna ran a PB in the Great North Run on 16th September. All results are inside and may thanks to Francis for his diligent efforts in bringing the race results to our attention each week via the Club website.

As summer passes effortlessly into autumn the cross country season beckons and full details of race details are provided within by Steve, our supreme, x- country organiser. Cross country provides a regular winter racing programme and the chance to to improve form, conditioning and fitness. In addition the season gives a chance for the whole club to race together (especially in the KFL) in friendly competition and social togetherness - both being the essence of Harriers values.

Our AGM at 7.00pm, Thursday 25th October at Rough Common Village Hall, Rough Common Road is an important opportunity for members to engage with club affairs and discuss matters that determine how your club is run. Do make this a key date for your diary. Your elected committee, with whom you place responsibility for running the club on your behalf, is keen to widen member representation. There are any numbers ways of doing your part for the club:

1. You could nominate yourself to become a committee member and take on a range of regular tasks involved in running the club.
2. The key races that we run (Whitstable, Mt Ephraim and Blean) require a variety of Coordinators to take responsibility for race organisation
3. Ad-hoc tasks undertaken on behalf of the club make a vital contribution to the services we are able to offer members (e.g. Bob Pullen and Phil Wyward co-ordinating trips to Rheims and Dainville)

Further information on how you can get involved with a variety of activities will be outlined at the AGM. Also do bring your cheque book with you as this is an ideal time to renew your subscription and also purchase your XMAS Presentation evening tickets being held on Saturday 8th December at the ever popular Boughton Golf Course Club House.

As you all know we enjoy an excellent relationship with the Kings Centre without whose co-operation we would be unable to meet as a club. All members are therefore asked, as gentle reminder, to go direct to the Fencing Room for our pre-training briefing and not to congregate by the main entrance or on the landing overlooking the squash courts. Many thanks.

Items in this issue include recent race results, the Le Touquet trip, x-country dates, the forthcoming AGM and club involvement, Brian's Olympic torch run, Olympic photos, Roy's a word on the Mic article, Emma Sherwoods eventful running year (so far), Pub run photos, Tims core training and recent race results.

And finally, with dark nights upon us please do wear a fluorescent bib, viz top, or flashing armband to make your presence known to motorists. Remember, a 'visible' Harrier is a happy Harrier!



Enjoy your read.....

New Committee members welcomed.....a message from your Committee

Your Club needs You. Members are encouraged to put themselves forward to serve on the Committee (you may also be asked!) prior to being voted in at the AGM. There are 12 committee meetings during the year and these are normally on the 2nd Tuesday of each month following training and are held in the committee room at Kings.

With the AGM coming up now is the time to act dear Members.

To balance our ranks we are particularly looking for female committee members, since a high % of our membership is now female, to join Tina and Sue as the only current female reps. This doesn't mean that men are ruled out. The only requirement is that you be willing to undertake an active part in helping to run the club. This need not be too onerous but will include being involved with our 3 annual race promotions (Mt Ephraim, Whitstable and KFL race) and other general tasks that crop up during the year.

Members have said that they would like to take a fuller part in the organisation of club activities through the Committee making the opportunity to assist more accessible. And so in listening to your views your Committee has reviewed the way that roles are allocated for race organization tasks.

This means that in future there will be what we have described as 'shadow' roles for each of the main race organisation tasks. The benefit is that members are not thrown in at the deep-end but can assist without having to take full responsibility in the first instance. Also, the tasks will be fully explained and delegated so that there is a real job of work to be done.

If you are undecided about whether you wish to put your self forward for the Committee or to take on a race organisation role then please step forward and speak to Tim, Peter or any of the Committee, if that person is YOU>>>

And finally, do make a note of the AGM date and attend. This is where you have the chance to really influence club affairs, vote on key decisions and make your voice heard.

Your Club Committee

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

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

A Word on the Mic.....Roy Gooderson

The recent Thanet Marathon/Half Marathon sees an end to this year's race commentary duties which started way back in January with The Invicta East Kent 10 mile road race. Palm Bay was at least nice and warm for a very long day made more enjoyable by the presence of the mad bunch from the Hundred Club, as the name suggests you have to do 100+ marathons. The club chairman has run over 700 and another club member has run over 840!

On the day we had a 100 club virgin running her 100th marathon dressed as Batwoman, I interviewed her afterwards and she was as barking as the rest of them. In May they head to The Lake District for a holiday and run 10 marathons in 10 days!

Many of you probably recognise V60 Julie Wing the short 'dumpy' lady from Maidstone Harriers who god bless her, is always one of the last runners home in many local races. As usual I always make a big fuss of her on the microphone when she crosses the line, you might not realise she has run over 260 marathons.

So how did I get lumbered with doing commentary? I suppose the combination of being involved in club running for over 25 years, previously running a mobile disco and now helping run Red Sands Radio it sort of just happened. On the smaller races like Mount Ephraim 10k, I cope on my own, but the larger races I need a second announcer, normally my Red Sands colleague Bob Le Roi or that well known Irish announcer Dermott O'Reilly (Gerry).

Announcing can have happy and sad moments, this year I had to pay tribute to the late Dave Lee on the start line at Whitstable, but his showbiz pal Sean Williamson (pictured below) soon lifted the mood. A few years ago I was on the mic. for the Police National 10 mile road race at Whitstable, a race that had better than usual equipment i.e. mobile incident trailer as race control and off road police motorcycle riders as race marshals. It was a rainy windy day, but this did not stop the Scottish contingent diving into the sea afterwards, to them it was like the Mediterranean. During the Whitstable



Oyster Festival I change from running, to Tug of War and this year, due to a VERY last minute health and safety change due to the wrong type of mud, I was positioned

some distance from the mud tuggers and had to rely on walkie talkie description to relay the details to the crowd which rapidly diminished towards the prize giving that took place in complete darkness.

It always helps if you know who is winning the race, a few years ago a runner at Whitstable was clearly told that we did not have entries on the day, this did not stop him running at the head of the race and as I start to announce his arrival he disappeared, somewhat spoiling the real winners moment. This year again at Whitstable, we had "Twistgate" when with large cheers from the crowd I announce the arrival of Grant Twist as the winner, some days later the Kentish Gazette exposed him as an imposter meaning disqualification. Perhaps the saddest consequence of this was Milos Smrcka; a vet 55 who travelled from the Czech Republic to run under 34 minutes never saw his moment of glory on the day as third overall.

If had to choose the most exciting race it would have to be The Canterbury 10 some years ago when the lead car reported a group of 3 runners gradually being chased down by an unidentified runner in black, who was later identified as the new kid on the block Phil Anthony, now a successful international triathlete. In the last 200 metres Phil broke away with ex London Marathon pacemaker Barry Royden who beat him on the line. It later transpired that Phil got to the start line late and thinking the race was heading the other way, started at the very back. I asked Barry if that had given him the victory he said no; I expect Phil had other ideas. Phil was 3rd. British runner in London this year running 2hr 16 mins.

To me runners like Julie are every bit as important Phil or Barry as long as they are trying, so smile and wave as you get to the finish line and I will try to mention you however long you take!

Roy flanked by Joe and Bob - all founder members of Canterbury Harriers - at a recent pub run



A reduced account of the Le Touquet Trip – 18th August 2012 – Peter Yarlett

Cool and cloudy Saturday morning.... just right for running, perhaps.....an early start leaving home at 5.30am as the sun is rising and the sky a hazy pink colour....drive to Love Lane, Faversham.....nobody stirring in the cemetery.....small group already gathered.....will car be found on bricks at end of day! (sorry Faversham).....exchange of muffled greetings.....Andy last to arrivedetour around Faversham to make A2.....Bat and Ball for next pick up.....strange group of people by side of road.....recognition kicks in.....all aboard.....Steve starts monologue but quickly rebuked.....Roy reminds us again that it's his 21st trip to Le Touquet.....briefing given for day and remember 'don't get lost and keep to time'....time zone change, passports at the ready.....shopping trolley fill up supermarket.....what's the start time in French time.....race start and finish place same as last year.....lots more to remember.....head spinning.....quiz to complete..... arrive at Dover for 7.30am ferry crossing.....lots of chatter now..... starting to wake up.....quickly lost in vastness of ferry.....was it Blue level 3 or Red level 5.....just follow the next person and look knowing.....slight pause whilst in long breakfast queueon deck for sun and breeze.....sun starting to get really warm.....Steve forgets the deck where the coach is parked and just makes it back before we disembark....do I really want to run in this heat.....time to embark and en route for Le Touquet.....full flow of conversation.....stop at Auchen for hypermarket shop.....strange that everyone seems to sprint to wine and beer shelves..... checkout fever with trolley's madly rattling.....coach heaves as shopping loaded.....someone a step ahead in providing ice for beer stock.....closing in on Le Touquet.....answers given to quiz and well done Trevor for most
r i g h t



answers.....park up at stadium.....about 2 hours to race start.....

Gerry and Roy head off on bikes to collect numbers.....it's getting hotter at 32C.....stretch routines, toilet and final preparations.....weather humid and hot as

usual.....walk/jog to start.....this might be tough so start steadily.....general mêlée at start with mad crazy French band playing 'roll out the barrel'.....race starts and straight down road through town and towards the sea.....very hot by the sand dunes and with a slight uphill already feels tough.....drink station coming up, not before time.....now into tree lined roads offering shady retreat.....long straight roads ahead and so must concentrate hard.....halfway at last and early pace has already started to slacken.....6K and 7K really hard work and several people walking8K reached and can already smell the finish line.....9K reached and others are making their last effort.....last stretch on the running track into finish area.....200 metres to go.....tongue parched and can't wait for end.....drink, drink, drink.....reminisce race.....no Harrier volunteers to continue the full 20K so no wrong turns at the finish.....a shower would be nice.....lots of cake and fruit supplied to restock energy levels.....Harriers men use handily placed hosepipe to rinse off....Harriers ladies more discrete and head for the showers.....short walk back to the coach.....iced beer on tap..... bread and cheese and cakes.....relax and recover.....raffle drawn.....slight ferry delay so fill in time with more beers and chats with fellow motorists (even if they didn't want to)....board ferry.....majority in lounge bar.....further rehydration with amber liquid.....everyone relaxed and going with flow.....back in coach.....onwards to Bat and Ball.....Steve guided from coach.....drop Roy and bike en route to Rough Common..... take home purchased beer and wine.....onwards to Faversham.....car still where left (only joking earlier!).....glad not tidying coach.....last farewells.....fabulous day out.....many thanks Roy again.....onwards to his 22nd next year.

If you haven't yet made the Le Touquet trip then make next year the year to go.....it's a great club day out with a race thrown in as well...

2012/13 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 which are too numerous to mention, but I will try:

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 races for national and area 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

You can join your fellow smelly club colleagues for a drink after most KFL race

You will get fitter by running through mud, ditches, on hills and through all weather conditions

So, what are you waiting for, you know it makes sense! Contact me and be committed today! I can advise you on what kit you will need.

Pin the Fixture list that follows to your fridge door so that you can look at it every single day.....

Steve Clark – SUPREME XC Team Manager in Charge

Date	Day	Fixture	Time	Venue
2012				
06th Oct	Sat	Kent County League-Fixture 1	14:00/14:30	Swanley Park, Swanley
21st Oct	Sun	Kent Fitness League-Fixture 1	11:00	Knole Park, Sevenoaks
27th Oct	Sat	Kent County League-Fixture 2	14:00/14:30	Somerhill School, Tonbridge
10th Nov	Sat	Kent County League-Fixture 3 (Women only)	14:00	Beech Grove Academy, Nonnington
11th Nov	Sun	Kent Fitness League-Fixture 2	11:00	Swanley Park, Swanley
18th Nov	Sun	Kent Fitness League-Fixture 3	11:00	Fowlmead Park, Deal
25th Nov	Sun	Kent Fitness League-Fixture 4	11:00	Oxleas Wood, Plumstead
01st Dec	Sat	Kent County League-Fixture 3 (Men only)	14:00	Danson Park, Bexleyheath
08th Dec	Sat	SEAA Masters(vets) Championships (closing date for entries tbc)	from 11:00	TBC
15th Dec	Sat	Kent Veterans Championships (closing date for entries tbc)	from 11:00	Rose Hill School, Tunbridge Wells
23rd Dec	Sun	Kent Fitness League-Fixture 5	11:00	Nurstead Court, Meopham
25th Dec	Tue	Day off!!		
2013				
05th Jan	Sat	Kent Championships (closing date for entries tbc)	13:20/14:20	Wilmington Grammer, Dartford
06th Jan	Sun	Kent Fitness League-Fixture 6	11:00	Minnis Bay, Thanet
26th Jan	Sat	SEAA Championships (closing date for entries tbc)	14:05/14:50	Parliament Hill,Hampstead Heath
09th Feb	Sat	Kent County League-Fixture 4	12:00/12:30	Parkwood School, Swanley
17th Feb	Sun	Kent Fitness League-Fixture 7	11:00	Blean Woods, Canterbury
23rd Feb	Sat	National XC Championships - W, 8k; M -12k (closing date for entries tbc_	14:20/15:00	TBC
17th Mar	Sun	KFL-Presentation Relay (TBC)	11:00	TBC

Olympic Torch Bearer - My Moment to Shine.....Brian Davis

Of course I was excited in the build-up to the big day, 19th July, when I would carry the Olympic torch on Day 62 for 300 metres through Sandwich. Any last-minute worries about final instructions and the delivery of the uniform paled into insignificance when I heard that I had to report to Deal Pier at 0625. So D-Day found me creeping out of the house so early that even my grandchildren were still fast asleep. They had been given permission by their head teacher to take the day off school and travel to Kent to lead the support team, and were almost as excited as their parents and grandmother!



After a lonely start, it was a relief to meet the 20 other torch-bearers at a very sunny, warm and initially very quiet Deal seafront. During the early morning period together, there was plenty of time to exchange nomination stories, have photos taken, soak up the atmosphere and witness the town come alive as the crowds gradually appeared. We also received a thorough, if humorous, briefing from the very efficient official support and security team.

Just after 0800, we embarked on our shuttle bus containing its rack of torches and were finally off to slot into our place in the torch convoy, leaving behind the first lady who would set off with the torch from the end of Deal Pier. From then on it was all action, with torch-bearers being dropped off and collected at regular intervals. The crowds in Deal were fantastic, four or five deep in places, cheering and waving at us (although we were envious of those eating bacon butties!). On board, we were soaking up the excitement, with the adrenalin building; I soon had aching arms from waving back – I know how the Queen must feel!

Finally we arrived on the outskirts of Sandwich, where family and friends were waiting to greet me as I got off the coach. As I was the first runner after a "convoy" section from Sholden, there was about five minutes for spectators to come to talk to me and have their photo taken alongside me. We had all been forewarned that we were likely to be mobbed, so to keep a very firm hold on the torch to prevent it disappearing up the road.



The rest of the convoy arrived, my torch was lit from the lantern, and then I was off! I ran slowly (for me!) down the road, although faster than intended, buoyed by the excitement of the moment, smiling and waving to the cheering crowds, as the official photos show. All too soon, the leg was over, and I prepared for the 'kiss' to set the next runner on her way. There was no time to stop and relax just then, as I had to jump on the pick-up coach to rejoin my fellow bearers until the torch reached the end of the first section, just above Pfizers. We were then transported back to Deal, where all the torches were decommissioned and handed over to their proud owners. By 1030, we had said our farewells and were making our way home, tired in the anti-climax after our early morning start.

There was no rest for the torch-bearer, however. Carrying the torch brings with it a social responsibility, and later that afternoon I had my first post-run outing with the torch to a Women's Institute tea party, where ladies queued up to have their photo taken with me and the torch, with "Can I touch it?" on everyone's lips. The torch seems to have a special appeal to women, and since then I have been photographed with friends, friends-of-friends, church-goers, bell-ringers and a female Russian visitor (perhaps a spy?). I'm also lined up to talk to a school in September.

The following week, I was presented with a commemorative certificate by Dover District Council, and then was privileged to receive an invitation to watch the dress-rehearsal of the Olympics opening ceremony with my daughter. Now the job is done, the torch and I have cooled down, and I can sit back and concentrate on the real sporting heroes doing their bit in London.

A big thank you to all the organisers of Friday night summer pub runs who have led us through some of the more out of the way paths and trails and allowed us to enjoy the drink and food at delightful pub locations.... As the following photos show





My 2012... (so far) - running crazy!..... By Emma Sherwood

This year so far has been filled with the highest of highs and lowest of lows. If it wasn't for running and the friends I have made through running I honestly do not know how I would have coped! I won't bore you all with the details I will just mostly talk about the running highs!!!!

The year started with the immense luck of obtaining the club place in the draw for London Marathon 2012! It was no secret to anyone how much I wanted to run London in 2012 so my extreme excitement was also no surprise.

So I started my training for London early in the year, slightly worried that I would be running 2 marathons in the same year - as I had already signed up for Berlin in September. My goal has always been to run the big 5 and with New York, my first marathon complete, 2012 looked to be a good year.

As part of my training, I targeted Brighton half marathon. The target was sub 2 hours. I had a friend offer to pace me who is a faster runner and I took up the offer! During the race my friend kept telling me how well I was doing and way on target. However, I kept looking at the mile markers and the time run and disagreed with my friend. It only became totally clear at around 12 miles when the 2 hour pacer caught me up that although the Garmin's had us all on track; the mile markers were not entirely making sense!!!

I got over my sulks by my excitement of 'Run with Chrissie'. This was a charity day organized by the late Jane Tomlinson's husband to raise funds for her appeal (Jane, for those not in the know, was a triathlete who tirelessly raised funds for cancer research and children despite her own diagnosis of terminal breast cancer in 2000 and carried on doing so during her treatment until 2006 when she became too unwell to continue. She sadly died in 2007.). Chrissie Wellington (also in case you didn't know, she is 4 times Iron Man World Champion) is an ambassador for the charity and the day consisted of a 5K run round a park in London followed by a dinner and a presentation. The 5K was fantastic as Chrissie ran between the different speed groups and tried to chat to all. The information in the presentation was invaluable as was the chance to chat with her afterwards. I fully recommend anyone joining one of these events given the chance! Chrissie says you are not a failure if you do not succeed at something, only if you don't bother to try to do anything!

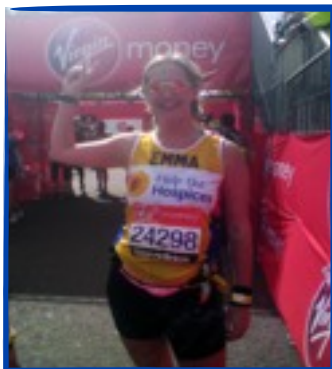
Chrissie's motto and book entitled 'A Life without Limits' inspired me that much I actually went and got 'Live life without Limits' tattooed on my foot....probably not the most sensible thing 5 weeks before a marathon but then I am blonde!

The excitement of events in 2012 was further heightened by the confirmation of a role as a Games maker in the Olympic games but even better than that was the 'congratulations' email I received for the ballot for the Olympic park run. This consisted of a 5 mile run in the Olympic park finishing with a 300m run around the stadium track. I can't describe what it was like to be in the first 1000 runners ever to cross the line (officially) in the stadium. The atmosphere was electric.



At the half marathon distance on the watch (and all the other runners around me) we hadn't even made the 13 mile marker on the course.... I made the Garmin distance in 1 hr 59 but the extra half mile on the course meant my chip official time was 2:03. I was very disappointed when the organisers came clean that someone had put a marker in the wrong place and that it would be recorded as an ultra half! So sadly my sub 2hr on the watch does not count!

Then came London and it was truly amazing!!! I ran a pb of 4:39:01- which was off my target of 4:30 due to a groin strain at mile 19, however I then decided that I would enjoy the race and ended up doing windmills down the mall which probably cost me a couple of minutes!!!



The emotional side to London for me was my friend at work who was like a second dad to me. He was diagnosed with terminal cancer in February and I asked him if he would like me to fundraise for him. I managed to do him proud and raised over £3k for pilgrims hospice in Canterbury. Paul came to watch the marathon and saw me run past! Sadly he passed away in June.

Then as mentioned the original plan was to train for Berlin in the autumn. However, a friend of mine that I had met last year through media asked me if I was interested in his latest challenge.

Kevin Betts also known as 52 marathon man on Facebook, internet and twitter, undertook 52 marathons in 52 weeks last year to raise awareness and funds for mental health charities. This is sadly due to his father's suicide in 2003 and the effect it had on him. Kev's passion for running and fundraising captivated a huge following including myself and during the year we became friends. I bike marshaled Kev's last marathon in December at Portsmouth (which is an off road marathon as I found out the hard way. Riding a mountain bike across shingle beaches and carrying it over kissing gates whilst trying to stay in front of the leaders who finished in 2:52 was hard work!!). What made Kev's challenge even more interesting was that each marathon had to be completed in under 4 hours. Oh and he also got married last year so one marathon was on the stag do in Las Vegas and another was on his wedding day!!!!

Kev impressed me that much that when he asked me if I wanted to be involved this year my reply was "hell yeah. what is it?" Had I known the answer that was to come I may have said "what is it....erm no sorry I'm busy".

Kev's plan was to run 160 miles in 4 days from Arc de Triomphe in Paris to Marble Arch in London (and no it was never the plan to swim the channel or run around a ferry or another variation). The plan was to straight line the run as much as possible meaning a route via Dieppe and Newhaven.

The ideas were sketchy at the start so I just said yes but can I bike and run as I'm not the speediest of runners. The team was formed and everyone left it to Kevin to organise! I then decided to try to run all of it but take my bike just in case and the plan was set!

So how do you train for something like this? I decided a couple of days before the race to run Halstead marathon. This was 3 weeks after London Marathon (note my earlier worries in the year about running 2 marathons 6 months apart). I had no idea how I would do or if I could even do it especially with a strained groin. So I rocked up to the start and managed to run the hilly marathon in under 5 hours. What made this race special for me was I ran the whole thing without 1 walk break. Something I nearly did at London and something I desperately wanted. It was like the first marathon feeling all over again! The medal was pretty good also (it has a clear bit in the middle!).

An Arc2Arch 'team building' even followed, which consisted of 5 people running laps of an off road loop for 24 hours in a relay! This was the first year of Run24 and having not done any of the other events in this category I had no pre-conceived ideas of what to expect. It was well run, the camping was awesome, the route was scenic and ran through the campsite allowing team support and the night laps with glow sticks lighting the way was fantastic! We came 4th in our category completing 32 laps! I banked 5 laps for the team. Something the harriers would love I think.... Any takers for next year???

Next came my first ultra.... This consisted of 8 laps of a 5K loop plus an extra bit to make up 30 miles around a lake in Milton Keynes. It rained heavily and had a lovely huge muddy section at the start of each lap. It took pretty much the whole lap for the feet to dry, only to get soaked again! I was slightly downhearted to be lapped by 1st place before I had even done 5k! However, the winner did finish in 3:22! My time was 6 hours 17. It became more noticeable at this point the effects of my groin injury and I started to panic that I may not get through this A2A challenge!!! Again the shiny medal was awesome....this one has a spinning bit in the middle!!!

However, undeterred I entered for the Kent Challenge 50. This consisted of a 6.55 mile off road loop near Chislet at Marshide fishery. You have to complete the challenge inside 15 hours. This was the first hot day the UK saw and caught all the runners out including the front 3 runners who still managed to finish in an amazing 7 hrs 30 ish. I had been ill in the preceding week and actually had completely lost my voice!!! It made for a quiet run for my running partner! But sadly not for me as he had to do all the talking! 3 of the A2A completed this challenge. I finished in 13 hours and 36 minutes!



I am certain I can do this in under 12 hours so am certainly going to go back next year. What made the race for me was the impromptu aid station set up by Thanet Roadrunners AC! They had jelly babies, flat coke, sunscreen, chairs, orange segments and the list goes on. They stayed until all runners had come off the course despite their own runners finishing hours before! I think the harriers could possibly rival this next year if there is any interest.....?

I also ran as another group the largest 24 hour relay, (I believe) in the UK – the Adidas Thunder Run. However as my injury played up I only managed to do 13 miles for the team effort!

The Olympics then took over and most training ideas went out the window. However, I'm sure the many miles I walked around the park count? The A2A team met up in London during this time and the hard work from Kev and some people he managed to get on board as PR people and organisers, became apparent. Kev managed a treadmill marathon as part of the fundraising and to get the challenge in the press! The target was set at £10k for the team and T-shirts advertising the cause, press releases, radio interviews (including one on Radio Kent with Kev, Andy and I) were all set up. (The trip was self-funded by the way or sponsored by companies – including a Porsche Cayenne vehicle and Volkswagen Minibus donated for the trip!). The website for information is www.arc2arch.co.uk and if anyone is interested in sponsoring us the link is on the site or go to

More panic started to set in as the date for A2A got closer and it became more real. After we found out what vehicles we had for the trip, I found out that there was no room for my bike! I panicked massively as the route and the ferry meant that instead of 40 miles a day, we would have to run 100 in the first 2 and 63 in the latter 2. There were many group discussions about where we would fit the extra miles in and interestingly only the 3 of us that had run the double marathon did not want to run more than 50 miles in one go!!!!

So we arrived in Paris on Wednesday 22 August. We left as planned from the Arc de Triomphe and headed out of Paris towards home!!!!

We had 8 runners, 2 bike supports (one of whom was our medical support), and 4 people in the 2 support vehicles. Day 1 was at best 32 Degrees C. 44 miles later I was totally spent! My injury had kicked in resulting in acupuncture at the side of the road and a few tears! Luckily I wasn't part of the leading pack that got lost and did an extra few miles!!!!

Day 2 started early before the sun rose and with a very tough decision for me to make. There were at best 56 miles to complete but I knew that it was unlikely based on the previous day that I would run this in less than 14 hours. I ran the first 4K and 'borrowed' Terry's bike, meaning that he would have to do some running that day!!! I happily cycled back and forth between the group easily doing 1/3 more mileage than I should and decided that I would run the last 10 miles of the day to see how my leg fared.



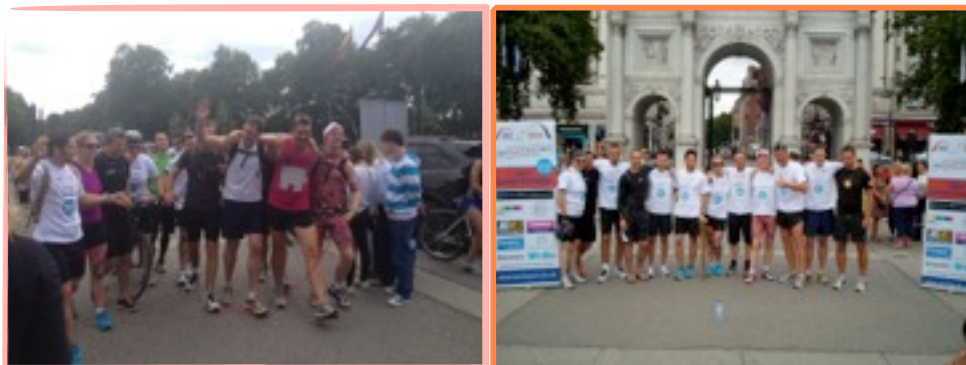
I finished the route in the rain and the dark on foot, happy I completed the distance under my own steam when I realized that 3 of the other guys had been put in the support vehicles at different points due to extreme fatigue and ill health! Leah it is worthy of noting must have already cycled over 150 miles at the completion of this day as she was constantly riding between front and back runners. She then bless her had to treat us all during the day and at the end of the day!!!!

Day 3 started even earlier with a horrendously choppy crossing back to the UK followed by a phone interview progress check with Radio Kent live as soon as I docked in the port!!!! The weather was overcast and colder perfect running conditions!!!! My head was focused and I put my ipod on and had an amazing day running!!!! We completed the scheduled distance for that day, had a group chat and decided to run another 10k! Due to various injuries in the group and fatigue I am proud to say I finished 2nd that day! Terry also decided to impress us all and run the whole of Day 2 as well! The support crew this day decided to write chalk messages on the road for us based on sayings / speeches from Dave in the group and this kept us all uplifted!!! (And stopped us getting lost!!!) I think even Leah had chance for a sleep this day as we finished at a reasonable time and had lovely accommodation including the luxury of our own rooms! And a pool!!!!

Day 4: Wow, the emotion in the morning was very high. Summit fever rippled around the group and there were some leaky eyes at the group hug in the morning!!!! We had encouraged friends, family, anyone to come and join us on our route on this day and I was so chuffed that a friend appeared a couple of miles in (he lives in Milton Keynes and came down for a little run!) and also later on another runner from Medway (who I met through my friend Sarah Mooney at her torch-bearing run earlier in the year) joined me for the last 14ish miles! Not as impressive as Dave's group however. He was like Forrest Gump collecting that many other runners en-route there were about 30 with him at one point!!! Seeing the Shard from the distance at the top of the North Downs way and the road chalk messages from Andy running up front were the other highlights of this day. As was crossing a bridge over the M25!!!



We all met at Hyde Park to run the last mile together. Seeing Marble Arch appear in front of us and the crowd that awaited us was indescribable. We had a proper finish line and everything. Terry had also impressed us again and run all of day 3!!!! We all linked up including our angel Leah on the bike and finished together, with many tears and hugs and cheers and the satisfaction of completing what started out as a dream!!!



So now I have Berlin marathon and I have completed no structured training. However one thing is for sure..... I am confident that I can complete the distance....26.2 miles after completing 163???

Zut alors! C'est la Mount Ephraim 10k!!.....by Bob Pullen

In continuing Canterbury Harriers efforts to maintain the entente cordial, we welcomed parties from Dainville and Reims in Northern France for the weekend of the Mount Ephraim 10k on 7 and 8 July 2012.

Dainville is located south west of Arras and is twinned with Whitstable. Six runners from Dainville took part in the race and were accompanied by eight very vocal supporters. Reims is one of the main cities in Northern France and is twinned with Canterbury. 35 runners from Reims ran the Mount Ephraim accompanied by 23 supporters. The Reims runners were made up of five groups - EFS Reims Athletisme, the main athletics club for Reims; Givet Revin Athletic Club - another Reims-based athletics club; Errance, the main trail running club for Reims; L'union, the running section of the social club attached to a large regional newspaper group; and a number of unattached runners from the city. Got that? Good, there will be questions later!

The French contingent were managed by Marco Keir, Phil Wyard and myself with Marco organising the Reims visitors accommodation in Canterbury. Phil and myself looked after the Dainville contingent, with lots of help from the Whitstable Twinning Association who very kindly helped out with hosting some of the visitors and ferrying them about. In addition, Phil, Andy Farrant and myself also hosted some of the families.

Marko and Gerry met the Reims group in Canterbury to settle them into their accommodation before they took the train to London to visit the Olympic Village. Members of the EFS Club were also due to attend the Olympic Games to support local Reims athlete, Yohann Diniz, in the 50km race walk. Check out his snazzy website and 'Yo for Yohann'! : <http://www.yohanndiniz.fr/> . I did follow this race live on TV, but unfortunately Yohann tripped on a metal barrier in the Mall when he was lying in about 7th place and was later disqualified as the official results show: <http://london2012.bbc.co.uk/athletics/event/men-50km-walk/phase=atm095100/doc=detailedresults.html> Interestingly, the background photo to these results show a pub familiar to anyone who has visited Whitstable, but against a most unusual setting!

Phil and I met the Dainville group in Whitstable. As they had arrived in the town earlier, they had already had a walk around so we took them to the Waterfront Club (Harriers connection No.1 - Faye Roberts manages the Waterfront Club) for an aperitif. But not before Phil, whose 50th birthday it was, was serenaded with 'Happy Birthday to you' in French in the Gorrell Tank car park! Fortunately, it was not raining and our visitors enjoyed some Pimms overlooking Whitstable Bay. We then took them into Canterbury, and as we had arrived early, we made a quick detour to the Dolphin (Harriers connection No.2 - Peter Mickleburgh manages the Dolphin) for a further aperitif.

We then rendezvoused at the Dominican Priory in Canterbury for further aperitifs and a BBQ organised by the Canterbury-Reims Twinning Association. There was further singing of 'happy birthday' to Phil and blowing out some ferocious looking candles on a number of cakes. The Whitstable Twinning Association helped us ferry the Dainville group back to their respective host families in Whitstable and I am reliably informed that the Reims contingent retired to the Dolphin for a nightcap as it is the 'tradition' (or 'tradition', as we say in English).

As for the race itself, it has to be said that the French runners did brilliantly. The male winner was Achour Saad from EFSRA in 35:05 and the female winner was his wife, Samira Mezaghane Saad, also from EFSRA in 38:43. Samira was also fourth overall. Not to be outdone, Pascal Bonello from Dainville was second overall and winner of the MV40 category. Although not quite as fast, special mention should go to the Marechal family from L'union - all six of them - who all completed the race, and Berthie Lanthony, also from Reims, who completed her first ever race at the age of 16.

I took the Dainville supporters up to the 1k marshal point where the route goes out of Mount Ephraim Gardens along with a number of the host families from Whitstable. This made for a noisy and atmospheric change as the runners came past as usually it is just Steve Reynolds and myself at this point. Later on, we could hear the cheers and whoops going up from the finish line as the French runners were coming in from our position about half a kilometre away.

Once the race had finished, we had packed away the start/finish funnel and the presentations had been made, it was time for lunch. In previous years, we have provided our guests with lunch in the gardens of the house. Unfortunately, due to the inclement weather, it was a case of 'inside if wet'. We shoe-horned about 80 guests into two tea rooms inside the house. A number of Harriers acted as auxiliary waiters in order to get the plates of food from the kitchen onto the tables. The visitors had very kindly brought with them supplies of chilled wine and champagne and we provided English ale, which seemed to be almost as popular. I have never had problems with opening bottles of champagne before, but managed to open not one but two bottles and lose a couple of glasses-worth of the precious liquid as it came gushing out, much to the amusement of our guests.

Roy had set one of his PA systems up in the house for some final announcements and following the customary squeal of feedback, there was just time to take tea and coffee on the patio now that the sun had decided to show itself for the first time that day before our visitors departed for Dover.

Do look out for announcements regarding races in Reims and Dainville and give some serious consideration to taking part. The Reims a toutes jambes (Reims all legs) is a major running festival in the French running calendar and comprises a full marathon, half marathon, 10k and a number of childrens races next held on Sunday 21 October. The Foulees Dainvilloises is more of a community event comprised of a half marathon, 10k, 5k and lots of childrens races next held on Sunday 7 April 2013. We are hosted by local families which really helps keep the cost down. You get to run somewhere different, enjoy the convivial hospitality,

stock up on supplies, visit somewhere connected to the champagne industry (Reims) and sample some fantastic French food, champagne, wine and beer!

Finally, the reciprocal exchanges between us and Reims and Dainville have arisen as a result of the town twinning arrangements with Canterbury and Whitstable respectively. If you live in a village or town other than Canterbury or Whitstable, please keep an eye out for any continental twinning activity which is based around running and let me know: bob2004pullen@msn.com. For example, Littlebourne has just 'twinning' with Wimille which is very close to a trail race in September <http://www.trailcotedopale.com/#!presentation/mainPage> . It would be good to develop further links with other French, Belgium, Dutch or German twin towns.

For the record Whitstable is twinned with the following towns:

-  [Dainville, France](#)
-  [Borken, Germany](#)
-  [Říčany, Czech Republic](#)
-  [Albertslund, Denmark](#)
-  [Mölnä, Sweden](#)

And also has friendship links with:

-  [Grabow, Germany](#)
-  [Sisimiut, Greenland](#)
-  [Bolków, Poland](#)
-  [Lviv, Ukraine](#)
-  [East Renfrewshire, Scotland](#)

Canterbury is twinned with the following cities:

-  [Reims, France](#)[114]

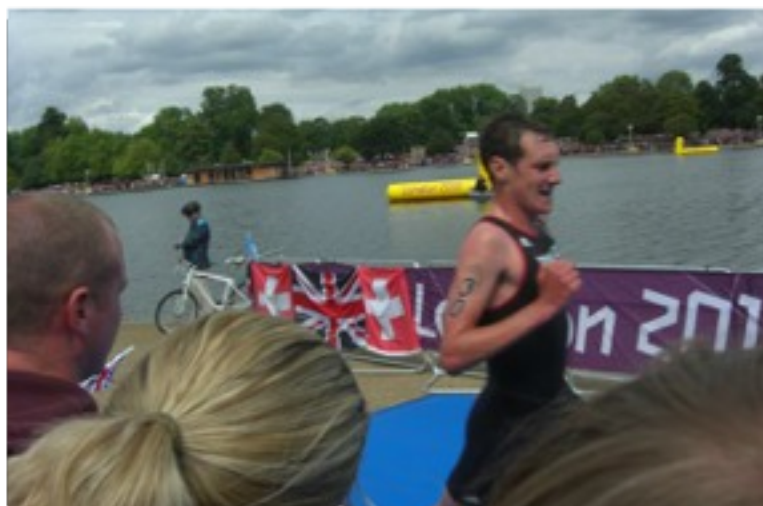
City to City Partnership

-  [Esztergom, Hungary](#)

Protocol D'accord[115]

-  [Saint-Omer, France](#), since 1995
-  [Wimereux, France](#), since 1995
-  [Cortina, Italy](#), since 1997
-  [Vladimir, Russia](#), since 1997
-  [Mölnä, Sweden](#), since 1997
-  [Tournai, Belgium](#), since 1998 Olympic Picture Review

As well as Brian's involvement with the Olympic relay torch a number of Harriers attended various events for both the Olympics and Paralympics. One such day was the 7th August when groups attended the main stadium and the mens triathlon. This is their day....



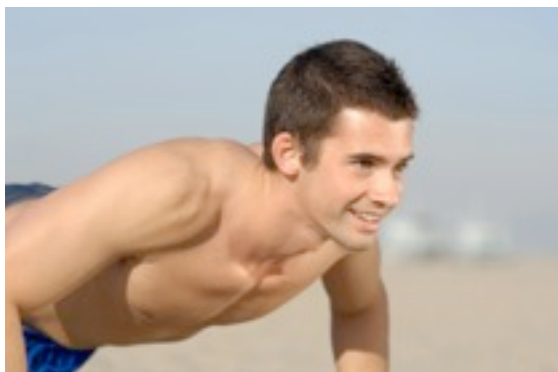


Core Training.....Tim Richardson-Perks

Any of you who read the various Athletics Magazines will have heard that Core training will improve your running. Essentially Core training tones and builds the muscles in your thorax (chest) back and abdomen enabling you to go longer and faster without injury. Does it work? Well the Olympics suggest it does as - look at Jessica Ennis and Tom Daley for two photogenic examples. Does it work for us everyday club runners? Well I'm going to say yes because although my times are getting slower (the effects of age outweigh the training for any athlete) my stomach is not getting fatter. However I do not the iron pumping necessary for a six pack but I am keeping in trim with 5 to 10 mins per day. Here is what I do

- 100 press ups per day
- 100 sit ups per day.

Simple really. It takes me about 7 minutes overall - one to two minutes getting out of bed and stretching, yawning and generally waking up. Then prone on the lounge mat do 100 press ups, takes about 2 min to complete. Then I have 1 min rest before the sit ups which will take again about 2mins (One per second). Then dress and go for run or shower and get ready for work.



One of these pictures is of Tim....



I used to do a similar routine some years ago but a back injury meant I stopped and got out of the habit. However I started again on 1st September 2010 and have managed every day since. Ok I've missed the odd day but have caught up on the following day by doing two hundred. The best I've had to do is 300 one morning which I did in 10 sets of 30 each but with only 30secs rest between sets which is the time need to change from prone to lying down or vice versa.

Talking of sets I challenge anyone to go straight into 100 press ups without the build up. Initially I started doing four sets e.g. 4x25 of each alternately or 30, 20, 30, 20 of each from day one and I was already occasionally doing the work (2-3 times a week but erratically) so had a base to build on. But I set a goal of one year to start with. By Christmas 2010 I was doing 3 sets e.g. 35, 35, 30 or 50, 30, 20 and I kept at this for some time eventually moving to two sets (60, 40 or 70, 30) by September 2011. Once comfortable at this level I threw in the odd one set of 100 earlier this year and

since 7th May 2012 I've done the lot in single sets except on catch up days when 200 have been split into 100, 60, 40.

My initial goal was changed shortly after Christmas 2010 when I upped my target to 100,000 press ups in 1000 days. My goal will be reached on 27th May 2013. However I'll probably continue beyond as like running itself the core work has become habitual and to some extent addictive in that if I miss a day I'm working out how to catch up. I may add in a few weights but.....

Hope this inspires you.

Good running

Tim

Stay warm for Winter

Janet Elder has a brand new pair of SealSkinz, waterproof, breathable and windproof, Ultra Grip gloves. Size medium - cost new £29.95, but to a good home £10.00. What more could the stumbling cross-country runner who has to pull themselves out a ditch need for that January run?

Contact Jane direct to clinch this purchase



Race Results from around the World and Kent.....

Ashford Summer 10K - 6 th July					
Pos	Name	Cat	Time	Rtg	Notes
4	Simon Jones	SM37	17:52	73.92	
The British 10K - 8 th July					
Pos	Name	Cat	Time	Rtg	Notes
62	Mark Ford	SM23	36:53		
Baileys Nissan Mount Ephraim Challenge 10K - 8 th July					
Pos	Name	Cat	Time	Rtg	Notes
15	Philip Wyard	VM50	42:16	71.08	1st V50
123	John Wilkins	VM57	55:39	57.27	Debut
Romney Marsh 10K - 15 th July					
Pos	Name	Cat	Time	Rtg	Notes
14	Jacob Hussey	VM45	39:12	73.73	PB
15	Richard Austin	SM33	39:26	68.4	PB
18	Gareth Coult	SM32	39:49	67.74	PB
28	Ray Cameron	SM36	41:17	65.66	PB
90	John Wilkins	VM57	52:44	60.43	PB
36th Dartford Half Marathon - 22 nd July					
Pos	Name	Cat	Time	Rtg	Notes
110	Gareth Coult	SM32	1:35:44	62.31	Debut
239	Jonathan Thirlwell	SM36	1:46:43	55.9	Debut
Dinosaur 10K - 22 nd July					
Pos	Name	Cat	Time	Rtg	Notes
4	Peter Hogben	SM20	36:33	73.8	PB
7	Simon Jones	SM37	37:14	73.3	PB
17	Joe Thomsett	SM24	40:20	66.88	
44	Martin Henry	VM49	45:44	65.15	
108	Anna Fisk	SF31	52:45	56.71	Debut
192	Marion Nichols	VF49	1:07:24	50.03	Debut

The Les Golding Memorial 10K - 29 th July					
Pos	Name	Cat	Time	Rtg	Notes
3	Philip Wyard	VM50	40:42	73.8	
25	Bob Davison	VM58	43:17	74.31	
32	Martin Henry	VM49	44:41	66.68	
80	Tina Jones	VF65	50:00	79.74	
98	John Wilkins	VM57	52:23	60.84	PB
113	David Smalley	VM42	58:21	48.46	
114	Jane Elder	VF56	58:25	61.73	
123	Jennifer Lucas	VF55	1:01:10	58.36	
Ashford Summer 5K Series - 3 rd August					
Pos	Name	Cat	Time	Rtg	Notes
59	Margaret Connolly	VF54	24:40	69.43	Debut
Mid Kent 5 Miler - 12 th August					
Pos	Name	Cat	Time	Rtg	Notes
3	Simon Jones	SM37	29:33	73.58	PB
179	Jacky MacDonald	VF64	1:07:50	44.19	
Le Touquet 10K - 18 th August					
Pos	Name	Cat	Time	Rtg	Notes
162	Colin Kent	VM47	45:17	64.81	
169	Gerry Reilly	VM64	45:34	74.79	
183	Bob Davison	VM58	46:23	69.34	
215	Andy Farrant	VM56	47:41	66.25	
281	Joe Hicks	VM59	49:36	65.42	
283	Roy Gooderson	VM55	49:43	62.97	
298	Tony Savage	VM58	50:02	64.27	
325	Neil Godden	VM58	50:44	63.39	
337	Steve Clark	VM59	51:04	63.54	
342	Trevor Brown	VM48	51:17	57.66	
348	Peter Yarlett	VM60	51:27	63.67	
426	Anna Fisk	SF31	53:43	55.69	
427	Joanne Norrington	SF29	53:48	55.61	
452	Carl Treleaven	SM39	54:33	50.73	
508	Bob Pullen	VM50	56:18	53.36	
671	Alix Cox	VF35	1:03:00	47.61	
766	Gillian McLaren	VF66	1:09:37	58	

Canterbury Half Marathon - 27th August					
Pos	Name	Cat	Time	Rtg	Notes
22	Richard Austin	SM33	1:28:05	67.72	Debut
41	Mark Baker	VM40	1:33:02	65.75	
54	Philip Wyard	VM50	1:35:42	68.87	
127	Joe Thomsett	SM24	1:44:51	56.89	Debut
134	Mark Cooper	VM51	1:45:21	63.08	
182	Barbara Hutton	VF46	1:51:36	64.21	
337	Louise Murphy	VF39	2:05:41	53.78	Debut
446	Andrea Taylor	SF23	2:26:03	45.05	Debut
Barking Road Runners 5K - 27th August					
Pos	Name	Cat	Time	Rtg	Notes
5	Mark Ford	SM23	17:03	76.09	
The Samphire Hoe 5K Series - Finals Night - 29th August					
Pos	Name	Cat	Time	Rtg	Notes
11	Joe Hicks	VM59	24:24	64.33	
2012 Kent Coastal Half Marathon - 2nd September					
Pos	Name	Cat	Time	Rtg	Notes
109	Anna Fisk	SF31	1:53:05	58.19	Debut
2012 Kent Coastal Marathon - 2nd September					
Pos	Name	Cat	Time	Rtg	Notes
13	Richard Austin	SM33	3:16:11	64.65	Debut
34	Robbie Tucker	SM29	3:28:21	60.88	Debut
56	Faye Roberts	SF30	3:35:43	64.37	
69	Gareth Coult	SM32	3:43:04	56.86	Debut
Bacchus Marathon - 8th September					
Pos	Name	Cat	Time	Rtg	Notes
134	Sally Silver	VF38	5:35:39		

Wingham 10K - 27th August					
Pos	Name	Cat	Time	Rtg	Notes
2	Peter Hogben	SM20	38:23	70.27	
5	Peter McQuire	VM40	40:08	69.43	2 nd MV40
6	Mark Baker	VM40	40:14	69.25	3 rd MV40
12	Jacob Hussey	VM46	42:45	68.11	
14	David Waite	VM44	43:40	65.71	PB
16	Nicola Kirby	VF38	44:12	69.49	Debut, 1st F
25	Sarah Maguire	VF43	45:27	70.39	2 nd FV35
30	Gerry Reilly	VM64	47:05	72.38	
60	Thomas Millard	SM27	51:26	52.44	Debut
68	James Taplin	SM22	52:17	51.59	Debut
69	David Taplin	VM50	52:18	57.43	Debut
75	Wendy Osmond	VF46	52:33	62.48	
82	Joanne Norrington	SF29	53:31	55.90	
114	James Smalley	VM43	57:52	49.22	
121	John Wilkins	VM57	58:58	54.04	
133	Jane Elder	VF56	1:01:16	58.87	
147	Maria Marley	VF47	1:03:46	51.94	Debut
153	Jennifer Lucas	VF55	1:04:20	55.49	
182	Marion Nichols	VF49	1:15:26	44.71	
187	Jacky MacDonald	VF64	1:18:24	50.24	
Wingham 5K - 27th August					
Pos	Name	Cat	Time		Notes
7	Yiannis Christodoulou	SM29	24:54		Debut
14	Roy Gooderson	VM55	27:10		
24	Bob Pullen	VM50	29:47		
The Farnham Pilgrim Marathon - 16th September					
Pos	Name	Cat	Time	Rtg	Notes
210	Sally Silver	VF38	4:59:59	46.75	

Faversham 10K in Aid of the Cystic Fibrosis Trust Farnham Pilgrim Marathon - 16th September					
Pos	Name	Cat	Time	Rtg	Notes
210	Sally Silver	VF38	4:59:59	46.75	
3	Peter Hogben	SM20	36:13	74.48	PB
23	Roderick McLachlan	SM34	39:56	67.55	Debut
69	Rebecca Glendenning	SF26	44:08	67.79	Debut
70	Robert Gurr	SM37	44:08	61.84	Debut
97	Martin Henry	VM49	45:55	64.89	
230	Bob Pullen	VM50	51:35	58.24	
259	Justin Good	VM41	52:49	53.15	Debut
288	James Smalley	VM43	53:59	52.75	PB
352	Marion Nichols	VF49	59:38	56.55	PB
361	Jennifer Lucas	VF55	1:00:22	59.12	
409	Gillian McLaren	VF66	1:04:55	62.2	PB
456	Jacky MacDonald	VF64	1:11:59	54.73	
Great North Run - 16th September					
Pos	Name	Cat	Time	Rtg	Notes
7209	Anna Fisk	SF31	1:48:46	60.50	PB
9219	Chris Clark	VF39	1:52:03	60.32	
13197	Tina Jones	VF65	1:57:57	73.67	
Las Vegas Half Marathon - 15th September					
Pos	Name	Cat	Time	Rtg	Notes
1	Faye Roberts	SF29	1:40:13		

Colin Kent in lycra spotted at a local Tri event.....

READERS' PICTURES

From photos of your tri club to podium-placings and close-ups of tri injuries, we want your pics. Send them, plus a caption, to us at tritalk@220triathlon.com and we'll print the best here each month.



Windfarmer Standard

Here I am at the end of my first Olympic-distance race looking knackered. Afterwards, I went for fish and chips with my three supporters (right).

Colin Kent, 45-49





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

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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

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 and sport 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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All house and garden maintenance
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Present yourself
with your raceday achievements
stylishly framed
competitively priced



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 maldstone kent
T: 01622 685146 E: info@gilbertandclark.com

Utility Services

If you want to make a saving on your
Electricity*
Gas
Telephone
Mobile
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Then call Tim Richardson-Perks on 07766347466.

* Why not cut your long term electricity usage by investing in Solar PV?

Packages available for both domestic and business users

Fidelma Atkinson is a mobile Personal Trainer and Exercise Referral professional working in Canterbury and the surrounding area. I also offer personalised programmes, fitness assessments, strength and conditioning training, core stability and flexibility exercise classes.

I am REPs registered and fully insured.

Let training fit in with your lifestyle and choose to train in your own home, place of work or outdoors.

For a free initial consultation or an informal chat contact Fidelma by phone 07779 821225 or email info@fidelmafitness.co.uk
www.fidelmafitness.co.uk.

If you would like to add your business details to the Trotters pages just ping an e-mail to Ed at peter.yarlett@gmail.com

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

CANTERBURY HARRIERS KIT ORDER

NAME:				
TEL NO:				
E-MAIL ADDRESS:				
QUANTITY	SIZE	ITEM	PRICE £	TOTAL £
			TOTAL £	

Please hand the completed order to Mark or Barbara Wenman or e-mail the order to markwenman@hotmail.com

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

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. Many thanks

And Finally.....

Do make sure that you attend the AGM to be held on 25th October.....



Hope you enjoyed reading the Autumn 2012 Harrier. If you would like to contribute an article, memoir, anecdote, race review, running funny or anything running related please send to peter.yarlett@gmail.com or catch Peter when at Kings.

THE END