



The Harrier

The newsletter of the Canterbury Harriers



Spring 2012

Contents

Welcome.....Pages 1 - 3

Spotlight on Peter Mickelburgh.....
Pages 4 - 7

Unusual Races.....Page 8

Your Committee.....Page 9

Christmas Run.....Page 10

Berlin Marathon 2011.....Pages 11 - 13

Le rapport français - part deux.....Pages
14 - 17

Para 10 miles.....Pages 18 - 20

Brian Davis - Olympic Torch
Bearer..... Pages 21 - 22

Cross Country Review.....Pages 23 - 27

Your club needs you at Whitstable and Mt
Ephraim 10K's.....Pages 28 - 29

Goodbye old friend.....Page 30

Road Results.....Pages 31 - 34

Un,Dos, Tres.....Pages 35 - 37

Harriers Trotters.....,...Pages 38 - 41

Kit Korner.....Pages 42 - 43

And finally.....Page 44

Dear Harrier,

Welcome to the Spring edition of your favorite reading material! As ever a particularly warm welcome to new members who have joined the Harriers over the last 3 months.

The icy grip and cold withering winds of winter have only recently relented to give a glimpse of the emerging warmth of Spring. Most of us have come unscathed through another x-country season having failed once more to avoid Steve's call to arms for the KFL and other club events. Those who braved the 15K Southern Counties Championship in Stamner Park, Brighton deserve special mention for their supreme effort in overcoming mud and hills and still having energy to enjoy the local Sussex brew. Speaking of refreshment we are grateful to Bob Davison for organising the post-KFL rehydration sessions and for taking on the delicate task of ensuring marital harmony behind the Elephant's bar...

The club ran another successful Blean x-country race in February with our first choice date of last November having already been taken. Roy, as Race Director, did another sterling job in managing the race organisation and was admirably supported by a whole host of Harriers on the day. It is at such times that the 'richness' of club support becomes

apparent. The race was, however, not without incident as it became clear during the morning that a small number of visiting club runners were flouting requests to park sensibly. As we know we are able to run the Blean race by keeping the goodwill of firstly the RSBP who own the adjacent woodland and secondly of local residents who face the annual congestion of their roads. Most of the residents are very accommodating towards us but a small number, perhaps rightly, do get upset when their drives and grass verges are disturbed. Barbara took a full verbal broadside from one particular angry resident. We shall endeavor to tighten the way that we marshal the roads next year and any suggestions for how we can improve parking supervision is welcomed.

On a high note Blean was another superbly organised event and everyone should be proud that the club can mount a race for juniors as well as the main race of 380 runners. The post race refreshment in The Dolphin were well received (thanks to Peter for hosting) and certain Harriers, who will remain nameless, were content to wobble home on their cycles that evening.

Parking at King's has also been a subject for your Committee to have considered during the winter period. The club is proudly in membership of some 160+ members with some training evenings attracting upward of 50 runners. This is something of a 20% rise in membership over the past 6 months and a real cause of celebration. The downside (if that is the right term) has been the increased congestion at the King's reception area and the additional impact on the available parking. We are very keen to maintain our excellent relationship with the King's management and so the solution proposed by your Committee and agreed with King's has been twofold:

For the recent period we have been meeting in the fencing room located on the first floor enabling us to socialise and receive club news prior to our evening exertions. We hope that this arrangement has struck the right balance in enabling us to still be able to catch up with each others news whilst supporting King's in keeping their entrance area clear. King's are very pleased with the way that this is currently working and thanks to all for your co-operation.

The parking issue has also been a side effect of our increased numbers. We have agreed with King's that we will continue to remind Harriers that parking and use of the showers at the centre is only permissible with a valid membership. A silver membership with the special Harriers corporate discount can be purchased for £70pa and is excellent value for a full years parking and shower facilities. We ask all Harriers proposing to park or use the changing facilities at King's to take up this offer.

As we say farewell to x-country for another season a vote of thanks is undoubtably due to Steve 'your country needs you' Clark for his sterling commitment over the season and for cajoling us all and his organisational skills (Steve, that's another drink you owe me - Ed) in getting us to the right places at the right time. Everyone making a minimum of 6

appearances for the club will be rewarded with a t-shirt at the x-country presentation evening to be held on Thursday 26th April.

Other dates that must not be missed (on pain of extra hills) are:

- ★ Distribution of letters to houses the Whitstable 10K - Saturday 21st April (after Whitstable Parkrun)
- ★ Cross-country presentation - Thursday 26th April
- ★ Whitstable 10K - Monday 7th May
- ★ Man on the Run - Sunday 10th June
- ★ Saxon shore Relay - Saturday 23rd June
- ★ Mt Ephraim 10K - Sunday 8th July
- ★ Summer Relay dates - see page 9

Stand by for further information nearer all dates about how your support will be needed and appreciated.

Many of you are heavily committed to preparing to run a Spring marathon and have put in extra miles to push every sinew for a special run in London, Milton Keynes, Brighton, Paris, Edinburgh or where ever. We wish you all the very best and look forward to hearing of successes, triumph and expectations exceeded!

Several members have raised a question about Parkrun results. We tried putting the Park Run results onto the website each week from early November to the New Year and concluded that, due to the frequency nature of the event and the space it took on the website, we would revert to asking Parkrunners to submit their best time for the membership year to October. We would then check the category winners to see if anyone was eligible for a prize. We know this will disappoint regular Parkrunners but it seemed the most practical solution to your hard pressed committee!

Items in this edition include the Berlin Marathon (Phil), X-country round up (Steve), Spotlight on Peter Mickelburgh (Peter), Le rapport français (Bob), Unusual races (Bob again), Berlin Marathon (Phil), Para 10 miles (Colin), Race Results, that you may have missed, helping at Harriers events (Tim), Torrevieia race (Gillian), and lots more....

And finally it is with great delight to say that it is no longer a secret that Brian Davis has been selected to carry the Olympic torch on Thursday 19th July. Read Brian's story on Page 21.

Enjoy your read.....

Spotlight on Peter Mickleburgh

Where does running fit in to my life?

As a 45 year old, father of three, self-employed, habitually heavy bloke, running is a vital part of my life. For those of you who have not met me, I own a pub in central Canterbury named 'The Dolphin'. Open 362 days a year from 12 - 1 (13 hours, not 1), it is far too easy to work as many hours as you like. Add to this the demands of a young family and your sanity can soon disappear out of the window.

Running is the best way that I have found to clear my head, get some space and add some perspective to my day. It also doubles up as great exercise for our Labrador, 'Sidney'.

What is your story about how you got into running?

I have always had a solid level of fitness. All through school I ran or played rugby and then lived on my bicycle at the weekends. As is often the case, that all stopped at about sixteen when the usual teenage distractions arrived.

In my early twenties I realised that I was gaining weight and genuinely missed sport so I started mountain bike racing (I had raced BMX as a child). Unfortunately, my enthusiasm far outweighed my abilities and I had a spectacular crash that left me unconscious, bruised and nursing a broken wrist. I believe it looked great.



'A bizarrely ghostly image taken by a nervous photographer at the Canterbury 10'.

Whilst the wrist was in plaster I wanted to exercise so I bought a pair of running shoes and went running for the first time since cross-country at school. I can remember very clearly thinking how odd running felt after cycling: you can't 'free wheel' to recover!

After that I alternated between mountain-biking and running, as well as 5-a-side football. Then I entered the 1995 London Marathon so the running took precedence. I did not train with a club and just kept upping the mileage. I don't remember running over twenty miles in training and that is probably why I came in at a very painful 4:40 on the day.

Since then I have been a 'consistently sporadic' runner, tending to sign up for an event, train, participate and then drop-off again. These bursts of fitness have tended to coincide with the need to lose some weight.

I joined the Harriers in August 2011 following a chat with Roy and Gerry in my pub. They knew that I ran and encouraged me to come along. So, having had a good holiday



of training in France which ensured that I had both trained and slept more than usual, I came along to the last Birley's session of 2011.

What is your favourite training session?

My favourite club session is currently Elliot Pathway. I enjoy the variation in gradient (you can go up, and then you can go down). However, the best part is getting back to work as I employ quite a few UKC students who think they have worked hard just walking up the hill two or three times a week. Eight times in an hour is beyond their wildest dreams.

I am looking forward to Thursdays in the summer and the chance to find a few new routes around Canterbury.

What other sports are you interested in watching?

I am an avid radio listener and often choose 5 Live. I also write a quiz every month so need to keep up with sport as it invariably throws up some good questions. I listen to almost any sport and enjoy learning the minutiae behind them. I find radio commentary far better than TV as the presenters have to work harder and add more depth to fill the time.

The last live sporting event I attended was a Six Nations match at Twickenham. To my surprise, my daughter loved it.

How do you manage to run with work commitments?

My occupation offers ultimate flexi' time: I can work for as long as I want, whenever I want. Having good staff means I can usually find time in the day to get out and run for an hour. As the dog needs to go out anyway, it makes sense to combine the two.

Ironically, the staple training times of evenings and Sunday mornings are the hardest times as that is when the business should be busy.

What is a typical week's training for you?

Sporadic! I try and cover at least 20 miles a week and get out three or four times. Running with the club has brought much needed structure to my week (work allowing). What are your favourite races and distances?

The best race I have run is The North Downs Run (30k). This is held annually in mid-June (Father's Day). Every finisher gets a running shirt and home-made cake. There are lots of marshals and they even spray the cow pats with marker paint.

One of the runs that I am most proud of was 'Mont Ventoux' in France. This is a very famous Tour de France 'Hors catégorie' climb. It is 13 miles to the summit, climbing 1,600 metres in the process. I did the run in August and had my family as support car,

dispensing water and fruit. The support from the cyclists doing the climb was great and you can buy a souvenir snow-globe at the summit. Wear a hat.

The worst run I have ever done was the London BUPA 10k last summer. Not only was I narrowly defeated by Mo Farah (he was definitely less than 10k ahead), but I also undertook to run the whole race listening to 'The Birdie Song' by The Tweets, on a loop. I thought that this would be a fun and novel form of fundraising. However, after 23 renditions of this 'wedding favourite' I will confidently say 'Never Again'.

'As if racing against Mo Farah was not enough, I have also just listened to 'The Birdie Song' twenty three times back-to-back. Anyway, Mo won but I took the moral victory'.



What are your future goals and ambitions?

I have entered this year's North Downs Run and hope to improve on my two previous outings.

I do not have any Marathon ambitions in the near future (though I did feel inspired by everyone's enthusiasm in January!). Really, I would just like to keep fit and be a regular runner.

How do you keep motivated to run?

It is easy. I know that I am a far more agreeable, calm and objective person when I am running regularly. I also have a notch on my belt that tells me if I have begun to slack-off.

Peter' pride and joy 'Vespa below

Do you have any tips or advice to offer other Harriers?

The best piece of exercise equipment that we ever got was our dog. He has to go out every day and he has an appetite for running that is almost insatiable. He loves mud, doesn't mind the rain and does not care whether you want to talk or just run.

Apart from that, buy good socks!



'Unusual races'.....Bob Pullen

I was going to call this 'odd distances' but that didn't seem to fit the bill. All of the following races are timed, accurately measured and most of all they are fiercely contested.

So what makes a race unusual.....

Bewl Water 15 - Sunday 1 July 2012

I guess the main reason why this event will be unusual this year is that it is run around the shore of a reservoir which won't have very much water in it! The '15' is also an unusual distance, so you are guaranteed a 'personal best' if you haven't tackled this distance before.

The route is mainly off road, but in July the compacted mud paths are more like tarmac any way. There is generally a good deal of tree cover apart from the section that climbs away from the nature reserve up a valley. Apart from that it is very flat and a lovely area to run in. Wadhurst Runners also put on a fantastic spread of cakes, chocolate bars and biscuits at the finish and there are some lovely country pubs nearby, and Bewl Water is an important recreational and leisure facility in its own right.

Further details: <http://www.bewl15.co.uk/wadhurst.php>

Elmore 7 - Saturday 14 July 2012

A 7 mile road race on quiet rolling roads around the Chipstead area in Surrey. As well as being of an unusual distance, the race is run in conjunction with the Chipstead Flower Show and the running prizes are presented in the show ring! Plenty of cakes and other refreshments, and of course flowers to admire and buy. A perfect event to take your parents and/or grandparents to while you pound the local lanes.

Further details: <http://www.southlondonharriers.org/events/club-races.html>

Race the train! - Saturday 18 August 2012

A multi-terrain event with options for four different distances (14 miles, 10k, 5.5miles and 3.3 miles) to race a steam train from Tywyn to Abergynolwyn and back in mid Wales.

The event is run in aid of a number of charities led by Marie Curie Cancer Care.

Further details: <http://www.racethetrain.com/homepage.html>

That's just a few examples of out of the ordinary races from me. What say you?

Your Club Committee

Management Committee: Contact your Management Committee 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			

New Committee members welcomed....

Members are always welcome to put themselves forward to be on the Committee (you may also be asked!) and to serve for a period before being formally approved at the AGM. To balance our ranks we are particularly looking for female committee members (a high % of our membership is now female) to join Tina and Sue. The only requirement is that you be willing to undertake an active part in helping to run the club. Step forward and speak to any of us if that person is YOU>>>

Tuesday night summer relay competition:

15 th May	Marine Parade, Folkestone
29 th May	Minnis Bay, Thanet
12 th June	Victoria Park, Ashford
26 th June	Samphire Hoe, Dover
10 th July	Invicta Track, Canterbury
<i>Note: there will be no club session on these evenings</i>	

Harriers riotous run in regalia in Blean

Blean village was besieged once again as XMAS celebrations revolved around Roy's annual 'dress up and be silly' run. Crazy headwear was compulsory as Roy led the group through a maze of hidden paths, slopes and descents.... Unusually, Steve was at the forefront of the post-run refreshments and was heard to still be muttering 'where's my flask' some hours later (ask Steve about his flask!).



Ich bin ein Berliner – Berlin Marathon 2011.....Phil Wyard

Marathons have a mystery to them. Almost like quantum Mechanics, it seems that strange unpredictable things can happen, despite 16 weeks and 600 miles of training.

Over the Summer, with careful planning and race selection, I had been able without too much trouble to bring down my times and get personal best times on every distance up to the half marathon, but I knew the marathon would be different.

My previous two marathons couldn't have been more different. The debut in Paris somehow went perfectly. I only realised I'd missed the good for age time by 46 seconds when some-one told me back in England. Brighton however was horrible. I'd trained hard and was set for 3hrs 10 minutes, which was gettable, based on my other recent race times. Then however things started to go wrong. It was the hottest day of the year by far at that point, so much so that several thousands of entrants didn't even turn up. Brighton's course was also surprisingly hilly. I also found that I'd gone out too quick and consequently died (figuratively) at 22 miles. I was determined not to repeat the experience of struggling along the sea front in burning heat with no wind, hating every second.

So, to Berlin. I'd tried to correct my mistakes. In case of overhead sun, I'd bought a cap with a long peak and ventilated sides. I'd carefully planned to use gels that I'd had experience of and to actually rehydrate at water stations, taking 6 to 8 gulps at least for the first 20 miles. My training had been different too, in that I was conscious I hadn't done enough long runs for Brighton, having done only two 18 milers, and one 22 miler apart from several 12 to 16 milers. It seems clear that MILEAGE IS EVERYTHING in doing a successful marathon, so I made sure of one 24 miler lasting 3hrs 40 mins, a 20 mile race, two 22 milers and then several 14 to 18 milers.

Finally and probably most importantly, I managed to resist going for Glory and decided on running the whole marathon at 13.3 km per hour which was going to bring me home around 3hrs 12 mins.

Marathon's being marathons though, events started to conspire against me. During my training which was nearly all off-road, I was starting to get a sciatic twinge in my left hip after 8 miles or doing a fast session. I could get this to go away by concentrating on running steadily, but it was a worry and temporarily slowed me down. This appears to be due to the piriformus rubbing against the sciatic nerve.

To try and sort this out, I went to a physio, who, to give her credit was pretty good at locating the problem and the cause. Mostly it seems to stem from decades of slouching and bad posture and favouring my right side. So I had a crash course of stretches and balancing exercises to help remedy the problem.

Then of course there was the heat. The weather in Berlin can be anything from high heat up to 30 degrees, to torrential rain right into late September. Knowing I'm not brilliant in the heat, I was praying for something around 18 degrees. I was slightly concerned when the forecast went from 21 degrees at the 5 day stage to 23 degrees at the two day stage and then 24 degrees at the expo the day before.

Then there was the problem that we still have imperial measurements in England. In Paris, there were mile and kilometre markers, but in Berlin there were no concessions to British and American runners. Only finding this out at the Expo meant last minute changes to my speed and lap times as well as re-setting my Garmin on the S-Bahn on the way to the Race.

Even German efficiency couldn't overcome the problem of 40,000 people waiting to use the toilet before the race, so amazingly there were still queues of 50 or more people 20 minutes before the start of one of the biggest races in the world. I hope that one day race organisers will have a large field filled with hundreds of very basic porta-cabins. Its all we need .

The race itself though went beautifully to plan. Being in the 3hrs 10 minutes area seemed to give me a bit more space than I'd remembered from Paris, and from the start line I was able to keep a steady pace. We went through West Berlin, crossing the Spree river 4 times, back into the old East Berlin, down to the South circling round Kreuzberg, and then back out West taking in the lovely Charlottenberg area. The second race, or the last 6 miles were on a nicely varied and surprisingly shaded part of central Berlin, which meandered back to the Unter den Linden street, the Brandenburg gate and then 300 metres to the 'Ziel' (finishing line).

Looking back, I probably only made two significant mistakes. Somehow I'd convinced myself, the Brandenburg gate was the finish, and sprinted for it only to see no officials or clock and a crowd of people 300 metres down the road. This led to the hardest 300 I'd done all year. The interval training at Kings School Field came to mind though, and I knew I could get to the line in time.

The other mistake was the blue line. I ran the whole 26.2 miles without even noticing the blue line showing the shortest route. It was only when I saw the TV coverage and Steve Cramm pointed it out that I became aware of it. I think this is worth noting though, as I'd already done 10.2k by the 10k marker, and about 42.4 at the end. I'd done the same thing at Brighton and thought my Garmin was playing tricks. Note to self - stop weaving through the field.

The most rewarding part of the race was looking through my splits afterwards:

Distance	time	speed (km per hour)
5k	22:44	13.2
10k	22:52	13.1
15k	22:24	13.4
20k	22:36	13.3
25k	22:55	13.1
30k	22:28	13.3
35k	23:17	12.9
40k	23:50	12.6
42.2	10:12	12.9

I may never run a better marathon.

Berlin Marathon - 25th September 2011					
Pos	Name	Cat	Time	Rtg	Notes
2470	Philip Wyard	VM49	3:13:18	71.31	PB

Eds Comment - Judging from the way that Phil is flying in training there is no doubt that he will run even faster...

Le rapport français - part deuxBob Pullen

The links between Canterbury Harriers and our friends in northern France continue to strengthen with 'exchange' visits between two sets of families on two occasions either side of Christmas. Between Christmas and New Year, two Harriers and their families travelled out to Bétheny in northern France to compete in a fun run - Le Corrida de Bétheny. In January, two runners and their families from France came over for the Canterbury 10. Read on for an account of the continuing entente cordiale.

Corrida de Bétheny - Wednesday 28 December 2011

It was at St Omer, about 40 minutes away from Calais, that Phil Wyard and his wife Carolyn, and myself and my wife Shirley and two sons met at the rendezvous point for lunch on a rather cold Wednesday lunchtime en route to Canterbury's twin city of Reims. In common with much of France between the hours of 12 and 2pm, most of the shops were closed, the small fun fair in the main square was silent and there was hardly a soul around. Everyone was of course at lunch. So, to do as the Romans do, we headed for **Le Zinc** brasserie and managed to secure a table in this very popular establishment. When we emerged, St Omer had sprung back into life. The fun fair rides were operating, children were whizzing around the ice rink and the shops had reopened.

After some fairly dreary weather on the trip down to Reims, we arrived at our final destination of Bétheny, a suburb of the city where the Corrida would be held. We parked up at our friends house and were greeted by Pascal and Catherine, and their daughters Cecile and Elodie, and not forgetting their 'English' dog - Speedo - a mad Jack Russell. Phil and I had a quick cup of coffee before getting changed into our running gear and jogging down to register for the event in the town centre with a number of runners competing for the **l'union** newspaper group running club who were hosting us. These included Laurent, who Phil and Carolyn were staying with, and Jean-Marie who said 'hi' (or was it 'high?') to Wim!

The registration point and event HQ was at the town's sports centre. We collected our dossards and met up with our families who had walked to the venue. The event was billed as a fun run. The 'Corrida' element comprised running 4 'tours' or laps of the town - hence the bullfighting association with '**Corrida**'. Furthermore, participants were positively encouraged to dress in 'déguise' or in other words to dress up or wear a disguise. Dressing up and running seems to be far more prevalent in France than it is in the UK -so when in Rome..... Phil wore a 'Big Ben' costume and I was dressed as 'Monsieur banane'. You can clearly see Phil in this photo taken from the local paper with me in the shadow of Beetlejuice further

down the line: <http://www.lunion.presse.fr/article/culture-et-loisirs/la-fete-dans-la-rue-avec-la-10e-corrida>



Now for the so called ‘fun run’. We both thought this would involve pootling along at a sedate pace, waving to the crowds and high-fiving the children. Oh no. Phil completed the 8km ‘race’ in 37 mins and I did it in 42 mins. That’s just over 5 miles running at 7.5 and 8.5 minute miles respectively – in a hot and sweaty costume! However, it was great fun with loads of atmosphere and cheering from the crowds near the start/finish area – particularly the children “Allez monsieur banane!”. The race leaders came hurtling past me on the second ‘tour’ and the winner completed the 8.1k in 24 minutes and 26 seconds. There were 795 finishers, so a big event. L’union running club had kindly paid for our entries.

Back to Catherine and Pascal’s house for a shower and it seemed most of the **l’union** running club had pitched up. We had some fantastic food – including the local speciality of tartiflette, beer, wine and of course champagne. A great evening with great company, even if some of the French banter went over my head. The following morning, Phil and Carolyn headed to the centre of Reims for some sightseeing and lunch while I and my family made a dash for the local hypermarket to stock up on all of the goodies which had been discounted following the Christmas

period, including some very drinkable local champagne at €11 a bottle. Trebles all round!



Canterbury 10 - Sunday 29 January 2012

Phil and I planned to reciprocate the fantastic hospitality we had received in France by hosting the families we had stayed with in Reims for the weekend of the Canterbury 10 in January. In the event, I was unable to run the Canterbury 10 due to a fractured toe. But I'm happy to say that didn't stop my family hosting Catherine and Pascal at our house and Phil's family hosting Laurent, Murielle and Bertille at theirs.

We met up on Saturday evening and gave our guests a 'whistle-stop' tour of Whitstable - particularly as it kept showering with rain. Nevertheless, we managed to show them Squeeze Gut Alley and have a drink in the Old Neptune where we were able to point out some of the historical aspects of the British way of life and local culture - including old posters for 'a dozen oysters for 1 shilling and sixpence'. Interesting to note that oysters are still sold at the harbour by the half dozen, although the price has gone up a bit.

We rendezvoused at my house for a dinner of slow-cooked beef in beer, pecan pie courtesy of Carolyn and some English cheeses Phil had procured from Macknade. Needless to say, this was all washed down with lashings of Shepherd Neame beer.

We set off for Canterbury in the morning and tried to point out some of the landmarks through the mist. We met up with the other Canterbury Harriers at the Technology College and registered for the race, entries for which had kindly been purchased by Canterbury Harriers for our visitors. Despite the rather gloomy conditions, the French contingent enjoyed their run – particularly so as this was the first 10 mile race they had ever run. 10 miles as a distance simply does not exist on the continent. It is either a 10k, 21k for a half marathon or 42k for a full marathon.



After a shower at the sports hall, we set off for Sainsbury's in search of English beer and other goodies. It would never have crossed my mind that the French have a taste for piccalilli! They also stocked up on porridge oats, no doubt a good source of carbohydrate for the ultras they run throughout the year.

We finished up with a traditional British roast dinner at the Dolphin pub in St Radigunds which is run by fellow Harrier Peter Mickleburgh, a venue not unknown to **l'union** runners as it is very close to where they stay each July for the Mount Ephraim 10k. Highlights at the Dolphin, apart of course from the wonderful food, hospitality, company and great beer, was trying to translate 'horseradish' from English to French!

I never thought a trip to Reims less than 4 years ago would lead to such wonderful friendships developing with our colleagues in France. It has been an honour to welcome our friends into our homes outside of the Mount Ephraim weekend and to be able to start to reciprocate the great hospitality we have enjoyed in France.

Para10 Mile with 35 lbs Bergen Race, Catterick N Yorks - 1st September 2011.....Colin Kent

It only started as a bit of a joke, but before we knew it we were climbing hills and through water with a bus on our back. Andy and I signed up for the para 10 race in June with Andy wanting to return to Catterick Garrison and attempt a PB having completed in 2009 - 'OK can't be that hard can it'. "eeerrr".



First of all kit was needed, bergen, boots and trousers. Tony McFarland kindly gave me one of his battle hardened bergens which seemed heavy even before loading up. A pair of old trekking boots came out of the garage and Ron Hill long bottoms seemed most comfortable (surely they will not all be dressed in combat gear) and quick drying.

Kit sorted so down to the training. Well this had started earlier in the summer when we both completed 2/3 of the tour of Mont Blanc in France. We spent six days and nights

climbing and descending 1000's metres with 12 kg rucksacks on our backs in 35 deg heat. This was surprisingly good training when we started our runs, first on our own and then meeting up at Blean together. This consisted of two five mile plods the first of which was in Blean on a Friday evening, took a wrong turn chatting and ended up getting lost with night drawing in. A bit embarrassing as we had to use my phone's nav to find the car park having done 1.5 miles more than intended and 30 minutes late for supper. Our second foray into the woods (Clowes wood) was more of a success, Andy assured me that the terrain mimicked Catterick (yeah right). The only problem that evening was when chatting in the car park after, a police car passing took his foot off the pedal having spotted two males with car doors ajar, seemed odd to us? well me anyway.

Job done well, fit!

'The contents of a 35lb pack!'



We left Canterbury in the afternoon and travelled to Woolly Services Travelodge about 1 hour from Catterick. Food was called for so we found a little old pub for supper and a beer. We were up early (if anyone has stayed with Andy before this is compulsory) had breakfast then headed off to the largest

British military garrison in the world Catterick,

http://en.wikipedia.org/wiki/Catterick_garrison home of the Parachute Regiment recruits and two oldish men from Canterbury.

When we arrived at the start of the race (and yes they were all dressed in combats mostly-doh) our packs were weighed to make sure no one was under 35 lbs. There was a 10 mile running race before we set off 10 minutes later.

On the firing of a rather large gun (on wheels) off we went. The start seemed quick but soon got into the pace of the race. Just up front were the parachute regiment pacers for 1 hour 50 minutes which is the time they are required to be capable of completing the course in. It soon dawned that most people would run and then march the steeper bits. By mile 2 the pain was starting to show as it seemed mostly uphill. At mile 4 we passed 3 tanks and a troop carrier left for training and continued on a welcome downhill section. All this time Andy was just visible about 1 minute in front just waiting to be caught, and by now the 35 lbs on our backs were starting to tell with mine starting to rub on the lower back.

'Colin in action'



On reaching the halfway point by a large lake I passed the army evacuation team carrying a supposed casualty on a stretcher for the race and a guy in an off road wheel chair. Fit lads.

It was now time to surprise Andy and pop alongside and pass, not for long though as he soon came back past me heckling.

This was the catalyst for the tortuous second half, tank traps full of muddy water and 3 big hills one of which you could touch with your nose going up it was that steep, all with paratrooper marshals baying you on to ignore the pain (its only something or other coming out), yeah my lungs!

That last hill was a killer.



'Paras showing the way'

Boots full of water (waterproof), stayed full to give me a couple of nice blisters. Andy however had a nice pair of quick drying boots.

We approached the finish side by side but with 500 meters to go I decided to have one last blast home with Andy 15 seconds behind.

The clock said 1 hr.49 but we soon realized this was the running race start time so take away 10 minutes and hey presto 1 hr.39 for us both and Andy got his PB by 5 minutes and we both qualify for parachute regiment by 11 minutes.

Time to get the bus off our backs and go home, which we did after a shower non stop back to Canterbury.

Anyone thinking of taking this on in the future can come to us for advice, we will gladly recommend a good doctor!

Oh and the main purpose for the race is to raise money for **paracharity.org** which are out fighting around the world on our behalf.

A pretty tough bunch I think?

Paratroopers Farrant and Kent. Attentshun....quick march....back to barracks...

Olympic Torch Bearer.....Brian Davis

In early summer 2011, LOCOG invited public nominations for people to be Olympic Torchbearers in their “Moment to Shine” scheme. Over 28, 000 nominations were then reviewed by regional selection panels to choose 2,012 of the 8,000 participants for the Torch relay (there were three other schemes run by major sponsors to choose most of the remaining torchbearers).

Without my knowledge, my daughter Helen had nominated me and I was therefore extremely surprised to receive an email in August 2011 telling me that I was under consideration for a place. Apparently, the selection committee had been interested in her nomination statement, in which she explained how I had donated a kidney to her when her first transplant failed in 2007, going on to run the following year’s London Marathon only five months after the operation to raise funds for Kidney Research.



There then followed a long wait until December 2011, when I was informed that I had been provisionally accepted, subject to various security checks, but that I was to keep the news quiet until confirmation in March 2012. At that point, I was told that I had a slot in the relay on the day the torch travels from Deal to Maidstone (via Thanet and Canterbury).

On 16 March, I was finally told that my place in the relay was confirmed, and I now know that I shall be carrying the torch in Sandwich on the morning of Thursday 19 July. The exact details will be confirmed nearer the date, although I understand that the average distance of each leg is only 300m.

All the family is very excited and coming to support me. I feel very proud to have been selected and am looking forward to the day, although running in a white and gold tracksuit is not what I’m used to! Apparently I am able to buy the actual torch to keep as a souvenir so that future generations of the Davis family can perform a re-enactment every four years...

We are delighted for Brian and his family that 'olympic' recognition has been awarded to him - Ed

What Brian will be carrying.....

The Torch was designed by East Londoners Edward Barber and Jay Osgerby, who won the opportunity through a competitive tender run by the London 2012 Organising Committee and the Design Council.

The Torch is made up of an inner and an outer aluminum alloy skin, held in place by a cast top piece and base, perforated by 8,000 circles. Representing the inspirational stories of the 8,000 Torchbearers who will carry the Olympic Flame, the circles which run the length of the body of the Torch also offer a unique level of transparency. You can see right to the heart of the Torch and view the burner system which will keep the Olympic Flame alive on its journey around the UK. The circles also help ensure heat is quickly dissipated, without being conducted down the handle, and providing extra grip.



The triangular-shaped Torch was inspired by a series of 'threes' that are found in the history of the Olympic Games and the vision for the Olympic Movement:

- 1 The three Olympic values of respect, excellence and friendship;
- 2 The three words that make the Olympic motto – faster, higher, stronger;
- 3 The fact that the UK has hosted the Olympic Games in 1908, 1948 and will host them for the third time in 2012; and
- 4 The vision for the London 2012 Olympic Games to combine three bodies of work – sport, education and culture.

More than half of the London 2012 Torchbearers are expected to be young people aged as young as 12, so the designers aimed to make the Torch as light as possible.

It is made from an special aluminum alloy developed for the aerospace and automotive industry. The alloy is lightweight but strong, with excellent heat resistance. The 8,000 circles also reduce the weight of the final design, whilst ensuring strength isn't compromised. The Torch weighs 800 grams.

The gold colour embraces the qualities of the Olympic Flame – the brightness and the warmth of the light that it shines.

THE CURTAIN COMES DOWN ON THE 2011/12 CROSS COUNTRY SEASON - Ayatollah Steve

Clark

The mildest of winters this season made for easy going at most events unlike the previous winter! Despite this, attendance was down slightly among the ladies this year mainly because some of our more regular attendees were out with injuries.

However there was a significant rise in attendance from the males (202 in total, up 47 on last year).

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

Representation in the Kent Saturday League (never particularly good with us) was pretty abysmal again this season, down to 7, one less than last year although we had one female appearance, which was one more than last year!! We never managed to get a Harriers team out at all (4 to score), this year.

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 lets see if we can get a male and female team out for some of the fixtures 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-10/12/11

Held at the same venue as last few years. This multi laps, very uneven, twisting and turning course kept everyone on their toes! A similar turnout to last year, with a female team in the WV55 category (well done Barb Hutton, Jenny Lucas & Tina Jones) a strong turnout in the male MV50 category (9), and a team in the MV60's. Despite having 7 entrants down for the MV40 category only Bob Pullen was left to run alone for us in this category on the day and he has now moved on into the V50's (Congratulations or commiserations as the case maybe, Bob!). We did not manage to get any individual or team medals but it was good the club was generally well represented.

Main Kent Championships-Wilmington Grammar, Dartford-07/01/12

Again clashing with the KFL fixture at Minnis Bay the following day, no one felt fit enough to run two races back to back, so we had no competitors from our club in the competition again this year.

SEAA Championships–Stanmer Park, Brighton–28/01/12

The South of England main championships were held for the first time in many years at Brighton where none of us had run before, on a tough hilly course but conditions were good. There was a lot of interest again this year and we ended up entering 4 in the senior women and 16 in the senior men just before the closing date in early December and a mini bus was 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 as last year, 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 all 4 females turning out for the club we had a team in the senior women's race for only the 2nd time ever!

A big thanks yet again to Andy Farrant for organising the transport and doing the driving. The journey there went ok and we arrived in plenty of time but with Brighton FC playing Newcastle at their new stadium across the way making parking a nightmare. It was a chilly but bright sunny day. The girls went first at 2pm over 8k and 335 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 745 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. It was an uneventful trip home although Andy did try to take us via a trip into Brighton! We 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

First fixture this year was on October 23rd at Knole Park, Sevenoaks, the one that didn't take place last year due to the snow! On a sunny autumn day we had a fair turnout of 24 runners in what was a record turnout for Knole Park of 385. We finished 8th out of 18 clubs in the Combined League and 7th in the Female League.

The next meeting was three weeks later on 13th November at the ever-popular Swanley course where the League attendance record was broken with 473 runners finishing on yet another lovely sunny day! We had 28 runners attend and finished 9th in the Combined lead home by Mark Ford in 15th place and 11th in the Ladies League again lead home by Barbara Wenman who gained a 92.8% rating, not bad for a FV50!

Two weeks later, 27th November and conditions were yet again sunny and pleasant for our meeting at Oxleas with yet again a record turnout for this venue of 414 runners. We had

another good turnout of 28 runners but a weakened ladies team again lead home by Barbara but without any of our younger faster female ladies as backup could only manage 11th again, indeed all 3 scorers were over FV45. Despite this we did a bit better in the Combined League gaining 5th position on the day, our best to date.

A long break of 5 weeks passed before the next KFL XC fixture at Avery Hill Park on Bank Holiday Monday January 2nd.

Although used last year for the end of season relay competition this venue had not hosted a league fixture since December 2008. But there was obviously a lot of people hell bent on attacking that festive season excess as yet again, on yet another sunny day we had a venue record turnout of 412 (the biggest turnout at this venue before that had been 304 in 2005). Our club also had its best turnout to date of 31 runners and the Ladies team, boosted by two new club members Joyce and Emma managed a very respectable 5th position on the day and the Combined Team lead home again by Mark Ford were 7th. So we started the second half on the season in 7th position in the Combined League and 9th in the ladies. Just one week later



and we were at our 5th meeting at Minnis Bay. Yet again another record turnout for the venue of 328 runners although at last the conditions were a bit more wintry being dull with a cold wind but still very dry with little or no water in the dykes, most unusual! The high tide also put paid to a beach start. Again we had a good turnout

for the club of 32 runners, and despite losing Mark Ford for this event we were rewarded with a good result. The ladies came in 5th on the day and we were 3rd in the Combined.

Just one week later in this intense part of the season and we were at Nursted Court for our 6th fixture on January 15th and you guessed it another record turnout for this venue of 449! Again we had a beautiful day but a hard frost was still on the ground making it treacherous in places. We fielded a team of 33 runners and again achieved a good position of 5th on the

day in the Combined and our strong female contingent came in 2nd in the Ladies league, only beaten by an incredibly strong Gravesend female team who took all three top places!

And so a long 5 weeks later we came to the final meeting hosted by ourselves at Blean Woods and a big thanks to all those who turned out to marshal and allowed us to field another big team of 33 runners. Boosted by the return of Peter Hogben who had been out injured for a long time and once again led home by Mark Ford we had our best result of the season coming 3rd in the Combined and the females again coming 2nd in the Ladies league. And yes we also had a record turnout for our venue of 375 runners!



So we finished the season 5th in both the Combined and Ladies Leagues. Not as good as last year but a very respectable position out of 18 clubs in the League.

The final event of the season was the KFL XC relays competition followed by the Presentation buffet afterwards, held this year for the first time at Nursted Court,

Meopham on 11th March. It's always a struggle to keep the interest going this late in the year, we had a fair turnout of 15 people but unfortunately only one female in the person of Barb Wenman! We managed to enter 1 official team of 5 (4 males, 1 female), and with the help of a spare Bromley Vets female and two spare Invicta runners plus Mark and Barb Wenman doing additional legs entered another 3 informal teams in a contest of 30 teams.

After, it was into to the Marquee for the buffet and presentation, and to end the season on a high note our official 'A' team won the relay competition so congratulations to Barb Wenman, Rik Austen, Tony McParland, Simon Jones and Peter Hogben. And congratulations to Barbara Wenman who won the FV50 category for the fourth year running in the Individual Competition!

We had a fair squad that got stronger as the season went on with many scoring for the team but a special mention must go to Phil Wyard the only person this season who turned out for all 7 of the KFL fixtures and scored for the team in all of them. Mark Ford and Simon Jones both turned out and scored in 6 and Rik Austen and Tony Mcparland 5 out of 5. For the

YOUR CLUB NEEDS YOU!.....Chairman, 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 regulars and new members here is my annual begging letter: Your Club Needs You!

The most important club event for fundraising and holding our place in the athletics and road running communities is the Whitstable 10k. This event represents over half of our club income enabling us to subsidise a number of activities for example the X-C presentation evening, the annual club presentation evening and dinner-dance. The Whitstable 10k is closely followed by Mount Ephraim 10k which establishes us in the



Tim at last years Mt Ephraim

International field and is beginning to catch up with Whitstable as a recognised event for many runners.

How You Can Help

1. If you are racing anywhere before the events take some entry forms (for both races!) and either put them on car windscreens - takes about 10-15min - or leave a set on the table at the Race HQ, most host clubs can help you with this.

2. Shadow any of the experienced Harriers and learn from them with a view to volunteering again next year.
3. Volunteer as a marshal - speak to Steve Clark who will assign you a task on the day. **NB if you intend to enter the race(s) you need to speak to either Steve or Gerry and you need to provide an alternative marshal (friend/relative over 18 please) for the race. You also need to make yourself available for the pre race set up and post race clear up.**
4. Help with residents' letter distribution (see dates below). This is a quick easy task if we have a large turnout and we reward you with a pint or similar drink after ME distribution and we gather at the Waterfront for bacon butties after the Whit distribution. If you cannot make the date we can assign a street for you to do on another day. Our relationship with local residents who do suffer some minor inconvenience due to road closures etc is vital to the races going ahead next year.
5. For ME10k race if you can help with entertaining our French guests please contact me: timbo2604@hotmail.co.uk

Key Dates

Book these in your diary - we will announce/email meet up times nearer the day

1. Sat 21st April Distribute Whit 10k Residents letter (meet up after Park Run)
2. Monday 7th May Whit 10k Race day
3. Sunday 24th June Distribute ME10k Residents Letter
4. Sunday 8th July ME10k Race

Thanks for your help

Tim



'GOODBYE TO AN OLD FRIEND.....RIP'

Edinburgh Great Winter Run - 7th January					
Pos	Name	Cat	Time	Rtg	Notes
8	Mark Ford	SM22	18:27	70.32	Debut
Barretts Canterbury 10 - 29th January					
Pos	Name	Cat	Time	Rtg	Notes
64	Mark Baker	VM40	1:05:24	70.25	
79	Jacob Hussey	VM45	1:06:43	71.41	Debut
85	Joyce Shamedje	VF38	1:06:57	75.38	Debut
92	Philip Wyard	VM49	1:07:09	73.16	
101	David Bowden	VM48	1:07:53	71.81	PB
122	Joe Thomsett	SM24	1:08:48	64.92	Debut
123	Emma Burgess	SF25	1:08:49	71.76	Debut
140	Barbara Wenman	VF53	1:09:36	82.60	
147	Mark Wenman	VM57	1:09:54	75.15	
156	Sarah Maguire	VF42	1:10:32	73.91	
170	Francis Maude	VM45	1:10:56	67.17	PB
172	Faye Roberts	SF30	1:11:03	69.51	PB
216	Anna Fisk	SF31	1:12:54	67.74	Debut
247	Damian Booth	VM41	1:13:16	63.16	Debut
304	Craig Thomas	VM51	1:15:37	66.01	Debut
314	Marco Keir	VM50	1:16:15	64.94	
315	Peter Mickleburgh	VM45	1:16:18	62.44	Debut
316	Kevin Post	VM47	1:16:18	63.40	PB
318	Joseph Standing	SM33	1:16:20	58.52	Debut
322	Simon Cox	VM52	1:16:28	65.82	PB
326	Mikko Jay	SM25	1:16:34	58.34	Debut
371	Iain Smith	VM48	1:18:13	62.33	
376	Dave Smith	VM63	1:18:16	71.05	

Barretts Canterbury 10 - 29th January (continued)

Pos	Name	Cat	Time	Rtg	Notes
412	Fidelma Atkinson	VF46	1:19:48	67.59	PB
464	Rupert Williamson	VM49	1:22:01	59.90	
487	Wim Van Vuuren	VM42	1:22:37	56.42	
519	Tina Jones	VF65	1:23:40	78.18	
578	Barbara Hutton	VF46	1:26:07	62.63	
605	Wendy Osmond	VF46	1:27:13	61.83	PB
657	Karen Bennett	VF39	1:30:22	56.29	PB
665	Wendy De Boick	VF59	1:30:48	67.28	
710	Emma Sherwood	SF30	1:33:19	52.92	PB
765	Jennifer Lucas	VF54	1:36:48	59.96	
799	Jane Elder	VF55	1:39:12	59.08	Debut
817	Peter Luetchford	VM57	1:41:06	51.96	PB
818	Louise Gregory	VF36	1:41:10	49.11	PB
895	Joe Epsom	VM60	2:15:26	39.86	

Hotelympa10k - 26th February

Pos	Name	Cat	Time	Rtg	Notes
54	Colin Kent	VM46	43:01	67.69	
285	Andy Farrant	VM55	46:58	66.66	

The Lifestyle Renault Tunbridge Wells Half Marathon - 26th February

Pos	Name	Cat	Time	Rtg	Notes
274	Ray Cameron	SM36	1:34:49	62.91	PB

Thanet 20 Mile - 4th March					
Pos	Name	Cat	Time	Rtg	Notes
43	Mark Baker	VM40	2:20:06	68.71	
74	Mark Wenman	VM58	2:27:53	73.48	
76	Barbara Wenman	VF54	2:27:59	79.11	
86	Sarah Maguire	VF42	2:29:12	72.09	
95	Ray Cameron	SM36	2:30:26	62.70	Debut
97	Faye Roberts	SF30	2:31:23	68.40	PB
98	Colin Kent	VM46	2:32:33	65.85	
130	Anna Fisk	SF31	2:37:38	65.69	Debut
186	Tim Richardson-Perks	VM52	2:47:35	62.39	
208	Tracy Trapp	VF41	2:50:56	62.97	Debut
220	Tony Savage	VM57	2:54:06	62.48	
225	Iain Smith	VM48	2:55:27	57.15	
245	Tina Jones	VF65	2:57:46	76.42	PB
265	Julia Kelsall	VF38	3:00:47	58.07	Debut
288	Wendy Osmond	VF46	3:05:16	60.46	PB
295	Jessica Stewart	SF26	3:06:45	55.44	Debut
309	Gary Hovery	SM36	3:09:59	49.64	Debut
333	Wendy De Boick	VF59	3:20:14	63.39	
359	Bob Pullen	VM50	3:30:42	49.22	
395	Louise Gregory	VF36	3:50:16	44.97	Debut
Lydd Half-Marathon - 11th March					
Pos	Name	Cat	Time	Rtg	Notes
85	Mark Cooper	VM51	1:34:25	70.38	
136	Dave Smith	VM63	1:40:28	73.64	
239	Tina Jones	VF65	1:50:03	78.96	
343	Karen Bennett	VF39	1:58:46	56.91	PB
370	Emma Sherwood	SF30	2:01:46	54.04	PB
515	Louise Gregory	VF36	2:24:32	45.67	

Sevenoaks Rotary Knole Park 10K - 11th March					
Pos	Name	Cat	Time	Rtg	Notes
398	Clare Dilger	SF28	57:56	51.64	Debut
Ashford and District 10K - 18th March					
Pos	Name	Cat	Time	Rtg	Notes
20	Simon Jones	SM37	37:37	72.54	PB
27	Peter Hogben	JM19	38:38	70.37	PB
47	Peter McQuire	VM40	39:57	69.76	
50	Philip Wyard	VM49	40:13	74.10	
98	Bob Davison	VM57	43:14	73.70	
123	Dave Smith	VM63	44:56	75.10	
128	Tony Savage	VM57	44:58	70.86	PB
227	Tina Jones	VF65	49:50	79.99	
256	Wendy Osmond	VF46	50:56	64.45	PB
284	Clare Dilger	SF28	51:50	57.72	PB
315	Jane Elder	VF55	53:05	67.25	PB
363	Karen Bennett	VF39	54:53	56.41	PB
369	Wendy De Boick	VF59	55:10	67.46	
Les Witton Dartford 10 - 25th March					
Pos	Name	Cat	Time	Rtg	Notes
49	Barbara Hutton	VF46	1:13:53	73.00	1st FV45; PB
Hastings Half-Marathon - 25th March					
Pos	Name	Cat	Time	Rtg	Notes
230	Ray Cameron	SM36	1:32:39	64.38	PB
325	Faye Roberts	SF30	1:35:12	69.12	PB
329	Colin Kent	VM46	1:36:18	66.36	
741	Andy Farrant	VM55	1:45:07	65.33	
1635	Wendy Osmond	VF46	1:56:10	61.69	PB
1792	Bob Pullen	VM50	1:59:49	55.01	
3212	Jennifer Lucas	VF54	2:37:13	49.05	Debut

UN, DOS, TRESGillian McLaren

Torrevieja lies in the most southern part of the Costa Blanca. Reputed to have the best micro-climate in Spain, it expanded from a small fishing village during the building boom and is now an international town of 100,000 inhabitants making it also one of the most European areas in Europe, a fine example of many nationalities living happily side by side.

Every year for the past 28 years a half marathon has been run at the end of February. My husband Larry has participated twice over the years, winning his age category, but I had never made time to commit myself to the event. Last year the organisers decided to run a 10K simultaneously and I was therefore determined to take part this year.

Although traditionally the half marathon takes place the last Sunday in February, it is never announced until January making it quite late to book cheap flights. As soon as I could I entered on line, only find that I had in fact entered a 10.75K race. There was also some confusion as to whether it started at 10 a.m. or 10.30 a.m. However we have owned a duplex



apartment in Torrevieja for some 7 years now and are quite used to misinformation in Spain. We were in Spain the previous November when I spotted a local 5K race – two laps around the town. I entered only to find I was listed as a veteran male and there were in fact two identical laps of 2.8K! I was therefore not surprised when the 10K became 10.75K. However I did find it slightly frustrating to be listed yet again as a veteran male.

We flew out from an icy Britain on the Tuesday before, to warm sunshine. The next day I dragged myself out early for a training run. There is a disused railway line near the apartment which was years ago used to transport salt produced from the lake. Salt is still produced from the lake, but tankers now line up in the harbour to export it to northern climes in winter. With the expansion of tourism the railway line was transformed into a pedestrian/cycling route running from the old station, now a museum, back between the two lakes - a perfect jogging track. The surface is made of coloured bricks of pastel shades leading the English to name it, for obvious reasons, "the yellow brick road".

On the Saturday, having by now convinced the organisers I was female I went to collect my



number. A new error now occurred in that my names had been transposed and I was listed under "G" instead of "M".

I had been somewhat apprehensive about the weather. On the two occasions Larry had taken part, once it had been extremely hot and on the second occasion there had been torrential rain. This year the forecast was for temperatures of 21C.

Sunday dawned cool with mist across the lake. It was still not clear if the start time was 10 or 10.30, so I caught the local bus outside the apartment at 8.30 a.m. Such a journey appears to be a highly social event in Torrevieja with everyone chattering to anyone who will listen including the driver who sometimes uses two hands to steer but usually only one, or

none, according to how animated the conversation becomes. On the seafront the cafes were doing well.

At exactly 10.30 the race started along the dual carriageway with a total of 2,138 participants – half marathoners one side and the fewer 10.75K runners on the other. By then it was quite warm, the forecast 21C. At the first corner the two races converged which slowed the pace slightly. I had in front of me a man with two balloons tied to the back of his vest which insisted on knocking into my face. I was therefore quite glad when he sped away towing the balloons behind. The race continued along the seafront when suddenly I heard the siren of a police car coming towards me on the other side of the road, which was in fact the leading front runner. I plodded on alongside the beach until I reached the large coca cola bottle marker and then turned back along the other side gradually making my way through the centre of the town and at 5K a very welcome drinks station. Having passed through the town the participants continued along the sea front on the other side running to yet another coca cola bottle marker and then turning back. I was now seeking out any shade I could find until a police motorcyclist passed and indicated I should keep left when I was lapped by the leading half marathoner runner the eventual winner, a Hungarian he is due to take part in the London Olympics later this year.

Having completed 10K I continued along the never ending .75K past where we had started. With the end in sight I was joined by a petite lady dressed in a very thick fleece track suit who ran alongside me waving and cheering to the crowd. Not wishing to be humiliated by being beaten on the line by someone dressed for the Arctic I managed to increase my speed and left her behind. Last seen she was being taken to the side by two officials.

At the end we were channelled into an enclosure with a choice of a multitude of different drinks, including beer which was very popular. There was also fruit available and a strange cake which stuck to the roof of the mouth necessitating yet another drink to dislodge it. We were each handed two goody bags, one of which was so heavy I nearly dropped it much to the amusement of the official. On later inspection I found it contained two cans of energy drink, a bottle of fruit juice, a carton of chicken stock and of course a large packet of salt.

Afterwards we made our way back through the town where the slower half marathon runners were now competing in temperatures of 25C. However we were off for a Chinese meal. For some unexplained reason Torrevieja has many good value Chinese restaurants and there are in fact three fairly near our apartment where for €5.50 it is possible to buy a three course meal, including half a bottle of wine and liqueur. A lovely end to an enjoyable day.

Footnote: If anyone is interested in visiting Torrevieja and renting Gillian's apartment details and photographs can be found on www.spain-holiday.com by entering ID 1496 in the box in the top right-hand corner.



Stuart Deal Photography

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

Contact details:

www.stuartsphotography.co.uk

E-mail: dealstuart@yahoo.co.uk Tel: 01227 780049 Mob: 07932268256

Dave Emm Recording Studio

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

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

Contact details:

Dave (V60) Smith

01227 768329

12, Bourne Lodge Close

Blean, Canterbury, Kent

CT2 9HD

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.

Steve's Reynolds Maintenance

All house and garden maintenance
01227 361112 or 07951754926

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

Utility Services

If you want to make a saving on your
Electricity*

Gas

Telephone

Mobile

Broadband

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.

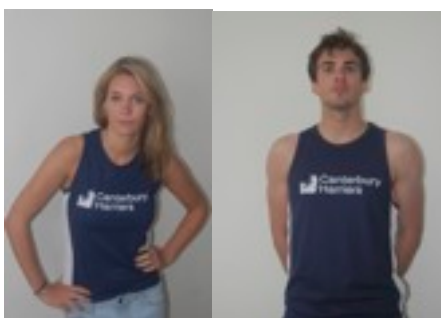
I am REPs registered and fully insured.

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

And Finally.....

Do make sure that you are available to support the Club at both the Whitstable 10K on the 7th May and the Mt Ephraim 10K on the 8th July. Your club needs you (and you families, lovers and friends) to make both races their usual success.

What our non-running partners say about us.....'You wimp out early on Saturday evenings, spend the night insomniac tossing and turning about getting enough sleep for your LONG RUN , next thing the alarm goes off at crack of dawn and you're out of bed like like a bolt of lightening to make your bloody porridge, you come home hours later, walking stiff as a cowboy, have your disgusting protein shake and then pass out for the rest of the day. Where's the fun?'

Answers on a postcard.

Hope you enjoyed reading the Spring 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

