



The Harrier

The newsletter of the Canterbury Harriers



Summer 2012

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Welcome all Harriers to the summer 2012 newsletter with a special greeting to new members who may be sampling Harrier news for the first time. We hope that your membership is already proving rewarding.

When is a drought not a drought? Despite torrents of rain during the Spring, making April the wettest April ever, we are still classified as being in a drought area. Some of our usual tracks through woods and fields resembled the mud and goo of winter x-country. Our speed sessions in the big field were delayed by the wet weather and so we were able to sample the delights of Wincheap for a further two weeks! The Les Golding 10K due to be run in Herne Bay over the Jubilee weekend was cancelled due to high storm as the photo below shows!



At least the Olympic torch on its tour of the country has defied downpours to carry its message to all corners. We look forward to the torch reaching Kent and specifically the 19th July when Brian Davis will be carrying the torch through Sandwich as reported in the last Newsletter.

Our very own Whitstable 10k held in May was once again a roaring success with over 650 finishers. However there was a 'twist' in the tale and we were left with resolving the dilemma of 'when is a winner not the winner!' When Joe Adams was first across the line the talk was of his winning time just 20 seconds outside the course record. But the runner concerned wasn't Joe Adams but Grant Twist a work colleague from a Canterbury running store so there was no other option than to disqualify Grant and withhold his prize.

It was an unfortunate outcome but UK Athletics rules are clear on the matter and we would have been criticised for not enforcing the rule. Indeed a dig into the rule book tells us that 'entries shall be made in the competitor's true name as legally registered and must be completed with the correct age/date of birth and other details'. Also, 'numbers are issued to the individual athlete completing the application form and are non-transferable, except with the specific authority of the Race Secretary.

Post race your Harriers Committee urgently considered the fairness and application of those rules and determined that the rules had blatantly been ignored and so disqualification was inevitable. In keeping with this decision we also request all Harriers not to wear anyone else's number or chip unless this has been cleared with race officials.

Behind the scenes the Harriers race organisation team, led by Tim, and on-day helpers and marshals excelled and provided a race that many runners have since complimented on the Runners World web site. As members know a significant proportion of club funds are raised from the Whitstable race and a contribution made to the the Dave Lee's children's holiday charity.



The photo shows EASTENDERS Star Barry aka Shaun Williamson starting the race with Roy looking on expectantly.....

So as not to rest on our laurels a detailed race review has shown areas where we can streamline operations and improve aspects of the race, including the finish and funnel arrangements, having a baggage area, signposting and marshal points. As suggested at the last AGM some members would like to be more involved in the behind-the-scene race organisation. So as part of the review new race organisation roles will be identified to give those that want to the chance to lead on a specific task. Watch out for further news on race organisation and please do make yourself known to the Committee if you would like further race involvement.



The photo shows Tim and Roy handing over a cheque to Shaun for the Dave Lee children's charity

Summer has kicked off well with the start of the Friday evening pub runs. Bob Davison once again led the Faversham run from The Elephant taking in a new course to the Creek and back through countless tracks and paths known only to Bob. Jo has organized a pub run from The Cat and Custard at Hawkinge. The Tuesday evening summer relays have also proved popular with runs at Folkestone, Minnis Bay, Ashford and Dover. Thanks are also due to Jenny Benson for organising our teams in the Saxon Shore relay. Some photos from the day are shown in pages 32 - 33. Quite a surprise.....



The photo shows Harriers in fine spirits holding flowers(!) and about to return to the 'Elephant' for well earned rehydration during the first of this summers Friday night pub runs!

After 7 years in the planning the Olympic countdown is well under way with only a few days remaining before the opening ceremony. If you are fortunate enough to be attending any of the events do write an article of your experience for the next Harrier and perhaps add a photo or two (Ed has managed to squirrel a ticket for an athletics session on the 8th August). Canterbury has been chosen by two countries as their base for pre-Games training camps. Nepal's Olympic and Paralympic teams will use facilities at the University of Kent and Canterbury High School for sports including table tennis, weightlifting and powerlifting. Meanwhile the Puerto Rican squad will be based at Canterbury Christ Church University, The Body and Mind Leisure Centre at Canterbury and Canterbury Boxing Club.

But never mind the Olympics! The bread and butter of athletics is of course the races that members take part in week in week out. The evidence of your efforts and personal bests are dutifully maintained by Francis on the club website and a summary is shown in the Newsletter for those results you may have missed. In this

way it is possible to spot those Harriers who are bang on in form by the number of pb's against their name. So step forward Ray Cameron, Faye Roberts, Wendy Osmond, Barbara Wenman and Barbara Hutton for your exploits and excellent pb's over recent months. Other notable performances include those by Emma Burgess, Tony Savage, Simon Jones, Joyce Shamedje, Wendy De Boick, Tina Jones, Peter Hogben and Sally Silver who can't stop running marathons. (with apologies to others that may have done a pb but crept under Ed's radar).

Of course no improvement would be possible without the hard work of our coaching team led by Gerry so step forward for thanks.....Gerry Reilly, Steve Clark, Jenny Benson, Tina Jones, Francis Maude and Phil Wyard.....for leading our sessions.

As a suggestion perhaps we should also record age related pb's for those runners who did their best running some years ago? Another suggestion is that we should maintain a list of all time club records? Your views on this would be welcomed - especially if some one is willing to research the records by male/female and age group.....

Also, John and Steve undertook another of their romantic walks together (only joking) this time a 3 weeks bonanza of some 221 miles from Fort William to Bervaig Bay, Cape Wrath. We look forward to further details of this latest adventure.

Key dates for your diaries include our very own Mt Ephraim 10K on Sunday 8th July and the Harrier trip to Le Touquet on Saturday 18th August - contact Roy Gooderson if you have not yet reserved your place (incidentally it will be Roy's 21st consecutive run at Le Touquet).

Highlights in this issue include the club trip to Danville (Alix), a spotlight on Ryan Bullows, the x-country awards for season 2011/12, a round-up of race results, an update on Whitstable Parkrun (Jacky) and Harriers Trotters.

Enjoy your read.....

Destination Dainville.....by Alix Cox

The last day of March, and what we thought was to be the last day of the fine weather, saw 7 of we young Canterbury Harriers make our way to Dainville – a small, sleepy suburb of Arras. Phil led the way and Andy, Colin, Bob, Craig, Carl, and I followed. The journey over went smoothly and we arrived in Danville. This was not before stopping off at a hypermarché to fill the back of the van with beers and wine and also a number of Easter eggs, which were to spend the rest of the journey rolling around the van.

Easter eggs aside we were met by our hosts at the local village hall where we were to spend a very pleasant evening. Delicious food had been prepared and the alcohol flowed freely which we all took advantage of. And one of us more so than the others! There was not just wine on offer here. Oh no. There was whisky, beer, pastis, and champagne, too. If you would like to know how it feels to consume a mixture of all of the aforementioned drinks, please talk to Craig!

The race was, of course, the purpose for our making the trip across the waters to Dainville in the first place. Phil, Andy, Colin and Craig were entered in the 21k race. Bob, Carl and I were doing the 10k. If you want to know how not to prepare for a race, please speak to Craig. I jest. Despite the drinking, late night and wrestling with electronic shutters, we were all set.



The day began with a cold nip in the air, but we were to be lucky and the sun arrived to help warm our limbs. The 21k guys departed amongst a sea of French runners which left the remaining three of us to warm up and make final preparations.

And then it was quickly our turn to get going. We made our way to the start line. This race had a really good feel about it. Having been part of the excitement and the throngs of people taking part in races in Le Touquet and in Reims last year, there is something to be said for being part of a smaller, local race. It still had the excitement but it also had a friendliness about it that helped to put me, and I expect the others, at ease.

Over the start line and we were away. The course followed mostly roads and pavements, but there were some off-road gravel paths that took us out a little bit. A gentle slope here and there and some residential areas to pass through on this two-



lap course. The longer course went out across fields as well as the pavements and both races came to their ends at more or less the same times.

So how did everyone do? Well, all four of the 21k guys did very well, and Phil was the first Englishman back in 25th place overall in a time of 1:34:59. He was to win a trophy for this achievement so well done to him. Colin ran a 1:36:41. Andy ran a 1:41:28 and Craig, alcohol still coursing through his veins, ran a 1:41:58. Well done to all of them. In the 10k race, first man in was Bob Pullen in 00:51:26 and then Carl

with 00:52:04. I came in in a time of 1:00:22 to the announcement that I was the first English lady back. The first? I chuckled to myself because I thought: "I am the only English lady taking part!" I wasn't to receive a trophy for this amazing achievement! Still, I think everyone did very well and it was a great race over a really good course. Everything had been really well organised and so our morning had run very smoothly. No pun intended.

We all congregated once again and were treated to a lovely meal of healthy salads and meats offset by more wine, whisky and pastis, as we had been the night before. What a lovely way to finish a great weekend. Many thanks to the organisers of the race, the host families and the mayoress for their hospitality. We thoroughly enjoyed ourselves and will look forward to their visit in the summer (at Mt Ephraim) and to another visit to Dainville next year!

It only leaves me to say thank you to Phil for organising the trip for us. Thanks to the other guys for the amusement along the way, and to those of you out there who might consider the trip next year - it is a really fun weekend away and a really great place to run. You have the choice of distance to suit you and also, you get to stay with very welcoming French families and to sample some scrumptious food and wine. I would thoroughly recommend it. I think the next trip should be organised to coincide, if possible, with the hundreds of drunken university students making their way to the continent dressed in nappies and varying degrees of face paint. It is a memory I think we will all take with us and cherish.

Bob Pullen writes:

The reason Canterbury Harriers take part in this race is that Dainville is a 'twin ' of Whitstable with links between the two towns going back many years. Since last year, Canterbury Harriers and folks from Whitstable have endeavoured to build sporting exchanges with Dainville as we have already done so in the case of Canterbury and Reims. This started with an 'expeditionary' visit to last year's Foulées Dainvilloises involving five Canterbury Harriers who all ran the 10k. The Harriers hosted eight visitors from Dainville last year as part of the Mount Ephraim 10k weekend and two runners from the town completed the 10k. In taking seven runners across to Dainville, we have upped the ante and we hope more runners from Dainville will visit us so we can reciprocate the hospitality we enjoyed so much this Spring.

Harriers X-Country Honours 2011/12 season

These are the gallant few who so nobly gave up their spare time to splash in mud, shed tears, freeze to death, dip in icy water, scramble up steep slopes and all for the glory of being mentioned in the Harrier. You too can join this elite group and it all starts again in a muddy field near you from November....

Club Awards	
Most improved XC runner female	Wendy de Boick
Most improved XC runner male	Steve Reynolds
Overall XC champion female	Barbara Wenman
Overall XC Champion male	Mark Ford

Female Club kit award for 6+ XC's	
8 - Barbara Wenman	7 - Barbara Hutton, Jenny Lucas
6 - Tina Jones	
Male Club kit award for 6+ XC's	
12 - Steve Clark	9 - Bob Davison, Andy Farrant
8 - John Hartley, Mark Ford, Neil Godden, Joe Hicks, Simon Jones, Mark Wenman, Philip Wyard	7 - Rick Austen, Ray Cameron
6 - Roy Gooderson, Peter Mickleburgh, Gerry Reilly, Peter Yarlett, Mark Cooper, Tony McParland, Bob Pullen, Craig Thomas	5+ - Marco Keir, Steve Reynolds, Tony Savage

Continued.....

KFL XC League Honours	
Female v50 Champion	Barbara Wenman
Female v60 2nd	Tina Jones
Female v55 3rd	Wendy de Boick
Female V50 4th	Jenny Lucas
Female V45 13th	Barbara Hutton
Male v65 5th	John Hartley
Male v60 10th	Gerry Reilly
Male v55 4th	Steve Clark
Male v55 6th	Mark Wenman
Male v55 7th	Bob Davison
Male v55 11th	Andy Farrant
Male v55 14th	Neil Godden
Male v55 16th	Joe Hicks
Male v55 17th	Peter Yarlett
Male v50 14th	Steve Reynolds
Male v50 34th	Roy Gooderson
Male v45 6th	Philip Wyard
Male v45 29th	Bob Pullen
Male v40 13th	Tony McFarland
Male v40 20th	Peter Mickleburgh
Senior 7th	Mark Ford
Senior 13th	Rick Austen
Senior15th	Simon Jones
Senior 35th	Ray Cameron
Senior 42nd	Mikko Jay

A selection of photos at the X-country presentation evening held in April courtesy of Marco Keir.....







Spotlight on Ryan Bullows.....

Q. What is your story about how you go into running?

A. In 2008 my life took a radical change for the better, health & fitness wise. I went from a 15.5 stone, 40 a day smoking couch potato to a non smoking 12.5 stone regular runner. At this time I had a 3yr old son that was progressively becoming more active and I needed to keep up with him. I struggled to do the most simplest of tasks without wheezing and being severely out of breath, I



couldn't jog from one lamp post to another without stopping and fighting for breath. So the major factor for me taking up running was my son and the fact that I couldn't keep living the life I was living.

My addiction is no longer smoking but running and I cannot see it ever changing now. I like feeling energized in the mornings and having a general satisfaction with myself for feeling healthy & fit.

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

A. Not really, other than sports and activities when at school which was 18yrs previous.

Now, as well as running I play squash, go swimming, mountain biking and go on long hikes with my 2 huskies (they are also my regular running buddies, they keep up my motivation to get out the door as they have to be exercised.)

Q. What is your favorite and least favorite training sessions?

A. I don't have a least favorite training session, as I really enjoy the feeling you get of exhilaration and a sense of achievement from a really hard session. The thing I don't enjoy is those days when you lack a bit of motivation and you really have to drag yourself out the door to get going, those are the days when you feel you have lead weights tied to your feet or running through thick custard. However give it 5/10 mins and you soon get into your stride.



Q. What sports are you interested in watching?

A. The main sport I enjoy watching is football, I would've loved to have Ryan Bullows continued playing football from school however I know I would have continually got injured so it's the running I do noOther sports I enjoy

watching are athletics, cycling (velodrome & road racing), snooker, darts, international rugby and cricket.

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

A. It is a struggle what with working shifts, however I fit my runs around exercising my 2 dogs. That way I can justify my away time to my wife from family life and continue to maintain a reasonable level of fitness.

Q. What is a typical week's training for you?

A. I regularly run between 30-50 miles a week, injury free permitting. The majority of my routes are off road and hilly to keep my body tested. I also



when I can, take part in as many of the Tuesday speed/ endurance training sessions as I can, as & when my work commitments allow. I find these an essential aid/ tool to a better performance, even those dreaded Elliot hills.

Q. What are your favorite races and distances?

I have a real liking for distance running at the moment, last year I managed to complete 2 marathons. I hoping to complete the Saxon Shore Relay route as a solo effort this year and the Thanet Coastal marathon in September.

So marathon distance is my fave, and last years South Downs Way off road marathon is my best race to date. After January this year, I also have a bizarre liking to an extreme, hellish ex military organised event that is the "TOUGH GUY" challenge. This has got to be the hardest thing I have ever done, approximately 6 miles cross country, & 2 miles of obstacles, as well as regularly submerging your body in freezing cold water. At one point



after my head had to be dipped under the water, it felt as if it was going to split into two it was that cold. I had to keep moving as I could feel the pins & needles effect take hold of me, which was hyperthermia setting in. The organisers mantra is its "The Safest Most Dangerous Event in the World", I found it the most challenging thing I ever done so I've decided to do it again next year.

Q. What are your goals and ambitions for the future?

A. My future targets are:

To run sub 3hr in a marathon, sub 39min in a 10K, to run sub 20min in a 5K.

To eventually, one day to take part in the 'marathon des sables' (the marathon a day, for 7 days across the Sahara desert). My first target is to complete the Saxon Shore route as a solo effort, and by the time the Harriers read these article I have either crashed & burnt and not made the finish 'BOO!' or drum role.... I've done it 'YAY!'. During this challenge I will be thinking of a quote from one of my heroes, Lance Armstrong: "Pain is temporary. Quitting lasts forever.

Q. How do you keep motivated to run?

A. By remembering how I was before I took up running regularly, how over weight I was and not being able to be an active dad to my son and now my new baby daughter. That's motivation enough.

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

A. No, if anything the other Harriers offer me regular advice when I get around to attending the training sessions. There's a vast amount of knowledge & wisdom from a great group of experienced runners with the Harriers.

However, yes thinking about it I have a couple -

When marathon training don't push to hard when you don't have to, stick to a schedule and take regular rest days. I seriously overcooked my training for the 2010 London Marathon, averaging from the very start of my 16 week training plan of 60 miles a week. I didn't build up slowly and peaked way to soon, when it came to the day it was a real hard slog. Following this I have been having serious problems with an Achilles injury.

Lastly you've got to enjoy it. I love running and I think you have to, especially when it comes to the wet and colder months of winter when you can easily talk yourself out of a training session. Though at present there's nothing better than putting on your running shoes and de-stressing from a long day at work, running at dusk watching the sun set is a pleasure and not a chore at the mo.

P.S

Now that you have finished reading my waffle, I wish all of you Harriers a good 2012 summer. May you all be blessed with PB's ☺ Good luck all.

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

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
23rd Paddock Wood AA Half Marathon - 1st April					
116	Mark Baker	VM40	1:25:06	71.88	
174	Barbara Wenman	VF54	1:28:44	86.90	PB
202	Mark Wenman	VM58	1:30:18	78.11	
241	Emma Burgess	SF26	1:32:00	71.52	Debut
456	Dave Smith	VM63	1:38:24	75.19	
532	Barbara Hutton	VF46	1:40:48	71.08	PB
646	Tony Savage	VM57	1:43:45	67.39	PB
1136	Sally Silver	VF37	1:56:17	57.21	
1283	Karen Bennett	VF39	1:59:45	56.44	
1282	Wendy De Boick	VF59	2:00:10	67.53	
Folkestone 10 (Incorporating the Kent 2012 10 Mile Championship and Kent Grand Prix Series - 6th April					
Pos	Name	Cat	Time	Rtg	Notes
41	Simon Jones	SM37	1:03:33	70.79	PB
68	Peter McQuire	VM40	1:06:05	69.52	PB
77	James Taplin	SM21	1:07:06	66.57	Debut
90	Joyce Shamedje	VF38	1:07:46	74.47	3rd V35
97	Sarah Maguire	VF42	1:08:21	76.27	
137	Barbara Hutton	VF46	1:11:19	75.63	3rd V45 PB
141	Mark Cooper	VM51	1:11:28	69.85	
143	Emma Burgess	SF26	1:11:34	69.00	
172	Bob Davison	VM57	1:13:17	71.68	
182	Tim Richardson-Perks	VM52	1:13:51	68.14	
212	Bruce Adams	SM28	1:15:16	59.34	Debut
213	Brian Davis	VM61	1:15:18	72.39	3rd V60
237	Marco Keir	VM50	1:16:29	64.73	

Folkestone 10 miles - (continued)					
Pos	Name	Cat	Time	Rtg	Notes
237	Marco Keir	VM50	1:16:29	64.73	
271	Bob Pullen	VM50	1:18:51	62.79	
290	Tina Jones	VF65	1:20:18	81.45	3rd V55; PB
313	David Taplin	VM50	1:21:45	60.56	Debut
336	Kevin Post	VM47	1:23:11	58.16	
368	Wim Van Vuuren	VM42	1:25:22	54.59	
371	Wendy Osmond	VF46	1:25:33	63.04	PB
397	Sally Silver	VF37	1:27:26	57.27	
Paris Marathon - 15th April					
Pos	Name	Cat	Time	Rtg	Notes
2485	Barbara Wenman	VF54	3:13:19	83.32	3rd FV45; PB
2788	Mark Wenman	VM58	3:14:53	76.27	
Brighton Marathon - 15th April					
Pos	Name	Cat	Time	Rtg	Notes
577	James Taplin	SM21	3:23:41	62.27	Debut
2590	Charlie White	VM55	3:55:46	61.39	
3407	Julia Kelsall	VF38	4:04:08	57.44	Debut
5036	Sally Silver	VF37	4:25:35	52.39	
5790	Wendy De Boick	VF59	4:32:35	62.15	PB
6139	Maria Marley	VF47	4:47:29	52.55	Debut
6970	Siobhan Wilkinson	VF42	4:55:54	48.95	Debut
7186	Lisa Dixon	VF45	5:01:54	49.19	Debut
London Marathon - 22nd April					
Pos	Name	Cat	Time	Rtg	Notes
9186	Simon Cox	VM53	3:53:43	60.91	Debut
9339	Tina Jones	VF65	3:54:17	77.37	3rd VF65
13981	Nick Holden	SM27	4:12:22	50.26	Debut
14936	Andy Farrant	VM55	4:16:09	56.50	
15107	Kevin Post	VM47	4:16:28	52.93	PB
15197	Wendy Osmond	VF46	4:17:08	58.25	PB
19261	Chris Clark	VF39	4:32:35	51.85	Debut
19804	Gary Hovery	SM37	4:34:41	46.17	Debut
19992	Jessica Stewart	SF26	4:35:23	50.42	Debut
20911	Emma Sherwood	SF30	4:39:01	49.76	PB
34590	Louise Gregory	VF36	6:11:16	37.40	Debut
36529	Joe Epsom	VM61	7:31:04	33.88	

Stelling Minnis 10K - 22nd April					
Pos	Name	Cat	Time	Rtg	Notes
3	Peter Hogben	JM19	37:57	71.64	PB
5	Simon Jones	SM37	38:53	70.18	
8	Jacob Hussey	VM45	40:41	71.04	1st V40
15	Ray Cameron	SM36	43:16	62.63	PB
23	Gerry Reilly	VM63	46:05	73.20	1st V60
24	Dave Smith	VM63	46:08	73.13	
34	Fidelma Atkinson	VF46	48:31	67.66	2 nd Fem 1stV45
68	David Smalley	VM42	55:36	50.85	Debut
71	Sally Silver	VF37	56:01	54.39	
Milton Keynes Marathon - 29th April					
Pos	Name	Cat	Time	Rtg	Notes
1060	Tony Savage	VM57	3:59:28		
Bewl Water Marathon - 5th May					
Pos	Name	Cat	Time	Notes	
10	Sarah Maguire	VF42	3:55:37		
Belfast City Marathon - 7th May					
Pos	Name	Cat	Time	Rtg	Notes
436	Ray Cameron	SM36	3:32:02	59.82	PB
Whitstable 10K - 8th May					
Pos	Name	Cat	Time	Rtg	Notes
10	Peter Hogben	JM19	37:02	73.43	
11	Tony McParland	VM43	37:10	76.63	
28	Peter McQuire	VM40	39:18	70.92	
50	David Bowden	VM48	40:37	72.80	
69	Bob Davison	VM57	41:52	76.12	
88	Faye Roberts	SF30	42:53	69.76	
107	Martin Henry	VM49	44:31	66.93	
128	Dave Smith	VM63	45:17	74.51	
172	Megan Melville	SF23	47:14	63.34	
322	Sally Silver	VF37	52:09	58.43	
493	Jennifer Lucas	VF55	1:00:50	58.68	
Halstead & Essex Marathon					
Pos	Name	Cat	Time	Rtg	Notes
410	Sally Silver	VF37	4:27:11	52.08	
537	Emma Sherwood	SF30	4:56:17	46.86	

Deal Half Marathon - 13th May					
Pos	Name	Cat	Time	Rtg	Notes
26	Jacob Hussey	VM45	1:30:51	69.82	Debut
57	Faye Roberts	SF30	1:36:24	68.26	
61	Barbara Hutton	VF46	1:37:30	73.49	PB
67	Sarah Maguire	VF42	1:38:08	70.59	
117	Fidelma Atkinson	VF46	1:47:58	66.36	
199	Karen Bennett	VF39	2:03:15	54.84	
Larkfield AC 10K Incorporating Kent 10K Championship - 20th May					
Pos	Name	Cat	Time	Rtg	Notes
421	Jennifer Lucas	VF55	1:02:23	57.22	
422	Emma Sherwood	SF30	1:02:23	47.96	
Sittingbourne Invicta 10K - 20th May					
Pos	Name	Cat	Time	Notes	
3	Simon Jones	SM37	38:03		
7	Joe Thomsett	SM24	39:07		
15	Ben Sanders	SM29	41:02	Debut	
34	Jonathan Thirlwell	SM36	44:50	Debut	
126	Karen Bennett	VF39	56:32		
Folkestone 10K - 27th May					
Pos	Name	Cat	Time	Rtg	Notes
10	Peter Hogben	JM19	37:46	71.99	
11	Tony McParland	VM43	37:57	75.03	
14	Simon Jones	SM37	38:01	71.77	
38	Philip Wyard	VM49	42:20	70.40	
55	Bob Davison	VM57	44:08	72.22	
90	Adrian Fox	VM44	47:33	60.34	
94	Dave Smith	VM63	47:44	70.67	
105	Mikko Jay	SM26	48:08	56.04	
130	Trevor Brown	VM48	50:05	59.04	
277	Wendy De Boick	VF60	59:20	63.38	
Rye 10K - 27th May					
Pos	Name	Cat	Time	Rtg	Notes
19	Jacob Hussey	VM45	1:10:47	67.30	
34	Ray Cameron	SM36	1:14:37	59.89	

Edinburgh Marathon - 27th May					
Pos	Name	Cat	Time	Rtg	Notes
862	Faye Roberts	SF30	3:29:05	66.41	PB
1024	Emma Burgess	SF26	3:32:15	65.42	Debut
1772	Colin Kent	VM46	3:46:08	59.57	
The Sapphire Hoe 5K Summer Series - 30th May					
Pos	Name	Cat	Time	Rtg	Notes
31	Emma Sherwood	SF30	26:56	53.45	
Littlestone Lifeboat 10K Promenade Dash - 1st June					
Pos	Name	Cat	Time	Rtg	Notes
2	Simon Jones	SM37	37:25	72.93	PB
Harvel 5 - 2nd June					
Pos	Name	Cat	Time	Rtg	Notes
75	Ray Cameron	SM36	32:20	66.78	PB
104	Mark Wenman	VM58	33:45	73.83	
114	Barbara Wenman	VF54	34:04	79.59	
Kent Roadrunner Marathon - 4th June					
Pos	Name	Cat	Time	Notes	
64	Sarah Maguire	VF42	3:33:38		
144	Sally Silver	VF37	4:30:21		
Southend Half-Marathon 2012 - 19th June					
Pos	Name	Cat	Time	Rtg	Notes
843	Sally Silver	VF37	2:02:02	54.25	Debut
1171	Emma Sherwood	SF30	2:16:15	48.06	Debut
The Hamstreet 10K, Romney Marsh - 10th June					
Pos	Name	Cat	Time	Rtg	Notes
8	Richard Austin	SM33	40:21	66.85	Debut
14	Gareth Coult	SM32	42:51	62.95	Debut
91	Carl Treleaven	SM39	56:13	49.22	
136	Alix Cox	VF35	1:09:04	43.43	

Update on Whitstable Parkrun - Jacky MacDonald

Parkrun has been a runaway success, not just in Whitstable but all over the country. When Whitstable 'went live' in November 2010 we were run No 61. Now there are 147. That's one new Parkrun starting each week.

Runners from 98 different running clubs have attended Whitstable Parkrun. Canterbury Harriers are top of the list with 66 attending and with 552 runs between them. This does not include Tina Jones who paces and Peter Yarlett who takes the photos each week. We sometimes get a swelling of numbers when the local running club, Jelly Legs, descends en masse, Sittingbourne Striders cycle in and out for their triathlon training, or when a bus load come down from a London based Parkrun to run Whitstable for a change! The most runners so far at one event is 147.

We have just had our 83rd run and we have had one runner completing more than 70 runs, one has done more than 60 runs and twelve who have done more than 50 runs and been awarded their lovely, much sought after, red T-shirts. As the weeks pass, more and more people are racking up their Parkrun numbers. Twenty juniors have achieved 10 runs and been rewarded with a white T-Shirt.

We had a midsummer run on the longest day, Thursday 21st June which was well attended but unfortunately the weather intervened and, instead of the planned picnic on Tankerton slopes, it was hot chocolate back in The Lounge, the usual post-run social gathering point.

Parkrun has become very family orientated. Mums and Dads who came and then encouraged (bribed) their children to come and the look of pride on the parents faces is enough to lift the clouds on any Saturday morning. And vice versa, juniors came, persuaded their parents to come, who then realise that although the children make it look easy, its not quite so! Quite often sprinters/athletes will come with a partner and take the time to run with them putting their own possible PBs on hold.

The one thing that Parkrun is blessed with and which makes us unique are the volunteer marshals. Normally a Parkrun would have 4 sets of marshals doing one week on and 3 off or two weeks and having 6 off but our marshals can't keep away! The same 11 of us turn up week in week out. We all know our stations (although multi tasking) by the Thursday prior to the run and go there and get on with it so that the run is as smooth and seamless as the ocean on a good day. No need to introduce the regular volunteers, I think you know us all!



PS The jackets give it away but just in case you don't quite know everyone from L - R top; Jacky, Peter, Marilyn, Anja, Brian, Tina, Mac, Fergus, Ange: bottom Mel, Dan).

Some of the regular Harriers at Parkrun include:







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			

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 prior being formally approved at the AGM in October. There are 12 committee meetings during the year and these are normally on the 2nd Tuesday of each month. This informal membership of the Committee seems to work well as it gives members the opportunity to sample Committee life (and Steve's jokes) before making a final decision to be put forward for election.

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 as the only current female reps. 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.

Step forward and speak to Tim or Peter, or any of us, if that person is YOU>>>



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 Gambrell - 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

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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
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T: 01622 685146 E: info@gilbertandclark.com

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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

Saxon Shore Photos.....





Congratulations everyone for finishing the Saxon Shore run, not worrying about getting lost and for having had a memorable time. And it can all be done next year.....

Canterbury Harriers Kit Kroner



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 the Mt Ephraim 10K on the 8th July. Your club needs you etc (and you families, lovers and friends) to make the race its 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 Summer 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

