



# The Harrier

The newsletter of the Canterbury Harriers



## Contents

Welcome.....	Pages 1 - 4
Spotlight on Gareth Coult.....	Page 5
Photo Shorts 1.....	Page 6
Get to know your new Chairman.....	Pages 7 - 8
New Club committee.....	Page 8
parkrun progress.....	Pages 9 - 11
Le Touquet trip 2013....	Pages 12 - 13
Reims Twinning 2013.....	Pages 14 - 15
Rob Dowling's LEJOG...	Pages 16 - 22
Photo Shorts 2.....	Page 23
X-Country Information & Dates.....	Pages 24 - 25
AGM Minutes.....	Pages 26 - 29
Dave Bowden 'Ironman' .....	Pages 30 - 36
Race Results.....	Pages 37 - 41
Kit Orders.....	Page 42
Harriers Trotters.....	Pages 43 - 45
The End.....	Page 46

## INTRODUCTION

Welcome to the Autumn edition of your Harrier newsletter and a particularly warm welcome to all new members of our club. We are delighted to have you as new Harriers. The shorter Autumn evenings are already upon us and with them the switch from Birley's track/field training to the longer road repetitions and hill climbs has already taken place. But what a wonderful summer we've had and as even as mid-September the thermometer topped 28 degrees. Whew!

## YOUR READ

Items in this edition include a report back from September's AGM, an introduction to the new cross country season (Steve Clark), a profile of Gareth Coult, 'get to know' your new club Chairman, LEJOG (Rob Dowling), a parkrun update (Jacky MacDonald), recent race results, the Le Touquet trip, (Peter Yarlett), the new club committee, the Reims twinning trip to Canterbury (Bob Pullen), purchasing kit (Jenny Benson), Bolton Ironman (Dave Bowden), and the AGM minutes (Tina Jones).

## AGM



The earlier than usual AGM held on the 12th September was significant in a number of ways. Chairman Tim Richardson-Perks stood down from club responsibilities and Peter Yarlett was elected as the club's new Chairman. A 'get to know' the new Chairman profile of Peter appears in this edition. Tim was thanked for his service to the club in a number of key roles and fortunately will remain as a club member. We also said thank you to Francis Maude and Phil Wyard for their club contributions. The club is

fortunate in having ideal committee replacements in Bob Moreton (Treasurer) and Yiannis Christodolou (Runners Representative); and Joe Thomsett (Co-opted Runners Representative).

The AGM carefully considered the Committee's recommendation to increase our annual membership fee, enabling the club to pay the Birley's rental fee. After a full introduction to the reasons for the move (also described in depth in earlier Harrier editions) and, following discussion, the recommendation was approved. This is to introduce an annual membership fee of £50pa (to include UK Athletics registration) or £40pa (for members not wishing to have UK Athletics registration).

Also, a new category of Social membership of £10pa was agreed for non-competing/non-training supporters of our club.

A second recommendation to introduce a revised Constitution for the club was also approved and a copy is now lodged on the club website.

During the evening your committee also noted a number of discussion questions that will be followed up, including providing further details about the merits of UK Athletics individual registration, making further developments to club communications and whether payments to the club could be made by electronic bank transfer.

John Hartley was confirmed as the Race Director for the 2014 Whitstable 10k. Mention was made that the healthy surplus made from the race adds to club funds and helps support many of our activities, as well as allowing us to make a significant contribution to the local Demelza children's charity.

The AGM concluded with a sale of club kit by Jo Norrington and Jenny Benson; and, for the first time following the AGM, buffet and drinks were provided in the village hall venue courtesy of Tony Savage and Roy Gooderson.

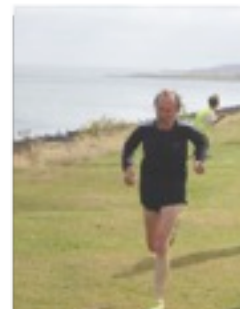
A copy of the formal minutes, kindly recorded by Tina Jones, is included in this Harrier edition.

### **HARRIERS AMBITIONS 2014**

Your Committee will shortly be considering a range of club aims for 2014 that support the Club's ethos of promoting competition, social events and other activities that develop our club's identity. A draft of these 'ambitions' will be out in the new year for you to have your say in shaping club developments.

### **RUSSELL WILLIAMS**

The AGM also had a moments reflection for the loss of Russ who very sadly passed away in early September. Russ was a longstanding and respected member of the Harriers, a stalwart of our cross country and relay teams and one who was always willing to give of his time in helping out at club events and at the local parkrun. Russ was an elite standard runner both as a senior and a vet but he was a quiet and modest man who rarely spoke of his impressive achievements during his running career. We shall miss him.



## MEMBERSHIP FEES

Fees are, as usual, due from the 1st November and should be sent by cheque to Andy Farrant at the fee level approved by the AGM. A reminder will be circulated closer to the payable date but early payment would be much appreciated to Andy at 4 Sussex Gardens, Herne Bay, Kent, CT6 8DU. Cheques to be made payable to 'Canterbury Harriers' and marked on the reverse as a membership fee payment. Many thanks.

As requested at the AGM your Committee has investigated the possibility of members paying the fee in two instalments. Having carefully looked into the possibilities the administration involved is, however, too complex for this to be a practical arrangement. Sorry folks...

## DOWN BUT NOT OUT - TINA JONES

And down Tina was when coming off her bike at the Canterbury Tri. and badly injuring her hip. But she is not 'out' as Tina has overcome the disappointment of not being able to run for a while by showing resolve and making plans to regain fitness through walking and swimming. We wish Tina well in her recovery and look forward to her racing again some time next year.



## RACE RESULTS

Despite the warm summer weather Harriers racing has continued apace with notable pb's, fast times and debut performances recorded. Of mention are debuts by Nathan Bradley (10k and half M), Sasha Saker (10k and half M), John Cooper (10k and M), Ella Trott (10k and half M), Craig Thoms (M), Russell Evans (M), Laura Hardy (half M), Andrew Hall (half M), Lariza De Oliveira, Elisa Terry, Jayne Bennie, Gary Hovory, Ben Trott, Matthew Crittall, Robert Spaughton and Jennie Gardener (all 10k).

PB's were recorded by Simon Jones, Tom Millard (& half M), Anna Fisk, Wendy Osmond, Craig Thomas, Peter Hogben, Joanna Brazier, Leisa Terry, Rosalie Maltby, Shirley Pullen (all at 10k); Mark Ford (5miles), Tony McParland (10 miles), Ella Trott (half M).

Excellent placings were made by Simon Jones (1st place at 10k), Steve 'don't ask him to mind your bike' Clark (3rd Vet60 at 10k and 20miles and 2<sup>nd</sup> half M), Sarah Maguire (1st vet 35 at half M and 1st female at 10k), Penny Birchall (1st Vet55 at half M and 3rd female 10k), Peter Hogben (1st placed at 10k). Simon Jones has also been well placed in a number of local races. Well done all.

## EVENTS AND DIARY DATES

Many thanks to Gerry and Sean (Chapter Arms, Chartham ) and John Hartley (the Rose, Wickhambreux) for arranging recent pub runs; Roy Gooderson for organising the annual August Le Touquet trip; Jenny Benson for organising the ladies night at Wildwood and Brian Forbes-Turner for organising refreshments at the final summer relay.



**Be there or else for:**

As many cross countries as you can make starting with a KFL at Knole Park on 20th October (dates of all cross country fixtures are posted inside).

The club's Annual XMAS Presentation is on 7th December at Boughton Golf club and tickets are now on sale and have been advertised via club e-mail.

Our own KFL organised X-country is at Blean on 2nd February 2014 when marshals and helpers will be needed. Please diarise this date and put friends and family on stand-by to ensure that we have a full helpers team in place.

**BE SEEN AT NIGHT**

Please wear running clothing/reflective bands/ clearly be seen by motorists. We want you all to piece!



lights that can remain in one

**CLUB COMMUNICATIONS**

A small group of members is meeting shortly to discuss how club communications might be taken forward. The main emphasis is on the website, Facebook and



Twitter so watch out for further updates on using all available media to help us keep in touch within our Harriers community. The group's proposals will be out soon.

**COACHING**

Under Gerry's coaching leadership we are continuing to develop from within the club's own membership a team of top class coaches. As part of our coaching succession plan Yiannis Christodoulou will be attending a one day Leadership in Running Fitness course and Jenny Benson a three day Certificate in Running Fitness programme. All club coaches make a massive contribution to club life and we are extremely grateful for the 'shifts' that they put in.

**Call for new Editor**

Your Editor is delighted to have been voted in as Chairman at the AGM. However, this does mean that to spread the workload a new Harrier Editor is now needed. Peter has edited the Harrier for the past 5 years but now is the time to invite another member to step forward and put their own mark on the Harrier content, look and feel. Peter would be pleased to work closely with the next Editor so that there is a smooth handover. Will budding Editor's please step forward to chat with Peter about what is involved.

Articles are always appreciated for the next publication date, early in January. Enjoy your read.....



**Spotlight on Gareth Coult.....****Q. What is your story about how you got into running?**

A. I have always done running since I was a child, my dad and brother were both runners and I married into a running family.

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

A. No running has been the only sport I've been interested in.

**Q. What is your favourite training session?**

A. I think it would have to be Blean woods the black route; it really gets the heart and lungs going.

**Q. What other sports are you interested in watching?**

A. To be honest I enjoy watching tennis and the F1 racing as well as the athletics.

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

A. I am self-employed so I'm home most days by 16:30 so it's quite easy to fit my training in.

**Q. What is a typical weeks training for you?**

A. I try to do a hills session at least once a week and a couple of 5 and 6 mile runs, and the black route.

**Q. What are your favourite races and distance?**

A. I don't really have a favourite race. But my favourite distance has to be the half marathon, mainly due to I keep improving my time.

**Q. What are your future goals and ambitions?**

A. I would love to run under 1:25 for the half and sub 3 for the marathon.

**Q. How do you keep motivated to run?**

A. It's quite easy when you have two children under 6 and another on the way, so I can't wait to get out and relieve some stress lol.

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

A. Yes don't run with Faye Roberts she slows you down "only joking Faye". To be honest I try to run with someone faster than me so I'm always pushing myself.

**Photo Shorts 1.....****Roy Gooderson Getting Hot with Kaddy!**

BBC Weathergirl Kaddy Lee Preston interviewed by Roy after her race walking the Thanet Half in preparation for her Kilimanjaro climb. Their new single comes out next week!

**Andy Farrant - The Back and Front of it at the Canterbury Half!**

## Get to know your new Chairman - Peter Yarlett

### Brief CV:

Harriers member for 6 years

Home town (was) Croydon

Now retired from working in HR, consultancy and management development

Lives in Whitstable

Soon to be a 'grandpa'

Birth sign Leo

Favourite beer - Autumn Red



### What is your main interest in running?

It used to be hard training and competition. But I now want to give something back to a sport that has treated me well over the years. I still enjoy the training and some racing but I particularly enjoy the camaraderie and seeing new entrants to running realise their potential. I like supporting the club at events and cheering people on. I have taken a lot of pleasure in seeing the Whitstable parkrun flourish, seeing people improve their times and eventually join the Harriers. Overall I would say that seeing people enjoy their

running without getting over serious is what running should be all about and also taking the highs and lows in equal measure.

### What plans do you have to develop the Harriers?

It is early days but I would like to promote through discussion 'Harriers Ambitions for 2014'. The kind of things that we might consider are, not in any particular order, our own media communications (press, web, Facebook etc), social events, and co-ordinating weekend training sessions (runs, rides and swims). And generally to ensure that Harriers enjoy their membership with the club.

### How do you see the role of Club Chairman?

I see the Chairman as the catalyst for how Harriers move forward in providing a club that members want to be proud of and excited to be part of. Any club is only as strong as its membership. I see this being done by working closely with members and the management committee. Harriers are fortunate in having an excellent committee on whom the Chairman relies heavily. Beyond that the chairman needs to provide leadership and help shape the club's aspirations. On a practical level it is in regularly attending training, meeting with new members,

listening to member views and being an effective representative of the club with outside organisations

### **What is your own running background?**

Started running whilst at school and joined Croydon Harriers, so have been running, injuries apart, for about 45 years! Have taken part in road, track and cross country with pb's set a long time ago, including :

Mile - 4:26

5k - 15:26

10k - 33:35

10miles - 53:15

Half Marathon - 75:10

20 miles - 1:53.20

Marathon - 2:59.49

A race I remember particularly well was placing 230th in the 1974 senior national cross country champs held in Sheffield.

### **What other sports do you take part in?**

I like cycling and walking but probably my main interest is cricket - I still turn out for Sunday side Whitstable - and also help to maintain the square most weeks during the summer.

For my sins I also support (along with Tony Savage) Crystal Palace 'Eagles' - having grown up only 100 yards from their ground. PS: have just obtained a set of golf clubs so duck when the call comes.....

### **What changes have you seen in running over the years?**

The increased number of female runners, Lycra, social running, extreme events, cross training, mass participation events and runners keeping active well into later years - all good things (well maybe not the Lycra on men!)

### **Any tips for Harriers?**

Speed training is the essence of good performances.

Stretch to help muscles recover and use a warm down as preparation for the next session.

Finally, enjoy your running but don't be excessive! Remember, we do it for fun.....

### **Your Club Committee:**

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

Peter Yarlett	Chairman	Andy Farrant	Membership Secretary
Bob Moreton	Treasurer	Sean Reilly	Web Master
Roy Gooderson	Admin Officer	Mark Wenman	Runners Rep
Tina Jones	Secretary	Vacant	Deputy Chairman
Gerry Reilly	Head Coach	Yiannis Christodoulou	Runners Rep
Steve Clark	Coach	Jenny Benson	Runners Rep & Coach
Joe Thomsett -	Co-opted Runners Rep		



## PARKRUN PROGRESS.....Jacky MacDonald

parkrun has become the buzz word in running circles. 630 thousand people have signed up and acquired a barcode. That free barcode is a person's unique identifier allowing free entrance to any one of the 300 parkruns in this country and 100 abroad...and growing.



Kent parkruns longest day 23<sup>rd</sup> June 2013

Kent has done particularly well with 4 new parkruns in the last 6 months. There is a parkrun at Shorne Woods (Gravesend), Maidstone, Margate and Pegwell Bay (Sandwich). Where approx 150 people came to Whitstable, now there are 500 across the 5 parkruns attending regularly. The numbers at Whitstable have remained constant between 140–160 each week and remain unaffected by the new parkruns. Whitstable is the only one which is UKA measured.



Martin Henry – far left, striding along the prom!

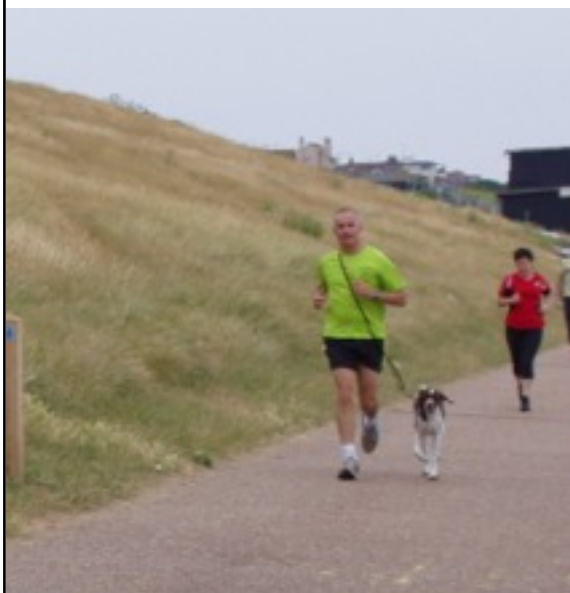
Great Lines parkrun, Gillingham has a start date of 28<sup>th</sup> September, Tonbridge 19<sup>th</sup> October, and Ashford 26<sup>th</sup> October. Canterbury will be starting in the new year at the University. Whereas last April we were one parkrun now we will be nine in the new year. A lot to chose from.

parkrunners had a great day on the longest day in June, the intention was to visit all five parkruns in Kent in a single day. We started at Shorne Woods at 9am, Maidstone at 11, Whitstable at 1pm, thoscones and cake to feed a regiment, people arrived on motorbikes and packed cars. A few supported their own parkrun boosting numbers and others came for a couple depending on time and commitments. Some managed to run all five and others planned for less. Each parkrun was a totally different scenario. Shorne Woods had woods to get lost in, Maidstone was by on the banks of the beautiful River Medway and around Watmore park, Whitstable and Margate both windy hill tops with stunning views and Pegwell Bay in National Trust parkland. The weather was gorgeous, if windy towards the end. A great day was had by all who took part.



Dave Smith all in black shaded from the sun!

It wouldn't be a parkrun report without a few statistics now would it?! 89 Canterbury Harriers have taken part in Whitstable parkrun completing 1252 runs in total. That's an average of just over 14 runs each. Jenny Benson has won 6 times, Barbara Wenman 5, Tony McP 3, Faye Roberts 3 and Peter Hogbin, Roddy McLaughlin 1, Peter McQuire 1, Penny Birchall 1 and Margaret Connolly 1.



Marco Keir ably led by dog

Jenny Benson, Tina Jones and Penny Birchall hold age related records. Nobody in the club has a sub 17min (male) or sub 20min (female) but I am sure that somebody will get there soon.



Jenny Lucas humming a tune across the shingle on the Lollipop alternative course



John Wilkins leading a group across rough terrain on the Lollipop

**Happy parkrunning! Jacky**



## A reduced account of the Le Touquet Trip - 17th August 2013 - Peter Yarlett

Race for some starts on Friday, a day early.....group **cycling** to Le Touquet.....Andy, Neil, Steve, Colin and Tony.....must be crazy.....panniers packed.....head for Dover and ferry.....hilly ride to overnight camp stop with basic amenities, including stand up toilet.....cool and cloudy Saturday morning arrives in Kent.....just right for running, perhaps.....an early start leaving home at 5.30am as the sun is rising and the sky still to decide its colour....drive to Love Lane, Faversham.....nobody stirring in the cemetery.....small group already gathered and no one late.....exchange of muffled greetings.....Bat and Ball for next pick up.....strange group of people by side of road.....recognition kicks in.....all aboard.....Roy reminds us again that it's his 22nd trip to Le Touquet.....briefing given for day and remember 'don't get lost and keep to time'....time zone change, passports at the ready.....shopping trolley fill up supermarket.....what's the start time in French time.....race start and finish place same as last year.....lots more to remember.....head spinning.....quiz to complete.....arrive at Dover.....pick up more Harriers and Folkestone runners for 7.35am ferry crossing.....lots of chatter now.....starting to wake up.....quickly lost in vastness of ferry.....was it Blue level 3 or Red level 5.....just follow the next person and look knowing.....long wait in breakfast queue .....sun still to show.....meanwhile cycling group already in Le Touquet **enjoying** Macdonalds breakfast.... ..



Tony, Neil, Steve, Andy and Colin re-hydrating during their cycle ride to Le Touquet

do I really want to run if it is hot as usual?.....time to embark and en route for Le Touquet.....full flow of conversation.....stop at Auchen for hypermarket shop.....strange that everyone seems to sprint to wine and beer shelves, running faster than race times..... checkout fever with trolley's madly rattling.....coach heaves as shopping loaded.....someone a step ahead in providing ice for beer stock....closing in on Le Touquet.....answers given to quiz and well done Bob for most right answers.....park up at stadium.....about 2 hours to race start.....numbers already collected by cycling team



(at least one sensible adult among them, the remainder with their carers).....it's getting a bit hotter at 25C but not the burning usual heat.....stretch routines, toilet and final preparations.....walk/jog to start.....this might be tough so start steadily.....general mêlée at start with mad crazy French band playing 'roll out the barrel'.....race starts and straight down road through town and towards the sea.....hot by the sand dunes at 3K and with a slight uphill already feels tough.....drink station coming up, not before time.....now into tree lined roads offering shady retreat.....long straight roads ahead and so must concentrate hard.....halfway at last and early pace has already started to slacken.....6K and 7K really hard work and several people walking .....8K reached and can already smell the finish line.....9K reached and others are making their last effort.....last stretch on the running track into finish area.....200 metres to go.....tongue parched and can't wait for end.....drink, drink, drink.....no Harrier mistakenly take the 20K route.....a shower would be nice.....water, cake, fruit supplied at finish to restock energy levels.....Harriers men use handily placed hosepipe to rinse off.....ladies more discrete and head for the showers.....short walk back to the coach.....iced beer on tap..... bread and cheese and cakes.....relax and recover.....raffle drawn.....and start headback to calais with break for frites.....slight ferry delay so fill in time with more beers and chats with fellow motorists (even if they didn't want to) .....board ferry.....majority in lounge bar.....further rehydration with alcohol.....everyone relaxed and going with flow.....back in coach.....cycling crew dropped at Dover to reassemble bikes and onwards to Bat and Ball.....Roy and bike dropped at Rough Common..... take home purchased beer and wine.....and onwards to Faversham for final drop.....apart from Steve who is going all the way to Leharne coach depot.....glad not tidying coach.....last farewells.....fabulous day out.....many thanks Roy again.....onwards to his 23rd next year.

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

**Tree huggers Harriers, with guests,  
prior to the race start**



**Le Mount Ephraim 10k weekend – 20 and 21 July 2013.....Bob Pullen**

The Mount Ephraim 10k weekend saw Canterbury Harriers host the usual large group of French runners and their supporters from Canterbury's twin town of Reims on Saturday 20 and Sunday 21 July. However, this year a few things were different.

Firstly, Canterbury Harriers are no longer involved in the organisation of the Mount Ephraim 10k. This event is now run by the charity Action Against Hearing Loss (formerly RNID) with race administration by Nice Work. We used to struggle to get large numbers to enter the race, but I'm pleased to report that over 200 runners signed up, including big contingents from Tunbridge Wells Harriers and Maidstone Harriers who were contesting the Kent Grand Prix series. 25 of the runners were from Reims including city's main athletics club, EFSRA, and also from l'union and Reims-Canterbury Twinning Association.

Secondly, the visitors stayed at the new Christ Church University student accommodation

block in New Dover Road which is on the opposite side of Canterbury to where they have previously stayed and sadly too far away to visit The Dolphin pub. Views on the accommodation were rather mixed but at least the visitors were situated virtually in the city centre.



Thirdly, we didn't have a budget to host the group on Saturday night, but see below. Also, the budget wouldn't run to lunch for the group at Mount Ephraim, but again see below.

**Phil-Therese-Bob performing triple cake cutting ceremony**

Phil Wyard and Marco Keir met the group at their accommodation on Saturday lunchtime. Half the group went straight off to the station to catch a train to London while the other half stayed and explored Canterbury. Phil and Carolyn Wyard, along with Marco and myself met half the group – mainly the EFSRA contingent – and took them to the Two Sawyers pub in Love Lane for a drink. The city centre was looking a bit raucous when I passed through it earlier in the evening with a loud stag party in full swing in the City Arms, so to be able to take our visitors for a quiet drink in the courtyard garden of this quiet back street pub was good.

We met the rest of the Reims group and Craig Thomas at the Italian restaurant/café/bar in Canterbury Lane: <http://www.panteli.biz/> and proceeded to rearrange the tables and chairs to fit nearly everyone on the same table, which in my experience is the preferred model. The restaurant owners were more than happy with this and I suspect that as a group we were more quieter and restrained than their usual clientele – ie. students! As we had no budget for this, the Reims-Canterbury Twinning Association very kindly met the cost of our fish and chip

suppers followed by a slice of apple pie with a dollop of squirry cream. How very British!! With the meal out of the way, most of the group headed back to the Two Sawyers for a nightcap before negotiating the queue of somewhat squiffy and rowdy youngsters waiting to get into the nightclub on New Dover Road next to their accommodation.



**les remois runners enjoying Mt Ephraim**  
cheer our visitors on with a few 'allez, allez' before returning to the start area.

We met everyone again at Mount Ephraim house on Sunday morning and my wife, Shirley, and our two sons were reacquainted with a number of Les Remois from previous reciprocal visits. Unfortunately, the race was being held later in July than usual and a number of other familiar faces couldn't be present as they were on their annual summer holidays, the French schools breaking up several weeks before the British ones. A few of us stationed ourselves near the 1km banner to be able to

The race was won by former Canterbury Harriers member Rob Sloane who I hadn't seen since he left Canterbury for university at Manchester. All of our visitors completed the race in overcast but humid conditions with two of the ladies picking up bottles of wine for winning their age-related categories. Coals to Newcastle came to mind.

We took a nice walk down to the lunch venue, which was at St Barnabas Church Hall in Boughton-under-Blean, on footpaths through apple orchards and passing a lovely old oast house. One of Tony Savage's daughters, Denise, and her partner, Matt, provided a buffet at the church hall. I know Clarkey always precedes 'buffet' with the word 'sumptuous', but I think even this wouldn't do justice to this buffet. Lovely, still warm, freshly baked artisan bread, a range of cold meats and English and French cheeses, homemade chutneys and pickles, glorious home baked cakes. It was completely yummy! Les Remois had very kindly brought over a dozen bottles of champagne which washed down this lovely spread wonderfully, paired with some bottles of Shepherd Neame's finest which the female members of the group seemed to be drinking more copiously than the men.



**Enjoying lunch after the race**

So, a big thank you to all those involved in helping make this weekend such an enjoyable one for our visitors including:- Marko (meeting and greeting and sorting the accommodation); Craig, Tony, Shirley, Alexander and James Pullen, Joe Epsom, Martin and Faye Wyard (kitchen duties and setting up/packing away tables and chairs at church hall), Roy (ferrying some of the visitors down to church hall), Denise and Matt (buffet) and finally Carolyn and Phil for master-mining and organising the whole thing.



### **Rob Dowling's Lands End to John O Groats (LEJOG) Bike Tour- August 2013**

Over the years I have been reading a wide range of adventure books, from mountaineering, to north/south pole expeditions, etc. I often go to sleep dreaming/ planning of some sort of adventure similar to what I have just read that night. It was winter 2012-13 when I was reading the book 'One Man and his Bike' by Mike Carter. This chap cycled solo around the coastline of the entire of the UK! (An excellent book if you like that sort of thing.)

That's it! I thought to myself after reading the book. I have to do something before I get too old and/or have kids! So after a little research and briefly running it past my wife (accompanied by flowers, nights out, keeping the house tidy and being extra nice, etc) it looked like I could have my own mini adventure with me and my bike! LEJOG the scenic route it was to be. I intended to follow the route another LEJOG cyclist had completed, mapped out and posted on the net (<http://ridewithgps.com/routes/1307372>). I estimated (not that I'm known for my time keeping) it to be around 1,200 miles and should take me 10 days! I wanted to carry all my gear with me, tent, stove, food for day, clothes, etc, camp most nights and occasionally treat myself to a B&B when I was in need of some luxury! (All mileage is from memory as I didn't note down my daily mileage).

**Day 1:** (90 miles) After getting off the train at Penzance the previous night and finding this fantastic campsite near LE, I was feeling rather good about the whole trip. In the morning I made myself some porridge on my mini camping stove (bought by Tess), packed up and set off for the 10 mile cycle to LE. I got my pic taken next to the famous Lands End sign, checked my map and headed east. I have to say that cycling through Cornwall is consistently up and down x 1,000,000. Found a nice campsite near Fowey.



**Day 2:** (80 miles) My route was to take me along the south coast until I reached Plymouth, then north east to Taunton. On-route to Plymouth, I met two other LEJOG cyclists. We got chatting about reasons for doing trip, planned routes, accommodation, bikes, etc. One



of the cyclists kindly offered me a bed for the night at his house in Dartmoor Forest. (By then I was fairly certain they weren't axe murderers!) We cycled together along the south coast, through a lovely place called Looe, and on to Dartmoor. A fantastic night awaited us in the pub with a large, even by my standards, dinner to follow.

**Day 3:** (120 miles) We all set off at 9am and I wanted to make it to Bristol that night as my uncle was putting me up for the night at his house. The two chaps I was with were planning on staying in Street. I cycled with them there, said goodbye and continued to Bristol. Eventually, I made it after not quite realising how far I had to go from Street! Never mind a hefty meal, good company and a comfy bed awaited!



**Day 4:** (80 miles) It was the hottest day of the whole trip with temperatures reaching around 32 degrees C. A fantastic day cycling over the Severn Bridge, through the Forest of Dean and ending up at Cheltenham Race Course Camp site. Fortunately, my uncle offered to drive his campervan up and meet me there for the night. So I had another proper, FREE bed for the night. So much for camping the whole journey!



**Day 5:** (70 miles) This day was by far my most interesting day. My route had taken me all through the Birmingham canals. Wow! Its just like Venice (but not quite as nice!). After cycling with another chap who guided me all through the city, I ended up camping in the Cannock National Park Campsite. There were some fierce thunderstorms going on through the night. However I had brought some ear plugs for just such occasions!



**Day 6:** (60-70 miles) A standard day cycling. Met another ex-LEJOG cyclist and we had a few beers in the local, swapping stories and experiences etc... Unfortunately, this hindered my progress for the day. I think the beer is stronger up there! Eventually, I ended up just past Crewe in a campsite where I couldn't find anyone to pay for my pitch for my nights' stay.

**Day 7:** (100miles) As my route was avoiding main/busy roads, I was zigzagging my way through the country. I wanted to get some miles under my belt today so I decided to use the main-ish roads keeping to the west of Manchester and Liverpool. I saw many of the Bolton Ironman competitors cycling in the opposite direction to me. I knew Dave Bowden was competing and I was trying desperately to spot his face amongst all the cyclists. I would have gone mad if had spotted him! - but I didn't. In the end, I ended up staying in a small friendly campsite site south of Lancaster.

**Day 8:** (0 miles) RAIN, RAIN & More RAIN. Did I mention the rain? Decided to stay put as heavy rain combined with high winds = 1 unhappy cyclist. Luckily, the campsite owners took pity on me and offered me their caravan (free of charge) for the day/night. It gave me the opportunity to read my new book 'Moods of Future Joys' (cycle adventure around the world). It made my trip seem a little insignificant in comparison!

**Day 9:** (90miles) Today took me through the Lake District which I was looking forward to. The weather was cloudy, but it wasn't raining. I found a small pub with an open fire next to a beautiful lake. As I was attempting to dry my shoes and socks, I asked an elderly couple who were having a quiet drink if they knew of any Youth Hostels up ahead. After chatting about my journey, etc they kindly offered to let me stay in their house in Carlisle. A FANTASTIC night. Wine, food, good company, comfy bed and clothes washed. Went to bed at 12 after talking about everything and anything!



**Day 10:** (90-100 miles) After the biggest breakfast I have eaten in my whole life, I said goodbye to my hosts knowing that I would hit a new country today. The roads were flat all day. I was now heading north/west to the coast of Scotland. A fairly straightforward day today, just eating up the miles with my 1000kg bike!





**Day 11:** (110-120 miles) I woke up in my tent at 4am absolutely freezing. I put on every item of clothing I had, including my helmet, and made numerous cups of tea on my stove to try and warm myself up. I grumpily packed up my tent and left at 5am (got some good morning pictures though!) At lunchtime I was making good progress (leaving at 5am helps with the daily mileage!). As I had such a rubbish night before, I decided to use my phone to book a nice-ish hotel in Dunoon. (So much for camping for most of the trip!) A good tail wind pushed me to my nice warm hotel in a lovely area of Scotland and for once it wasn't raining!



**Day 12:** (35miles) The wind had changed and it was raining AGAIN! Today was the day my dad was meeting me. He had been touring Scotland and its islands for a week before meeting up with me on his motorbike. (I think he used my trip as an excuse for an extra holiday) I was averaging 6-7 mph on the flat. I was tired, cold and getting fed up of cycling! Relieved, I met my dad in a small town called 'Inveraray'. "What's the rush" dad kept saying to me. Little did he know my wife was waiting for me back at home! Eventually, he persuaded me to stay put and book into a B&B. We spent the afternoon/evening in the pub 'catching up'.

**Day 13:** (100-110 miles) The wind had changed back to a tail wind & it wasn't raining! Dad and I decided that I should continue to carry all my own gear rather than offload heavy items onto the motorbike, to keep the 'purity' of my journey intact. Found the most scenic route of the entire journey heading north up to Fort William. Fantastic! Met dad for lunch next to a loch, agreed that we would try and wild camp tonight and pinpointed some potential sites ahead on the map. Dad went ahead to set up camp and text me the location once found. We ended up camping next to a loch in the middle of nowhere in a rain storm. I had stocked up on food to cook on my stove which we consumed with delight at the end of the day. (Please



note my dad was wearing a mosquito net in the pic as they took a liking to him, must be his blue blood, and has not taken up bee keeping!)



**Day 14:** (90-100miles) Met up with 2 other LEGOG cyclists and followed them to Inverness. We each had our pic taken next to Loch Ness. But to be honest, by now I have had enough of cycling and looking at scenery! Dad had text me to say he had found a nice campsite with unlimited warm showers, a luxury when on a journey like this, in a small place called Brora on the east coast of Scotland. Almost there!!!



**Day 15:** (65 miles) Today was the day I was going to push for the summit! By now I was very tired but also excited and relieved at the prospect of reaching the end. It had been a tough journey mentally (especially when I was on my own and away

from my wife) and physically. We stopped off in the last town of the north east-named Wick (for some reason people were really getting on my nerves in this town!) for final carb replenishment (full Scottish breakfast + extras) and headed for JOG. 4 miles to go... 3 ...then 2, finally...1 and to my delight... a sign which read 'Welcome to John O Groats'. Total mileage 1,200 (+ a little bit for Rob getting lost!). After taking a lot of pics next to the JOG sign, I dropped my bike off at a local hotel to be posted back to me a week later. I hopped onto the back of my dads bike and we made our way home (2  $\frac{1}{2}$  more days on a bike. Great!)



I don't regret doing it but I would have regretted not doing it! Next year... who knows... how do you top that?

Eds note: well done Rob for joining the elite of Harriers who have completed LEJOG. Who will be next.....

## Photo Shorts 2

### Wingham 10K snaps....



303 is Lariza De Olivera, 82 is Rosalie Maltby, 278 is Jennie Gardner



Ella & Ben Trott

### The Rose pub run....as ever, everyone having a rotten time!





**STAND TO!****THE 2013/14 CROSS COUNTRY SEASON APPROACHES!.....Steve Clark**

As usual the heart of the season will be based around the 7 fixtures for the Sunday Kent Fitness League.

This year we will be entering as champions in both the Combined league and the Women's league. So it's more important than ever that we get a large and strong turnout and do the best we can to defend our titles!

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

And don't forget the County, South of England (SEAA) and National events! These events have closing dates with no entry on the day; so if you are interested please let me know in good time.

There is a fixtures list that follows (as up to date as I can currently make it) so get these in your diary and cancel any other engagements you may have on those dates and turn out for the club.

Ask not what can my club do for me but what can I do for my club!

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

There are so many benefits:

- 1) The Club will pay all your entry fees to the events listed; you can recoup a large part of your club membership on this alone!
- a) Free lifts usually available to the league events and if we have enough support for the one off, bigger events we can often arrange for a mini bus!
- 3) Club kit (sweatshirt or kitbag etc.) with exclusive season logo will be given to all members who do six or more of any of the events listed.
- 4) You will be held in high esteem by the Club XC Management Team!
- 6) You will often get horribly wet and muddy.
- z) It has been scientifically proven that people who do lots of cross country events every season will remain sane far longer than those who don't!

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



## Steve Clark – SUPREME XC Team Manager

**CROSS COUNTRY SEASON 2013/14 KENT,SEAA & NATIONAL FIXTURES LIST**

Date	Day	Fixture	Time	Venue
2013				
05th Oct	Sat	Kent County League-Fixture 1	14:00/14:30	Swanley Park, Swanley
20th Oct	Sun	Kent Fitness League-Fixture 1	11:00	Knole Park, Sevenoaks
26th Oct	Sat	Kent County League-Fixture 2	14:00/14:30	Somerhill School, Tonbridge
09th Nov	Sat	Kent County League-Fixture 3 (Women's)	14:00	Beech Grove Ac'dmy, Nonnington
10th Nov	Sun	Kent Fitness League-Fixture 2	11:00	Swanley Park, Swanley
24th Nov	Sun	Kent Fitness League-Fixture 3	11:00	Oxleas Wood, Plumstead
30th Nov	Sat	Kent County League-Fixture 3 (Men's)	14:00	Sparrows Den, Hayes
07th Dec	Sat	Kent Veterans Championships Entries closing date ??th Nov	from 11:00	Danson Park, Bexleyheath
14th Dec	Sat	SEAA Masters(vets) Championships Entries closing date 29th Nov	from 11:00	Shuttleworth Pk.,Biggleswade, Beds.
29th Dec	Sun	Kent Fitness League-Fixture 4	11:00	Avery Hill, New Eltham
2014				
04th Jan	Sat	Kent Championships Entries closing date ??th Dec 2013	13:20/14:20	Brockhill School, Hythe
05th Jan	Sun	Kent Fitness League-Fixture 5	11:00	Minnis Bay, Thanet
25th Jan	Sat	SEAA Championships Entries closing date 20th Dec 2013	14:05/14:50	Parliament Hill,Hampstead Heath
02nd Feb	Sun	Kent Fitness League-Fixture 6	11:00	Blean Woods, Canterbury
08th Feb	Sat	Kent County League-Fixture 4	12:00/12:30	Parkwood School, Swanley
16th Feb	Sun	Kent Fitness League-Fixture 7	11:00	Nurstead Court, Meopham
22nd Feb	Sat	National XC Championships(W,8k M,12k) Entries closing date ?th Jan	14:20/15:00	Wollaton Park, Nottingham
16th Mar	Sun	KFL-Presentation Relay	11:00	Date Provisonal, venue TBA
For further information please speak to Steve Clark				

**CANTERBURY HARRIERS AGM MINUTES****12<sup>th</sup> September 2013**Present:

Management Committee:-

Tim Richardson-Perks	Chairman
Peter Yarlett	Deputy Chairman
Gerry Reilly	Chief Coach
Steve Clark	Coach
Roy Gooderson	Admin. Officer
Phil Wyard	Treasurer
Andy Farrant	Membership Secretary
Francis Maude	Runners Rep
Jenny Benson	Runners Rep
Tina Jones	Club Secretary

There were approximately 50 other members present.

1. Welcome

Tim welcomed all members to the meeting. Before discussions got under way he requested a minute's silence in memory of our dear friend Russell Williams who sadly died on 31<sup>st</sup> August.

2. Apologies:

John Hartley, Barbara and Mark Wenman, Sean Reilly, Jennie Corfield, John Cooper, Julie Bradford.

3. Matters Arising from the Minutes of the 2012 AGM

No matters arose from the last meeting.

4. Chairman's Annual Report for 2012-2013

Before Tim began his annual report he informed members that it was with great regret that he would be stepping down as Chairman after only two years as his personal circumstances had changed making it impossible for him to carry out his role effectively on behalf of the club.

He then proceeded with his report with a summary as follows:

- It had been probably the busiest year for the club since it was formed 20 years ago.
- The biggest change had been the move from Kings Centre to Birleys. It seems we were the victims of our success. The club had grown hugely in size and Kings were finding it increasingly difficult to accommodate us. The move had gone smoothly, generously we were not being charged for the premises until the start of our financial year in October. Several meetings had taken place over the summer months with Birleys and some members from the committee which resulted in an agreement of a proposed fee which will be put to a vote later on in the meeting. Tim said that he supported the recommendation.
- Mount Ephraim 10K had been dropped as it was decided it was not really a financial success for the club and it followed too soon after our very successful Whitstable 10K for the organisation team to manage comfortably.
- We won the KFL cross country title and Tim offered his congratulations to all who took part in the event.
- We continued with our many social events – pub runs, quiz nite and our two presentations evenings all of which proved very popular.

Before he stepped down as Chairman Tim requested that members exercise common sense when they are in high spirits with 'banter' between each other

especially when they are wearing club kit, just be aware of the sensitivity of other members and the public.

John Hartley will be taking over as race director for the Whitstable 10K. Tim asked members to give John their continued support which is a vital form of income for the club enabling us to continue with our many social activities.

Finally, Tim wished Peter Yarlett every success as the nominated Chair. He thanked all those members who had supported him during his time in the roles of Chairman, Treasurer and Committee member.

#### 5. Treasurer's Report

Phil had distributed copies of the Club's expenditure and income based on the likely accounts for 2013/14. As we were having an earlier meeting this year the prepared accounts for 2012/13 were currently at month 11 and once the financial year has finished the accounts will then be independently examined. Simon Jones has again agreed to audit the accounts again.

All is looking healthy with club accounts. We now have a business reserve account holding £10,000, this has made an interest payment of £200 over the year.

The Whitstable 10K generated a net profit of £4,800 which, as Tim mentioned in his report, allows the club to offer the many social activities throughout the year.

There had been considerable expenditure on kit this year thanks to Jo Norrington sourcing some new items for us. As the club has a policy of simply charging members the price of kit items the amount should soon be recovered.

Phil went on to talk about the budget for 2013/14. As the club has had to move to new premises for training nights it comes with a cost of £4,600 pa. This will be funded from increased membership fees but as the amount has to be paid in advance it might leave our account a little empty until membership fees are due to be paid at the beginning of November.

Phil suggested that there could be some improvements made in the way finances are managed:

- a) Online payments
- b) Members methods of making contributions/payment to exclude cash
- c) Use of Royal Mail for delivering receipts/cheques/requests for payments
- d) E-mail authorization of expenditure

These points will be discussed with the Committee over the next couple of months.

A copy of accounts to date will be attached to these minutes for the file.

#### 6. Election of Committee

Peter was voted in unanimously as our new Chairman, he then took the Chair. He told the floor he was happy to be Chairman. He has been a member of Canterbury Harriers for the past six years having first joined a running club 45 years ago! He will do all he can to support the club moving it forward with the changes that are taking place. Perhaps a development plan for next year would be good, he will work with the Committee on this.

He will write a 'Chairmans Introduction' in the next 'Harrier'.

Other changes are as follows:

Phil will be standing down as Treasurer and Francis as a Runners Rep.

Bob Moreton was voted in as our new Treasurer and Yiannis Christodoulou as a Runners Rep. He will also take over the race results to which Francis is no longer able to commit.

There is now a vacancy for a Deputy Chairman and a Runners Rep. Peter said it would be good to have another lady on the committee.

As mentioned in Tim's annual report John Hartley will be the new race director and he will form a sub-committee for the Whitstable 10K.



Before Peter carried on with the next agenda item he presented Tim with a gift thanking him for his huge contribution as Chairman, Treasurer and Race Director over past years.

7. Recommendation:

Membership Fee – To approve that the membership fee for 2013/14 be set as follows:

1. £50pa per member inclusive of use of Birleys and EAA registration
  - And/or
  2. £40pa per member inclusive of use of Birleys but NOT EAA registration
- And a Social membership fee of £10pa for non-running/training members.

Peter gave the following outline of meetings and discussions with Birleys:

The current fee is £25 of which £10 goes straight to UK Athletics. Your Committee having considered the situation are recommending an increase in fees that allows us to continue using Kings School as our training base.

Tim's note on the recommendation that appeared in the last Harrier plus with some anticipated Q&A's and has been recirculated covers all of the key points. The purpose in doing this was to keep you all up to date and not to feel that anyone was being surprised by what is being recommended.

The background is that the club has enjoyed the use of the Kings leisure centre for many years at no direct cost to the club - other than those than individual members who chose to be full members of the centre to enjoy all that it has to offer or like some of us who had a special discounted membership to allow us to park and shower at the centre.

However our own success as a club in attracting members put pressure on Kings to look at a different solution to our meeting place. The issues were overcrowding in the foyer that was relieved for a time by meeting in the fencing room; and pressure on parking and showers. It has to be said that there were also a few members who perhaps used either parking for showers and did not pay for this facility. Not many but Kings were aware of this and did raise with us from time to time.

It is fair to say that we have always enjoyed a very good working relationship with Kings and specifically with Clare Reed.

Clare is keen to see this relationship continue and has worked on our behalf in discussions with the Sports Director at Kings school to be in a position to locate us at Birley's. Clare has no specific managerial control over the school's facilities but has been prepared to speak on our behalf. In effect, the School and leisure centre are separate working entities - but linked under the overall umbrella of kings school.

We were firstly offered from April a free facility at Birley's and we have had the opportunity to test the changing rooms and showers, secure parking, & continued use of the field for summer training. We have had regular meetings with Clare to feedback and points and she to us. There is an excellent working relationship with her (and with Bill and Paul) and one that we wish to maintain.

However at the outcome Clare made it clear that continued use of Birleys would come at a cost and that figure is £90 per week or £4600 per year. The £30 element of the new membership fee works out at about 30p per member per night's training.

For that we get the use of Birley's for 2 nights each week, secure parking, showers, toilets, a meeting place that we can call our own, a venue in central Canterbury and continued use of the field for spring and summer training.

Peter went on to say that we would be paying the full amount in advance and any increase will be in line with inflation.

We are currently negotiating for a notice board and the use of lockers.

After much discussion the recommendation was carried that the membership fee would be £50 per member or £40 if members did not wish to pay the EAA fee. Furthermore a new membership fee of £10 would be introduced for non-training/non-competing social members.

#### 8. Canterbury Harriers Club Constitution

Copies of the club constitution had been distributed to all members and the proposed amendments were voted unanimously.

#### 9. A.O.B

i) Kit: Jo told the meeting that she would be passing over the managing of club kit to Jenny Benson whilst she is on maternity leave. She has been doing a great job sourcing new kit especially as it was proving to be extremely difficult finding blue and white kit.

ii) Tri Suits: Wendy would like to add tri suits to the kit assuring members that Harriers funds would not be affected in any way as those who wished to purchase a suit would have to do so at their own expense. Wendy had found a company who would produce a suit in club colours and these would be 'made to measure'.

iii) Presentation evening: Tina had received a menu from Boughton Golf Club which she will e-mail to all members. The cost this year would be £17 for members and £23 for non-members.

iv) Online Payments: Andy told members that it will be possible to pay their membership fee online.

v) Website: Peter had spoken with Sean who agreed it was in need of updating. Peter would like to enlist members who would be able to help out with further communications initiatives.

As there was no further business for discussion Peter closed the meeting thanking all those who had contributed to the club in any way and those present for attending the meeting.

**My Ironman Journey.....Dave Bowden**

My journey starts with too many glasses of Sauvignon Blanc culminating in online entry to Ironman UK on 4<sup>th</sup> August.

Once committed, I started to research what and the volume of training I needed to do. Broadly speaking between 12-20hrs each week. I thought I would combine my London Marathon training with the swimming and cycling. Easy!

New Years Day and eight months abstinence from alcohol begins.

My marathon training was going very well, when in February my boss said to me "can you go sort out the industrial and medical gases supply chain and logistics in Germany for six months. By the way I've said you'll save €2.1m "

Working long hours away from home and with the worst winter in Germany for many years, resulted in my training plan being thrown out of the window. I formulated a plan B; run when I can in Germany, if that fails, gym work and cycle when I get home at the end of the week.

Plan C was quickly deployed : swim on Friday, cycle on Saturday and run on Sunday.

London Marathon in April – done!

Cycling had proved almost impossible due to the weather until May

Now I needed to concentrate on my weakest discipline; swimming.

I really don't enjoy swimming, largely because I find it hard, partly because I'm truly rubbish at it but also it is so boring. Four coaching sessions confirm I am rubbish.

The coach told me to "concentrate on drills to improve technique"

June's training intensity increased to another level and exactly the training regime you're advised to avoid:

Friday 0700hrs pool swim of about 2000m + sea swim in the evening.

Saturday 20-22 mile run

Sunday 100 mile + cycle.

Saxon Shore Relay – I love this event but it abruptly ended on leg two for me with both quads seized. "Please don't this let stop me completing the IM!" was my immediate thought. Despite drinking litres and litres of water each day, I am now convinced that it was dehydration due to the volume of training I was doing.

A few physiotherapy sessions and some pain with a grid roller got me back training.

Two weeks before the IM I started my taper ;

Two swim sessions per week, fifteen miles of running and fifty miles of cycling.

The weekend of the race had arrived along with the nerves.

Saturday consisted of eating, eating and eating plus registration, racking my bike and sorting my transition bags in three different locations.



A flying visit to my Aunt and Uncle for tea and more carbs.

Saturday night – more carbs .

Bed at 2100hrs and then awake at midnight watching the clock until the alarm went off at 0300hrs.

Breakfast at 0400hrs – I struggled to get my porridge and bananas down.

Never a problem before - “ I must be anxious”

I arrive at the start in the dark and rain at 0515hrs – check bike, pump tyres and wetsuit on. I’m torn between emotions of “god what have I done!” and “come on lets get started you trained hard for this”

Its 0545 and I get into the lake with the other 1800 fools. Oww! I’ve stood on something and my feet are stinging.

The National Anthem is played and then bang we’re off.



The swim is known as the “washing machine” for a very good reason. I think it is more akin to cage fighting in water.

1800 people thrashing around trying to get into the same piece of water.

After being kicked, punched and swam over, I increase the ferocity of my kick and my stroke creating some space. I keep telling myself start steady and stay aerobic.

At the first buoy I find some space and settle into a rhythm.

First lap complete – I can do this! My feet are hurting as I run across the pontoon before re-entering the water.

Well into the second lap I collide with another guy three times in 5 strokes. We both stop, pop-up and exchange words, utter profanities accusing each other of not being able to swim straight.



3.9 km swim over .

T1 – there is blood on the towel I am standing on are bleeding. “Ignore it”.



As I start on the bike, I realise the roads are wet. I have changed my tyres to racing slicks earlier in the week which are much more prone to puncture than my old tyres and in the wet the probability of puncture increases substantially. 500 metres from T1 and I see the first puncture victim. I am talking to my bike “please, please don’t puncture!”

Eating 80-90 grams of carbs. per hour.starts.

I combine 2-3 energy bars with bananas and energy drinks every hour for the duration of the bike section. It is really hard work consuming all this for hours and hours.

It is a steady incline for about 25km to the first loop. Then a very large, steep hill called Sheep House Lane. The support is truly amazing and makes the hairs on the back of my neck stand up. I focus on keeping my heart rate below 80%.

The hill is massive and fools you into thinking you've beaten it and then you climb again - three times. It's probably 0830hrs and on the top of the moors there are a group of guys in afro wigs, wearing mankinis, moustaches, bikinis. 80's clothes singing, dancing, rattling cow bells, drinking beer, playing very, very loud music in their VW camper supporting everyone. Brilliant!

A very, very fast descent follows and only when I'm travelling at about 40mph on the wrong side of the road do I remember not all the roads are closed!

Riding through one village it feels like the Tour de France - people are all over the road urging you on with only enough room for you to ride through. It affects me and I start to ride too fast increasing my heart rate.

The sun comes out and it is beautiful weather.



Second lap - the hill again but this time it hurts but I keep my heart rate down and the inner dialogue between my emotional thinking primeval Chimp brain and my logical thinking human brain starts in earnest.

"Why are you doing this? Stop!"

"Shut up - it's a personal challenge"



Third lap – The wind has picked up and become very strong. I start to climb ‘that’ hill again and I’m passing everyone with ease. I hear a supporter shout “come on, look he’s making it look easy”. It feels great but at the top my heart rate has hit 95% of max. What an idiot!

Due to the strong wind the 40+mph descent is a bit scary.

The last 25km of the ride is so tough. I want to get off the bike – everything and everywhere hurts. The Chimp is close to winning the argument.

180km done.

T2 – great I’m off the bike. What a relief. Shoes on, drink and a carb.gel and I’m away

I start running and feel brilliant – I tell myself to stick to the plan and slow down. Keep your heart rate down, take 3 gels per hour and drink. I tell myself “Nothing is going to stop you finishing now”

The first 10km feels great and I’m passing scores of people. Then the stomach cramps start and the Portaloo beckons and continues to do so for the remainder of the marathon.

I reach Bolton and enter the first loop in the town. As I go down a steep hill into Bolton and I think I’ve got to come back up that hill 3 times. It starts to pour with rain. Why didn’t that hill register in brain – I used to go up it to get to one of my Aunts house.

I collect the first coloured band to signify lap 1 is complete. The support is truly amazing and inspiring.



At 25km I start to hurt but draw solace from seeing Bella Baylis (multiple IM champion) in pieces.

Between kilometres 25-35 is a mental battle and constant argument between my logical brain and my chimp brain.

Chimp “This is painful – stop and the pain will go away”

Human “NO! The pain is temporary, quitting lasts forever”

At a feed station I take some coke(triathlon is the only time I ever drink this), a caffeine gel and a handful of mini- cheddars. What a delight and a relief from gels those cheesy biscuits were. They taste like ambrosia!

A young guy shuffling alongside me tells me we have 25 minutes to finish in sub 13 hours I respond with a “come on then, lets get it done”

I increase my pace from shuffle to run and after 400 mtrs I feel strong and

accelerate again. Must be the Cheddars!



Becoming an Ironman is within sight and I speed up again - I'm running sub 8 minute miles. I can't believe how I can be moving so quickly after all this.

As enter the finishing funnel the noise is deafening, the elation starts to take over and I realise I've done it and start to high five the spectators when I hear "David Bowden - you are an IRONMAN!"

As I cross the line and stop I can feel my blood pressure dropping. 226.2 kms completed.



I get a massage, put on some warm clothing and I cannot walk my feet hurt so much. I had sliced open my left foot and bruised my right getting into the lake at the start. Thank goodness the Chimp didn't know.

**Eds Note:**

**For the Record Dave's splits and overall time:**

**Swim 1:21 884th**

**T1: 09:13**

**Bike: 7:07 850th**

**T2: 06:34**

**Run: 4:09 291st**

**Combined 12:53**

**Giving him 29th in age group and 609th from 1800 starters.**

## Road Race Results from around the World and Kent

<b>The Hamstreet 10K, Romney Marsh - 30<sup>th</sup> June</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
1	Simon Jones	SM38	37:49	72.67	
4	Jacob Hussey	VM46	41:37	69.97	
47	Nathan Bradley	SM25	58:38	46.00	<b>Debut</b>
61	Rosalie Maltby	SF24	1:03:38	47.01	
<b>The Podplus Ashford Summer 5K Series - 12<sup>th</sup> July</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
2	Simon Jones	SM38	17:00	78.15	
75	Jacky MacDonald	VF65	35:45	54.05	
<b>Romney Marsh 10K - 14<sup>th</sup> July</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
4	Simon Jones	SM38	36:03	76.23	<b>PB</b>
6	Tony McParland	VM44	37:24	76.70	
14	Peter McQuire	VM41	40:37	69.10	
15	Gareth Coult	SM33	40:58	65.84	
55	Martin Henry	VM50	48:07	62.41	
95	John Wilkins	VM58	53:37	59.99	
100	Jennifer Lucas	VF56	54:22	66.33	
176	Jacky MacDonald	VF65	1:13:27	54.28	
<b>Dinosaur 10K - 21<sup>st</sup> July</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
6	Simon Jones	SM38	35:46	76.81	<b>PB</b>
11	Joe Thomsett	SM25	38:53	69.37	
13	Jacob Hussey	VM47	39:32	74.24	
25	Thomas Millard	SM28	41:39	64.76	<b>PB</b>
99	Anna Fisk	SF32	49:20	60.64	<b>PB</b>
198	John Wilkins	VM58	54:12	59.33	
<b>Mount Ephraim 10k - 21<sup>st</sup> July</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
32	Tony Mardon	VM40	42:45	65.18	
39	Craig Thomas	VM52	43:33	70.12	<b>PB</b>
78	Martin Henry	VM50	48:11	62.34	
104	Robert Spaughton	VM61	50:34	65.42	<b>Debut</b>
206	Joe Epsom	VM62	1:28:14	37.86	



<b>National lottery Anniversary Smiles - 21<sup>st</sup> July</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
28	Mark Ford	SM23	28:13	76.01	<b>PB</b>
<b>Harlow 10 miles - 28<sup>th</sup> July</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
17	Tony McParland	VM44	1:02:38	75.51	<b>PB</b>
<b>The Les Golding Memorial 10K - 28<sup>th</sup> July</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
4	Simon Jones	SM38	35:21	77.73	<b>PB</b>
12	Joe Thomsett	SM25	38:41	69.73	
19	Gareth Coult	SM33	40:32	66.55	
21	Thomas Millard	SM28	40:47	66.14	<b>PB</b>
22	Richard Austin	SM34	41:02	65.74	
36	Sasha Shaker	SM33	44:26	60.71	<b>Debut</b>
128	Bob Pullen	VM51	56:19	53.77	
139	Rosalie Maltby	SF24	59:17	50.46	
143	Shirley Pullen	VF49	1:01:15	55.06	
156	Marion Nichols	VF50	1:07:05	50.72	
<b>Mid Kent 5 Miler - 11<sup>th</sup> August</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
15	Peter Hogben	SM21	30:34	70.17	
<b>Le Touquet 10K - 17<sup>th</sup> August</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
41	Tony McParland	VM44	37:51	75.80	
140	Colin Kent	VM48	42:24	69.73	
163	Matthew Crittall	SM39	43:13	64.04	<b>Debut</b>
166	John Cooper	VM54	43:22	71.58	<b>Debut</b>
180	Steve Clark	VM60	43:44	74.89	<b>3rd V60</b>
193	Andy Farrant	VM57	44:04	72.31	
257	Gerry Reilly	VM65	46:05	74.72	
406	Marco Keir	VM51	49:40	60.98	
424	Tony Savage	VM58	50:11	64.07	
448	Neil Godden	VM59	50:39	64.07	
481	Roy Gooderson	VM56	51:26	61.42	
491	Trevor Brown	VM49	51:42	57.64	
561	Peter Yarlett	VM61	53:18	62.06	
568	Bob Pullen	VM51	53:29	56.63	
876	Adrian Fox	VM45	1:01:56	46.67	

<b>Rye Summer Classic Series 5K - 23<sup>rd</sup> August</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
4	Simon Jones	SM38	16:56	78.47	
<b>Thames Meander - 24<sup>th</sup> August</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
188	Sally Silver	VF39	4:31:09		
<b>Canterbury Half Marathon - 26<sup>th</sup> August</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
4	Simon Jones	SM38	1:21:26	74.08	
20	Mark Baker	VM41	1:31:48	67.11	
23	Jacob Hussey	VM47	1:32:15	69.81	
47	Tony Mardon	VM40	1:38:20	62.21	
58	Craig Thomas	VM52	1:41:11	66.20	
86	Andy Farrant	VM57	1:44:48	66.71	
129	Mike Laycock	SM39	1:50:18	55.07	
231	Nathan Bradley	SM26	2:02:47	48.58	<b>Debut</b>
261	Ella Trott	SF32	2:06:10	52.15	<b>Debut</b>
380	Rosalie Maltby	SF24	2:25:14	45.31	
451	Joe Epsom	VM62	3:11:37	38.23	
<b>Fosters Law Kent Coastal Marathon - 1<sup>st</sup> September</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
42	John Cooper	VM54	3:33:06	67.36	<b>Debut</b>
45	Sarah Maguire	VF44	3:33:47	68.87	<b>1st FV35</b>
44	Craig Thomas	VM52	3:33:51	66.02	<b>Debut</b>
170	Russell Evans	VM49	4:36:24	49.87	<b>Debut</b>
<b>Fosterslaw Kent Coastal Half Marathon - 1<sup>st</sup> September</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
40	Sasha Shaker	SM33	1:38:10	60.76	<b>Debut</b>
61	Penny Birchall	VF56	1:42:13	76.96	<b>1st FV55</b>
135	Laura Hardy	SF24	1:52:33	58.46	<b>Debut</b>
174	Ella Trott	SF32	1:57:10	56.16	<b>PB</b>
223	Jennifer Lucas	VF56	2:04:40	63.10	
243	Andrew Hall	VM48	2:07:13	51.01	<b>Debut</b>
<b>Wingham 5k - 7<sup>th</sup> September</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
29	Shirley Pullen	VF49	32:51		

**Wingham 10k - 7<sup>th</sup> September**

<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
1	Peter Hogben	SM21	35:11	76.67	<b>PB</b>
7	Thomas Millard	SM28	38:40	69.76	<b>PB</b>
8	Mark Baker	VM41	39:42	70.70	
19	Jacob Hussey	VM47	43:03	68.17	
27	David Waite	VM45	43:42	66.14	
29	Sarah Maguire	VF44	44:15	72.94	<b>1st Lady</b>
39	Martin Henry	VM50	46:03	65.23	
44	Penny Birchall	VF56	46:56	76.84	<b>3rd Lady</b>
51	Bob Davison	VM59	47:57	67.69	
54	Jennie Gardner	SF33	48:06	62.20	<b>Debut</b>
57	Anna Fisk	SF32	48:28	61.73	<b>PB</b>
74	Fidelma Atkinson	VF47	50:46	65.25	
76	Wendy Osmond	VF47	51:10	64.73	
78	Ella Trott	SF32	51:19	58.30	<b>Debut</b>
86	Ben Trott	SM39	51:59	53.24	<b>Debut</b>
88	Bob Pullen	VM51	52:10	58.05	
90	Gary Hovory	SM38	52:15	52.60	<b>Debut</b>
91	Gemma Hiorns	SF32	52:21	57.15	
109	Leisa Terry	VF43	54:27	58.78	<b>Debut</b>
110	Jennifer Lucas	VF56	54:29	66.19	
110	Lariza De Oliveira	SF27	55:23	54.02	<b>Debut</b>
125	Jayne Bennie	SF29	57:04	52.42	<b>Debut</b>
127	Joanna Brazier	SF28	57:25	52.10	<b>PB</b>
133	Rosalie Maltby	SF24	58:21	51.27	
151	Marion Nichols	VF50	1:03:08	53.90	

**The Farnham Pilgrim, Marathon & Half-Marathon - 15<sup>th</sup> September**

<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
198	Sally Silver	VF39	4:53:55		

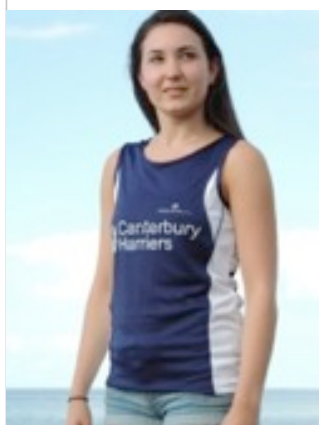
**South Cheshire 20 Mile - 15<sup>th</sup> September**

<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
72	Steve Clark	VM60	2:37:15	71.86	<b>3rd Vet60</b>

<b>Faversham 10k - 15<sup>th</sup> September</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
1	Peter Hogben	SM21	34:45	77.62	<b>PB</b>
8	Thomas Millard	SM28	38:03	70.89	<b>PB</b>
10	Joe Thomsett	SM25	38:39	69.79	
15	Peter McQuire	VM41	39:21	71.33	
62	Martin Henry	VM50	45:10	66.49	
114	Anna Fisk	SF32	47:34	62.89	<b>PB</b>
121	Nathan Bradley	SM26	47:56	56.27	<b>PB</b>
139	Jennie Gardner	SF33	48:42	61.43	
159	Wendy Osmond	VF47	49:34	66.83	<b>PB</b>
180	Bob Pullen	VM51	51:23	58.94	
200	Leisa Terry	VF43	52:45	60.66	<b>PB</b>
243	Rosalie Maltby	SF24	57:05	52.41	<b>PB</b>
282	Shirley Pullen	VF49	1:00:32	55.71	<b>PB</b>
350	Jacky MacDonald	VF65	1:13:40	54.12	
<b>Ipswich half marathon - 22<sup>nd</sup> September</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
38	Thomas Millard	SM28	1:28:50	67.15	PB
<b>8th Folkestone Rotary Half Marathon 2013 - 29<sup>th</sup> September</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
23	Roderick McLachlan	SM35	1:29:24	66.72	
50	Gareth Coult	SM33	1:35:03	62.76	
52	Faye Roberts	SF31	1:35:30	68.90	
53	Sarah Maguire	VF44	1:36:08	73.27	
56	Steve Clark	VM60	1:36:26	74.48	2ndMV60
136	Nathan Bradley	SM26	1:48:23	55.04	PB
265	Jennifer Lucas	VF56	2:05:03	62.91	
309	Rosalie Maltby	SF24	2:11:49	49.92	



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### **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.

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

### **Dave Emm Recording Studio**

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**Faye Wyard**, daughter of the Harrier's member Phil Wyard, can offer a reliable **babysitting service** in the Faversham, Canterbury and Whitstable area. If you need a babysitter, then contact Phil on a club night.'

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

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

**Jo Norrington - holistic and sport massage therapist...**

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**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.

## **And Finally.....**

**Hope you have enjoyed reading the Autumn 2013 Harrier. Very best wishes to you all for winter running or for getting over an injury that never seems to clear up. Oh, and don't forget to stretch!**

**Do make sure that you put Saturday 7<sup>th</sup> December for the presentation evening in your diary AND remember Sunday 2<sup>nd</sup> February is the Harriers home fixture for the KFL.....and very finally a running song.....courtesy of the Spencer Davis Group and Songwriters: GRAVENITES, NICHOLAS GEORGE**

KEEP ON RUNNING  
KEEP ON HIDING  
ONE FINE DAY I'M GONNA BE THE ONE  
TO MAKE YOU UNDERSTAND  
OH YEAH  
I'M GONNA BE YOUR MAN

KEEP ON RUNNING  
RUNNING FROM MY ARMS  
ONE FINE DAY I'M GONNA BE THE ONE  
TO MAKE YOU UNDERSTAND  
OH YEAH  
I'M GONNA BE YOUR MAN

HEY HEY HEY  
EVERYONE IS TALKING ABOUT ME  
IT MAKES ME FEELS SO BAD  
HEY HEY HEY  
EVERYONE IS LAUGHING AT ME  
IT MAKES ME FEEL SO SAD

SO KEEP ON RUNNING  
HEY HEY HEY  
ALL RIGHT  
HEY HEY HEY...

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](mailto:peter.yarlett@gmail.com) or catch Peter at Birley's.

**THE END**