



The Harrier

The newsletter of the Canterbury Harriers



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Welcome to the summer edition of the Harrier newsletter. If you are a new member reading your first newsletter then a warm welcome to the Club. Other members already know of the fate that awaits!

Harrier readers know of Ed's obsession with the weather and so it will hardly come as a great surprise to know that last spring was the coldest for 34 years with the average temperature at about 6.0C (43F). For those of you that have shivered on the track at Birley's or at the summer (!) relays you will have felt the cold wind chill. The exceptions to the cold weather were perversely April's London Marathon and our own Whitstable 10K held on May Bank Holiday. Since then 'summer' has hardly been more than a mere promise awaiting ignition.

Both the LM and Whitstable 10K events deserve a mention. Setting aside the hot weather the London Marathon was once again very well supported by Harriers with some excellent times recorded for some with perhaps a tinge of disappointment for others. Of course although the LM takes most of the limelight it certainly wasn't the only spring marathon at which Harriers were represented. Well done to everyone for making the commitment and enduring/enjoying the rigours of training and preparation needed to get in the best possible shape. Marathon and other race results are shown further into the Newsletter.

The second 'hot' event was the very successful Whitstable 10K where many of you contributed with a wide variety of tasks on race day. It was also great to have family members and friends helping the club. As well as providing an excellent race to the wider running community the Whitstable 10K

also provides the main source of club revenue outside of club fees and an opportunity to support the Demelza children's charity. We also thank Nissan Bailey (Brian) for their continued sponsorship support.



Tim and Roy handing a cheque to Demelza representative with our Baileys sponsor in attendance

While things were still fresh in the mind a post-race review showed that most runners were happy with the race organisation. However, as ever there are also points for us to note and carry forward as improvements into 2014. A summary of the review is shown within the Newsletter. As an overall observation it is clear that the statutory authorities expect year-on-year a more extensive range of written planning and safety protocols to be met for us to mount the race. However, overall a fantastic event and a real demonstration of club organisation.

In the week following the LM we held our annual x-country awards presentation at King's. The results and awards show that cross-country remains at the heart of Harriers running. Our success at the KFL was reported in the last Newsletter and we will of course be hoping to repeat the triumph next season. Steve 'cycling proficiency' Clark will be anxious to sign you all up for as many races as possible. But let's enjoy the summer first.....

The summer pub runs have as usual been well attended and thanks to Jo Norrington (Old Bell Inn, Sheperdswell), Rupert Williamson & Kevin Post (The Anchor Inn, Wingham) and Bob Pullen (Whitstable Sailing Club) for organising the runs. Look out for e-mails showing future runs. For new members pub runs are a way of mixing a Friday evening social run with food provided by the club.

All of us are now familiar with the successful move to Birley's from which to base our Tuesday and Thursday training sessions. Members will know that the arrangement with King's gave the club 6 months use of Birley's facilities (changing rooms, showers and parking) at no cost to us, but with the expectation that a charge would be made by King's from October onwards. Since April your committee has listened to your comments and also had regular meetings with King's to ensure a successful transition and to deal with any issues arising.

Your committee is now proposing that following the successful trial period the move to Birley's should be made permanent. As previously advised members will appreciate that this does come at a price since prior to the move we were permitted to meet at King's at no charge to the club. The latest position is that a further meeting will be held with King's in July to finalise the charge that the club will be required to pay to King's from October onwards.

To confirm support for the Birley's move and the subsequent increase in membership fees it is important that members are familiar with the background and the proposal. To do this the club AGM will be brought forward from its normal November slot and held on **Thursday 12th September at Rough Common Village Hall**. The AGM will enable the Birley's move to be confirmed and the proposed membership fees increase voted on. Inside the Newsletter Chairman Tim has set out the latest position on Birley's together with the most likely scenario for the membership fees increase that your committee will be recommending at the AGM. Please make a note of the AGM and come along to discuss the fees proposal.

Now turning to running matters April to June has seen some high quality racing by Harriers. Marathons have been run in such wide ranging cities as London, Edinburgh, Manchester, Paris, Brighton and Rotterdam. Harriers achieving pb's were Penny Birchall, Gareth Coult, Wendy Osmond, Ray Cameron (sadly has relocated as now working away from Canterbury), Dave Bowden, Paul Lucas, Colin Kent, Gerry Reilly, Faye Roberts and Ella Trott.

Over the half marathon distance pb's were recorded by Jenny Lucas, Gareth Coult and Craig Thomas with venues as varied as Prague and Southend.

At 10K pb's were recorded by Roddy McLachlan, John Wilkins, Jenny Lucas, Anna Fisk (now returning from long term injury), James Steggles, Carolyn Duey, Thomas Millard, Simon Jones, Penny Birchall, Gemma Hiorns, Marion Nichols, Yiannis Christodoulou, Thomas Millard, Russell Evans and Shirley Pullen (a graduate of Whitstable Parkrun).

At 5K speedy pb's were achieved by Joe Thomsett, Gareth Coult and Mark Ford.

Congratulations to everyone achieving a pb. In addition many Harriers made their debut at a range of distances whilst others competed well across a range of events. A full list of road race results is included inside the Newsletter with thanks as ever to Francis Maude for his meticulous reporting of results on the club website. For members information a note of how to report race results to Francis is also shown within the Newsletter.

Other top drawer articles in the Newsletter include 'Endure 24' - Karen Bennett, 'Life and Death in Trinidad' - Francis Maude, details of the Le Touquet trip - Roy Gooderson, Submission of Race Results - Gerry Reilly, the last word on the 12/13 x-country season, 'Racing in Prague' - Rupert Williamson, Review of Whitstable 10K, Club Kit and Saxon Shore Relay - Jenny Benson.

Enjoy your read.....

Letter from your Chair, July 2013 - Tim Richardson - Perks

Dear Harrier

CLUB FEES 2013 - 2014

As you are aware we as Canterbury Harriers will need to pay for the use of Birley's from October this year which means we will have to increase our membership fees. This is not something we as a committee can do on your behalf. The club constitution requires that you vote on any recommendation on club fees that we the committee put to you before they become implemented.

Up until now we have enjoyed the use of King's for free. King's have simply relied on some of us becoming corporate members and a few of us buying post run drinks and food to cover some of their costs. However we as a club have outgrown the King's facility. The physical space at Kings cannot cope with both their increased membership and ours.

The annual fee for Birley's is likely to be just in excess of £4600. This covers King's costs in staffing the venue whilst we use it and cleaning the venue after we leave.

For this fee we get to use Birley's every Tuesday and Thursday for 50 weeks each year or £46 per night. Given an average Tuesday evening show of around 40-50 runners this works out at £1 per runner per evening which is very good value as it includes car parking for those who want/need it.

So how do we put this additional cost onto you as our present membership fee cannot hope to cover it? Well firstly you should know how we spend your £25 fee at present. From your £25 the first £10 buys your England Athletics Race Licence. This enables you to sign up for races as an affiliated member and claim the £2 discount on the entry; more on this later. The remaining £15 goes to subsidising (fully or partly) and organising club events such as Pub run buffets, presentation evening, prizes and trophies, X-C race entries, club insurance, affiliations, club equipment and so on. In fact our present membership gives us approx £2500 to spend this way which is why we depend so heavily on the Whitstable 10k surplus to keep us at break even on an annual basis. Unlike other clubs our successful annual race means we do not have to levy surcharges over and above an annual fee for X-C (e.g. £2 for each KFL entry), club evenings, etc.

The committee have taken the view that we would like to continue providing the benefits you already enjoy at more or less the same level of subsidy (i.e. free entry to cross country, free pub run buffets, partial support of the presentation evening.) to you and to keep the annual club fee as low as possible with this in mind. So we are suggesting annual fees as follows.

- £40 single membership fee plus £10 optional England Athletics membership.
- The existing multiply family membership discounts will still apply. I.e. £35 + £10 for second, third family members.
- A new membership category of Social Member for perhaps a small number who do not wish to train or compete but still wish to be associated with Harriers

This annual membership fee is similar to, if not less, than other clubs if you research the internet.

England Athletics Licence Fee

The reason we are separating the EA fee is that many of you do not compete in events other than the X-C races (EA Licence nor required) so to keep your fees from doubling we are giving you the option to choose whether or not you retain your EA membership. As an example I will cite my situation. I currently enter three to five marathons and other races each year so I will not really profit from retaining my EA Licence other than it does give me a 5-10% discount at Sweatshop and (I'm not sure if this is a benefit) I get emails entitling me to special offers on a regular basis which is great if I want to make savings on entry as a spectator to British Athletics events and see the like of Jessica Ennis showing me how it should be done! The other reason for separating the EA Licence is that we have good reason to believe that the EA Licence fee will increase significantly over the next few years. We as a club cannot continue to absorb this fee. Every year we will give you the option of retaining or discontinuing your EA Licence and the cost of doing this. Finally please note as a result of paying your membership for 2012-13 you will be covered for EA membership until 31st March 2014 (as the EA membership year is 6 months behind ours) so you can continue to enjoy the £2 race entry discount until then.

Obviously there are other possible solutions which the committee have considered. We will listen to your suggestions but here are a few FAQs which might put your mind to rest.

1. Can we reduce the annual fee and charge members for on an "as you use it" basis for club nights, say £2 per evening? This would put an inordinate extra admin burden on people collecting fees resulting in training starting even later and there will always be those who forget, promise to pay next time etc. So it is not practical.
2. Can we charge for X-C like other clubs? Again this will put a burden on those responsible for collecting the fee and paying it into the club accounts. Other clubs do this because they have to. In addition if you win a T-shirt by entering 6 or more races it takes away some of the achievement if you are then asked to pay for it.

3. What about pub runs? We tried this a few years ago; it was not successful for the reasons given in the answer to question one.
4. Do we over subsidise the presentation evening? No. We make a charge which covers the cost of venue hire and the meal assuming that each member who attends brings along a non member partner; the subsidy is for buying the prizes we present to runners who have achieved in the race categories. A raffle is held to offset some costs.
5. What about the X-C presentation evening? Here we treat the buffet as a pub run so all are invited not just those who qualify for the T-shirts etc.
6. Can we charge more for the Whitstable 10k entry or increase the entry? We cannot increase the field, we do not have capacity at the finish to do this safely so would not be given permission by local authorities. We do review race entry fees each year but these are normally accompanied by additional costs in putting on the race.

I hope the above will help you see where we are coming from as a committee. Please turn up at the AGM Thursday 12th September 7pm at Rough Common Village Hall, if you have any questions and to vote on these fees; your view is important. In the meantime if any member wants to raise a query with what is proposed then please speak with your committee members at a training evening. No question is too small to ask.....

Best wishes
Tim.

'Endure 24'.....Karen Bennet

For a few years I'd been threatening to drag myself round a marathon course and, with my 40th birthday back in January, this year seemed as good as any to go for it.

Whilst I'd hoped to get a spot for London, the luck of the draw wasn't with me... so Plan B it was: Brighton! I was going to ask for sponsorship to pay student fees at Dr Obote College; a Ugandan school that Langton Boy's is linked with. Then someone at work commented "loads of people run marathons for sponsorship these days". Fair point, I thought, guess I'd better find something more challenging. I remembered reading about a Harrier who'd taken part in Run 24 as part of a team in 2012. A quick Google search and there it was, remodelled as Endure 24 so, without even stopping to think, I signed myself up as a solo runner.

Back in the autumn it didn't seem that daunting. I'd train for Brighton and then start upping my mileage ready for 8th June. Simple. However, Brighton didn't exactly go to plan - Is it naïve of me to say it was tougher than I expected? Still, I got round, albeit at a snails pace.

With eight weeks to go before Endure 24, I treated myself to a week off before lacing up my trainers again. The trouble was I didn't enjoying dragging myself out and work commitments meant I didn't have time to get in the longer runs I'd planned on. Consequently, I was somewhat nervous, when I packed my tent and headed off to Wasing Hall Park.



I had no idea what to expect and had deliberately avoided reading too much about ultra running. I would do what I could and be content that I'd done my best. So I turned up on the Friday evening with a car boot full of camping gear and food. Just what should you eat to keep yourself going for 24 hours? I always crave cheese scones when I've been for a long run, so I had a pack of them, along with bananas, peanut butter, bread, porridge, energy bars and blueberries.

After a mostly sleepless night, (I forgot to check the air mattress for holes before setting off), I filled up on porridge and headed to the registration tent. En route, I

passed the experienced ultra runners with their rows of trainers lined up in their car boots and their food tables laid on the side of the course.

Getting increasingly nervous, I started chatting to a young man who had pitched his tent next to mine. He looked equally ill prepared. "Have you done anything like this before?" I asked. "No, not like this, normally I go for mountain ultras. I'm using this as a warm-up for a race in the Alps next week". I made a mental note to welcome middle-age with open arms and stop setting myself dumb challenges.

At noon, in blazing sunshine, we were sent on our way. Team runners bolted off, while I was reassuringly surrounded by a bunch of other crazy fools going solo. Within a few hundred metres we headed up the first climb and onto the track through Wasing Hall Estate. It was a beautiful undulating five-mile course, mainly through woodland, with the final mile weaving across a field through the campground and back to the start. That last mile was a killer on the ankles, although the support from people lounging outside their tents was welcome.

I had it in my head that I'd be happy if I clocked up 50 miles, but secretly hoping I'd be able to stagger 60. A few hours and 15 miles later, I stopped to force a flapjack down and then set off again. In hindsight flapjack probably wasn't the best choice. I spent the lap retching, with stomach cramps, while it tried to eject itself from my body. After completing the lap I headed to my tent and lay down waiting for the urge to vomit to pass. An hour later I set off again, this time for 5 laps, munching snacks each time I passed the 'finish line'.



I never thought I'd enjoy running loops, but the light was constantly changing and each lap I spotted something new. As the sun dipped we donned our head torches and jogged off into the dark, the course marked by glow sticks. By this point I was jealously eyeing up the food tables laid out by other solo runners; next time (if there is a next time) rice pudding is definitely on the menu. I'd loaded an audio book onto my phone thinking it would keep me amused during the night, but by that point I was so tired I couldn't concentrate on it. Thankfully, there was a great atmosphere

amongst the solo runners. We'd run/walk in small groups, before splitting up and latching onto another group. There were several points in the night, when I was feeling particularly cold and exhausted, that the camaraderie really kept me going.

Around mile 40 I twisted my knee. By the early hours it was really beginning to hurt, despite the painkillers I'd taken. Common sense told me I should stop off at the medical tent, but I was worried they'd tell me to stop and didn't want to let down people sponsoring me. So instead I headed for a lie down. If I could snatch a couple of hours sleep and Hoover down some peanut butter sandwiches I was sure I'd feel better. I was hurting so much, though, that sleep was out of the question, so after treating my feet to a change of socks and lying down for an hour, I headed back out into the dark.

It wasn't long before I'd ticked off 60 miles and was staggering towards sunrise. I definitely can't claim I was still running by this point. It was more of an ungainly jog, with increasingly long sections of walking/waddling thrown in. Still, I was moving and feeling increasingly pleased with myself. I completed mile 75 with an hour and twenty minutes left on the clock. I was whimpering by this point, though, and my left knee was swollen and refusing to straighten, so I decided enough was enough. Besides, it would leave me with a realistic target to aim for next year; yep, I'm already thinking about next year.

One week on, I still couldn't walk without hobbling, however I would definitely recommended Endure 24 - Whether you want to see just how far you can push yourself as a solo runner, or attempt it as part of a team. There was a great atmosphere all weekend and the setting was beautiful. Maybe I'll see you there next year?

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	Andy Farrant	Membership Secretary	7.8E+09
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	Jenny Benson	Runners Rep	733883

It couldn't possibly be true.....or could it? As told to Ed



Man trapped between Whitstable beach huts rescued.....

Firefighters rescued a male runner who became trapped between two beach huts at Tankerton slopes, Whitstable. It is understood the runner was jogging along the promenade and decided to embark on a series of 'press-ups' (so he says!) beside a hut when he got stuck.

Inflatable air bags were used to move one of the beach huts so the runner could be released. Kent Fire and Rescue said the man, who got a leg wedged beneath the hut, had been there "for some time". He was freed shortly before 11:00 BST.

Havine de Laf, KFR station manager, said: "The man had limited movement in one of his legs. There was no way that we could reach him in the position he was in so we used air bags to lift the whole hut up and move it 1ft (30cm)."

The runner, preferring to remain unnamed, was given the all clear by paramedics before continuing along the prom!

The future of running is in mind control.....

Samsung is developing phones and tablets that can be operated through 'mind control' as technology makers *race* to create devices that can be run by thought and brainwaves alone.

The worlds biggest seller of mobile phones, together with academics at the University of Texas and a local athletic club, Canterbury Harriers, are working on a mind control device that will only require a runner to imagine the run they intend doing without actually having to do it!

The device requires the runner to wear a special skull cap that contains sensors and electrodes to measure brain pulses and translate these into muscle activity.

The company said that the technology was still at the testing stage and were unable say when a completed product might become available.

The reaction from the Canterbury Harriers runners has so far been positive with many now running several sessions a day leaving time to catch up on old episodes of Friends.

In a small number of instances the device had been unable to locate any Harriers brain activity at all. Samsung confirmed that there did seem to be a higher than normal proportion of runners without normal brain patterns. They are are conducting further experiments into the empty spaces!....

SNAKEBITES, STARVATION AND UNEXPLAINED FEVERS: A RUNNER'S GUIDE TO LIFE AND DEATH IN TRINIDAD.....Francis Maude

You may already know that I spend a good part of my time in Trinidad, where I am working on the restoration the Parliament building, or 'Red House', as it is known locally. This presents me with some difficulties in any attempt to train consistently, or to run fast, and so far I have failed to master them. Nevertheless, in an attempt to maintain some running fitness, I have embraced the local running culture, and you may see what it comprises from the diary below, covering my most recent trip.

Wednesday 1 May.

After the eleven hour flight, (which I spend, in a fit of mental displacement, reading *Born to Run* about the Tarahumara Indians and their distance-running culture in Mexico), and a taxi ride from the airport, I reach our company house, which I share with my colleague Robert.

To help recover from this ordeal and to laugh in the face of jetlag, I decide to go for a run. I make two trips round the Savannah (2⅓ miles each, plus 1m warm up, which the shortest acquaintance with the tropical climate will tell you is un-necessary, and another mile to warm down, which is impossible). The Savannah is the large open space in the middle of Port of Spain, and I go round once in each direction, so I have the best chance of bumping into anyone I know. Before I have even completed the warm up through the Botanical Gardens, I bump into Lauren, who tells me that there is no Hash run the coming weekend, but there will be one the following Saturday up in the mountains. Cool. I trot round the Savannah, and back round again the other way as the dusk gathers, before making my way home, where I quickly shower and hurl myself into the pool. It takes at least an hour to recover from the 35 degree heat and the 90% humidity.



Robert then tells me he doesn't feel like cooking, and that there isn't anything in the fridge anyway. I check. There isn't. I go to the supermarket to re-stock the fridge, then bring home rotis (large flatbread wraps filled with curry), to be washed down with a beer. I force myself to stay up till 10pm, watching rubbish TV, and then go to bed. I still wake up at 4 am, deranged by the aircon grinding away (so I turn it off and open the window), the mad dogs barking, the heat, the frogs croaking, the heat, the sound of other people's aircon, and did I mention the heat, so I shut the window and turn the aircon back on again.

Thursday 2 May:

At 5am I give in and turn on the laptop, and deal with all the stuff from London, where it's already 10. I doze, and eventually I get up. At about 7.30 Robert emerges saying he feels ill, having contracted an unexplained fever, but he insists on driving and we go to site. There has been a great archaeological discovery under the foundations, where we have been digging trial pits to enable the design of the new basements to be finalised. The head archaeologist meets me and shows me round. In 11 of the 17 pits bones, many of which, if not all, are human, have been found. There are three complete skeletons, with burial goods indicating Amerindian origin, and assorted fragments which are likely to have been brought from another site when the original foundations were backfilled in 1840s. Some bones will be sent to Miami for radiocarbon dating.

Later, in the office, I meet the rest of the team working on the project, and find out what they have actually done since my previous visit in March. The architects blame the other consultants for not providing the promised information. The other consultants blame the dead bodies for delaying the necessary surveys.

In the afternoon I go to the High Commission to seek their assistance in establishing our own permanent branch office, and to see if they know of any other project opportunities. No-one else is working in our field. There is lots of potential business.



On Thursday evenings the steel bands practice on their "pans" of carefully tuned oil drums, so I go to the Invaders pan-yard and have a few beers with friends met on previous Hash runs, while listening to the Phantom of the Opera, Boney M, Frankie, Bach's Toccata and Fugue in D and other disparate tunes being performed by a mass band of some 30 artistes without the benefit of sheet music. It's amazing. I am fed prawn curry and rice, and am asked about the dead bodies, which have been in the news.

Friday 3 May.

Another day at the office. We have a meeting with the Parliamentary security team. The Marshall to Parliament is there. All the same points are made and agreed as when I met him on my own in March. Later, I find that there has been no progress stripping out the asbestos as the contractor's agent has been bitten by a snake and is still recovering. I am unable to see why the meeting has been called.

In the evening I work off the frustration by pushing myself round the Savannah as fast as possible. Most people walk, or plod very slowly (because it's too hot). No-one overtakes me, though several people look at me as if I were mad.

Later, a collective barbeque party for all the ten houses in our compound has been arranged. The US oil workers in nos 7 and 9 do a pile of Texas ribs; we only manage sausages. Everyone drinks beer, wine, rum, and tequila in any order and chain smokes, lighting off the butt of the previous cigarette. I meet our new Mexican neighbours at no.3. The yummy mummy from no 1 says her husband is asleep on the sofa and chats amiably until she realises I have forgotten not just her children's names but her name also. Before this, she tells me there is a 5k race round the Savannah and nearby streets tomorrow. I am too tired to stay up any longer; the jetlag has finally caught up with me, and I retire.

Saturday 4 May.

I look up the race online and find the closing date for entries has passed, but email the organiser just on the off-chance. I'm in luck, I can pick up a race number before the 4pm start. Robert has taken the car to go to the gym half a mile away, so I walk into the city centre (three times as far), and do some shopping for things to take back as presents, then walk home again. The tarmac burns through the soles of my shoes.



The 5k race is associated with a "health" fair sponsored by Nestle, with stalls offering free samples of their products (Yuk), and a pre-race warm-up of Zumba dancing in the hot sunshine. I rest under a tree until just before the start, when I bump into the Mexican neighbours, Diane and Dave, who have come along to watch, and they kindly look after my stuff while I go out into the road to race. A speech from the local Nestle Rep and a homily from the health minister, saying Trinidad is the third fattest nation, not just in the Caribbean, but in the world etc etc. Why is he saying this? Everyone present is aware of what they need to do to stay slim, and the rest plainly don't care. I tune out, then a horn blows, and we're off. I make no special effort, because it's the hottest part of the day, just try to avoid bumping into the "improvers", but sense I am near the front, which means most people must be walking.

The 5k course consists of a circuit of the Savannah plus a loop round some nearby streets to make the full distance. It's flat. There are two drinks stations. I get round in 20.40, which makes me think the course must be a bit shorter than 5k. I receive my finisher's medal and a goody bag with T-shirt and more Nestle samples (peanut-butter flavoured milk anyone? It's really, really nice.), meet Diane and Dave, and we walk back home. Even half an hour after I have finished there are crowds of walkers in their race numbers plodding along. Actually there *are* some *very* fat people. Unkindly I think they would go faster if they were put on their sides and rolled; but they have realised they are a poor life insurance risk and are trying to make an effort. Go, Plumpy!

Sunday 5 May.

Beach. I read an old copy of *Men's Health* I found lying about in the house. It goes on about how your body starts to consume its own fat reserves after a certain length of time, maybe two hours, when participating in endurance events. This will help you define your six pack. And lose weight. And pull girls. I think it's known in marathon speak as "hitting the wall". I decide to go on lounging under a palm tree, which I have checked to make sure no coconuts are about to fall off.

Monday 6 May.

Office day. I make sure I leave on time in the evening. There is a town hash run, and I need to get to a bar in St James, where we all meet. Robert drops me off and drives home, and I chat to the other runners, a fair few of whom I have met before. The hares lead off. Ten minutes or so later, we set off in pursuit, On-On, Checking, Are you on? On back, On-On around the western suburbs of the city, and onto the foreshore, which is a mangrove swamp with a lot of wind-blown plastic caught up in it, making the trail hard to discern and disagreeable. We come out into a shopping precinct, and get lost all over again in the pedestrian walkways while the shoppers look at our muddy sweaty selves with ill concealed disgust. We find the trail again, and get back to the bar as the sun sets, which means it'll be dark in about ten minutes. A couple of beers and run 2½ miles home. Jump in pool.



Tuesday 7 May.

More enthralling meetings. Pace round the Savannah afterwards. Later I meet my old friend Christiana for dinner; she's a dentist and she has just got engaged. Her fiancé works in London. I ask to see *The Ring*. Oops she has forgotten to put it on, but she has a picture of it on her smartphone. She asks about the 5k. I say 20.40. She takes 22 minutes to get round the Savannah alone. I feel smug.

We go to a newly opened pizza restaurant and drink a bottle of Chianti, and suggest to the management that they should play music more conducive to creating an Italian atmosphere than hip-hop. They say what a good idea, they had never thought of it.

Wednesday, Thursday 8 and 9 May.

More meetings the same as the previous ones with the project manager and the services engineers. Robert and I play noughts and crosses. Neither wins. We are both very good at this. There has been a new project manager since I came in March, as the old one has left his job due to stress. We can no longer play the game of asking what progress has been made in addressing the points we raised in previous meetings until he loses his temper and walks out. He was from New Jersey, and it used to go like this:

“Yah, Jeez, I know I bin lettin’ you guys down over the deliverables you bin expectin’ from us, ‘n’ I’m gonna tackle that problem right now. Immediately.”

“You said that last month.”

“Yah yah yah, things ha’ bin kind’a held up. We ain’t bin able to get some appointments in place.”

“You said that last time too. What have you actually done to sort this out since then?”

“Yah I know it’s like...”

“Disappointing. What can we do to help you so we meet the project deadline?”

“Yah. Jeez Christ. Whadda are we all doin’ here? I mean, Jeez, we should be sortin’ this out right now. Right Now. Jeez, things is lookin’ real bad from our stand point, real bad. Why are we makin’ no progress?” (shakes head, waves arms),

“You called this meeting. Is there an agenda?”

“Jeez Christ. I don’t know what’s bin happenin’ all this long time...Whadda we doin’?” (Leaves room).

A day of this and you HAVE to do something to get over the frustration. So on Thursday I run up the Mount Hololo road behind the house in the evening. It’s a thousand feet high, at least. The top part is in open countryside with fantastic views across the whole island. The road is at about a 1:3 slope so I have to walk in the end. My thighs are burning long before. And I am dripping sweat, despite the cool breeze. I run back down and throw myself into the pool.

Friday 10 May:

The end of the week is in sight; Yippee! First I have a meeting with the Parliamentary Accommodation Committee, without the project manager. They want to know what is actually happening, as opposed to what the Project Manager says is happening. This is fine. We discuss how to manage the manager. Then there is another meeting to agree how to address the consequences of the archaeological finds. The find is important. Suitable archaeologists must be employed. Time must be allowed. I recommend that the time between now and the likely main contract start date in December be used to undertake a full dig within the areas where we will be creating basements. This is agreed.

During all these discussions, a meal has been wheeled into the meeting room and people get up and help themselves, then sit down again. After an hour or two this is cleared away and another meal is brought in. And then another. By now it is nearly 7pm and it has got dark. One of the parliamentary advisors gives me a lift home in his new Merc, and we have a beer on the patio, while I ask him what the project managers are paid. It’s a lot.

Saturday 11 May:

Today there is a treat in store as there is a Hash run up in the mountains above Arepo. I get the car and drive to a re-inhabited plantation house some 2,200ft up, surrounded by citrus groves and cocoa trees gradually being rescued from their former abandonment. It's a blissful location and the air is divinely cool. There are delicious smells arising from the post-run meal being cooked.

All of the surrounding terrain, except the mountain ridges, is on a 45 degree slope. I anticipate a lot of climbing, and so it turns out to be. There are bench trails at about 250 ft contour intervals, but most of the running is up and down between them. The soil is dry, and covered in a carpet of leaf mould; curtains of creepers impede progress in every direction. The tree canopy prevents views out, but eventually it is apparent that we are going down, bouncing from tree to tree, grabbing handholds, avoiding thorny brambles, jumping and slipping and catching balance again, a long way down to the bottom of the valley, where we come out onto a road by a stream fringed with giant bamboo some 60ft high. We turn uphill. A chap with a huge coolbox is giving out cold beers. Excellent idea. There is now an 800ft climb through a derelict cocoa estate in full fruit back to the On In and it has been a great Hash.

More beers and a home-cooked meal as dusk gathers. Just a few lights and a cooling breeze and murmured conversation in the middle of the tropical rainforest. Above us in the trees, we hear a brief scuffle, a shriek and an ocelot has captured her prey. By 8.30pm it is getting cold, and I drive home.

Sunday 12 May:

I didn't get in till 3 in the morning as, on the way back from the Hash, I had a call suggesting I join a party or "fete", and this sounded a lot of fun. Meanwhile, Robert's fever has returned and he spends all weekend in bed. A doctor friend thinks it might be dengue fever.

Monday 13 May:

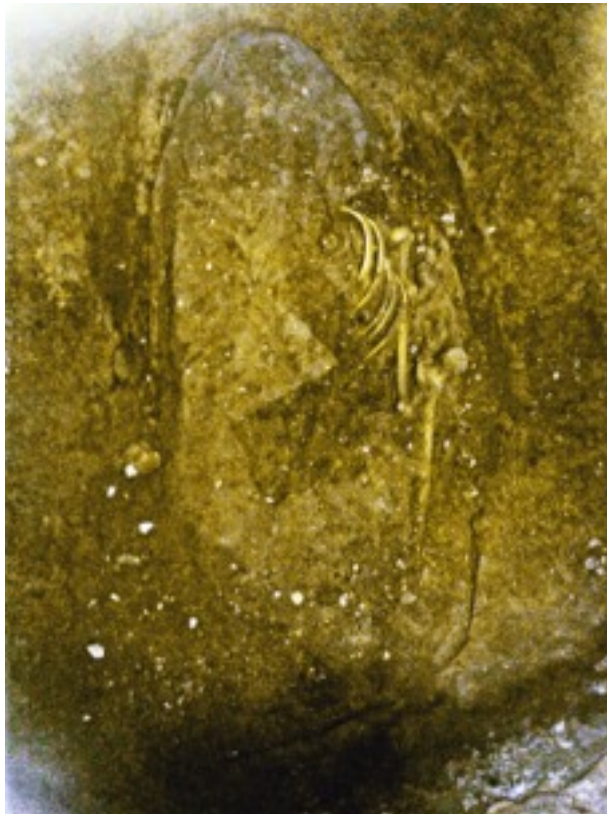
I get into the office, having dropped Robert off at the clinic, and immediately find that I have to go out to meetings with Parliament all morning. It's Friday's meetings all over again, and the project manager is now allowed to attend. Their chief executive is present. It's quickly apparent that neither he, his CFO, nor his chief legal advisor, who flank him at the table know much about the project. They waffle. It's my last day before I fly home in the evening and I had wanted to spend time with our joint venture partners to agree what needed to be done over the coming weeks until my next trip, so I am actually quite cross, and writing lists and answering emails from my assistants in the UK on my smart-phone, under the table. Robert texts me that it's not dengue fever, but something unexplained. He must rest for a week.

Various aides come and go, bringing in sheaves of papers all marked *Red House Restoration*, and trolleys full of food and drink are wheeled in, and later taken away again half empty. Periodically there is a couple of minutes break when pretty much everyone gets up and helps themselves to some curry, or a sandwich or some fruit. I pass a few words with the contractor's agent. It is his first day back since he was bitten by the snake. He tells me he was hiking with a group in the forest, third in the line, and the snake bit him, having been disturbed by the first two walkers. It was a lethally poisonous snake, a mapipire, about five feet long. He had been rushed to hospital

and injected with the anti-venom. For some days his life had been in danger. I congratulate him on his recovery.

No-one had mentioned this risk when out running in the forest with the Hash Harriers.

We sit down again. At length, some more papers are brought in and given to the chief archaeologist. They are the initial reports from Miami on the bones. I stop texting under the table and pay attention. There are three complete skeletons, buried in typical Amerindian style in the foetal position, and surrounded by pottery, including tobacco pipes, arrow heads, and big conch shells. These are typical grave goods. The radio-carbon dates are 450-600AD, 1100-1160AD, 1230-1300AD. There is another skeleton, without burial goods, dated at 1650-1700. It is not clear whether this is the body of a Carib or a European; and there are later bone fragments, some belonging to a horse, which all date from the mid nineteenth century, and one from the mid twentieth, found resting just under the floor, which seems impossible as the building had already been put up by then. It is surmised that this bone was excavated from one of the town cemeteries by a dog, which brought it to the underfloor void at the Red House for later consumption.



There is more. The thirteenth century skeleton has strong and dense leg bones, typical of a man used to regular heavy impact on the lower limbs, as would be seen in someone who ran long distances regularly, and these bones survived in good enough condition to allow a collagen analysis. This has revealed that the diet of the individual contained a high percentage of fat before death. The report notes the most likely cause of this as starvation, during which process the body consumes its own fat reserves. On that sombre note, the meeting ends.

By now, I am in danger of not getting to the airport on time, and so I hastily gather my things and leave. Only later do I consider the report properly. Its conclusions do not make sense. There would not be a full ritual burial with conch shells of good size if food was running out and

starvation was endemic. The shells did later get smaller due to over fishing of conch, but not at this date.

It is surely more likely, as well as more pleasing, to believe that the man had recently taken part in a long running race, a race long enough to cause the body to start drawing energy from its own reserves, and that he died very soon after, perhaps as a result of a lethal snake bite; or maybe an infectious disease.



Whether he won his last race or not, we may never know; in any case *it's the taking part that counts*.

Postscript: 2 June:

The chief archaeologist has died since the bodies were uncovered, of an unexplained fever, which may also have caused Robert's illness and the death of my supposed runner. Perhaps bacterial spores remained in his skeleton. Robert, fortunately, has recovered.

Many thanks to Francis who does a splendid job in keeping results up to date on the Harriers website - (where results of the Whitstable Parkrun results are also available) - from his long distance base in Trinidad!

CANTERBURY HARRIERS - TRIP TO LE-TOUQUET 10K

Saturday 17th. August 2013.....Roy Gooderson

The coach cost is £40 per person including race entry, £33 for non runners. The trip is suitable for adults only. I will pre-enter runners if you sign up before August. Please note : we do not get to Le Touquet early enough to enter on the day.

For further details, go to: <http://touquetopaleathle.fr/les-10-et-20km-du-touquet/10-20km-edition-2012>

Coach collection times: -

Faversham, Love Lane Cemetery 5.50

Canterbury, 6.10 at Bat & Ball (Opposite County Cricket Ground) Old Dover Rd.

Dover, 6.20 dock entrance (By petrol station).

Ferry Departure time, Dover to Calais 7.35

All the above times are UK local.

We normally opt for breakfast on the ferry, allowing for a light lunch/picnic en-route. As usual we will be shopping at the Auchan Hypermarket near Boulogne. Apart from the chance to stock up on beer/wine supplies this is a good opportunity to get provisions for lunch. We reach Le Touquet by mid-afternoon allowing plenty of time for a warm up. Gerry and I will go direct to the stadium to collect the club race numbers for all Harriers. The coach will be parked close to the Sports stadium (a short walk from shops and seafront for non runners). Showers and Toilets are available. The 10K starts at 16.00.

The ferry departure time from Calais is 2145 (local French time)

Mobile No: 07946 600370

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

Paris marathon - 7 th April					
Pos	Name	Cat	Time	Rtg	Notes
9782	Penny Birchall	VF56	3:41:26	74.19	PB
Paddock Wood Ac Half Marathon - 7 th April					
Pos	Name	Cat	Time	Rtg	Notes
76	David Bowden	VM49	1:23:46	78.08	PB
156	Mark Wenman	VM59	1:29:16	79.75	
157	Rob Sargeant	VM50	1:29:29	73.66	Debut
207	Paul Lucas	VM42	1:31:23	67.91	Debut
215	Barbara Wenman	VF55	1:31:27	85.14	
249	Mark Cooper	VM52	1:32:37	72.33	
396	David Waite	VM45	1:37:59	64.73	
917	Jennifer Lucas	VF55	1:54:40	67.91	PB
1000	Dianne August	VF58	1:54:46	69.98	
1309	Rosalie Maltby	SF24	2:03:18	53.37	Debut
Prague Half Marathon - 7 th April					
Pos	Name	Cat	Time	Rtg	Notes
1735	Richard Hopkins	VM52	1:39:52	67.09	Debut
3279	Rupert Williamson	VM50	1:49:22	60.26	
Brighton Marathon - 14 th April					
Pos	Name	Cat	Time	Rtg	Notes
321	Gareth Coult	SM33	3:18:48	63.80	PB
4136	Wendy Osmond	VF47	4:16:08	58.98	PB
5246	Louise Murphy	VF40	4:31:46	52.43	Debut
6235	Karen Bennett	VF40	4:49:12	49.27	Debut
Rotterdam Marathon - 14 th April					
Pos	Name	Cat	Time	Rtg	Notes
1206	Ray Cameron	SM37	3:25:45	61.64	PB
					Results continued.....

Virgin London Marathon - 21st April					
Pos	Name	Cat	Time	Rtg	Notes
1528	David Bowden	VM49	3:02:27	75.56	PB
2562	Mark Wenman	VM59	3:13:41	77.43	
2900	Tony Mardon	VM40	3:16:29	65.64	Debut
3481	Sarah Maguire	VF43	3:21:37	72.42	
3753	Mark Baker	VM41	3:23:57	63.68	
3883	Paul Lucas	VM42	3:24:56	63.84	PB
3895	Colin Kent	VM47	3:25:03	66.20	PB
4005	James Steggles	SM35	3:25:52	61.61	Debut
4834	Barbara Wenman	VF55	3:30:37	77.22	
6091	Barbara Buczek	SF30	3:38:38	63.51	Debut
7552	Gerry Reilly	VM64	3:45:53	69.70	PB
12023	Ella Trott	SF31	4:05:12	56.63	Debut
14414	Andy Farrant	VM56	4:16:16	56.98	
15800	Dianne August	VF58	4:22:17	63.92	
16312	Dylan Tomkins	VM40	4:24:12	48.81	Debut
33332	Joe Epsom	VM62	6:42:59	38.30	
Manchester Marathon - 28th April					
Pos	Name	Cat	Time	Rtg	Notes
468	Gareth Coult	SM33	3:15:43	64.80	PB
469	Faye Roberts	SF31	3:15:43	70.94	PB
1101	David Waite	VM45	3:33:30	62.62	Debut
Baileys Nissan Whitstable 10K Road Race - 6th May					
Pos	Name	Cat	Time	Rtg	Notes
12	Roderick McLachlan	SM34	37:39	71.64	PB
23	Gareth Coult	SM33	39:18	68.63	
72	Faye Roberts	SF31	43:50	68.25	
106	Russell Evans	VM48	45:16	65.34	Debut
109	Martin Henry	VM50	45:48	65.58	
263	John Wilkins	VM58	51:33	62.39	PB
256	Jennifer Lucas	VF56	51:39	69.82	PB
266	Anna Fisk	SF32	52:01	57.51	PB
281	Gemma Hiorns	SF32	52:23	57.11	Debut
332	Priscilla Walkington	VF35	54:46	54.78	

Baileys Nissan Whitstable 10K Road Race - 6th May					
Pos	Name	Cat	Time	Rtg	Notes
368	Andrew Hall	VM48	56:22	52.46	Debut
414	Emma Sherwood	SF31	59:14	50.51	
489	Marion Nichols	VF50	1:01:48	55.06	
493	Shirley Pullen	VF48	1:02:26	53.53	Debut
500	Gillian McLaren	VF67	1:02:59	64.94	
529	Carolyn Duey	VF53	1:05:07	53.76	Debut
598	Joe Epsom	VM62	1:15:18	44.36	
Larkfield AC 10K 2013 - 12th May					
Pos	Name	Cat	Time	Rtg	Notes
36	James Steggle	SM35	41:06	65.63	PB
197	John Wilkins	VM58	52:24	61.37	
310	Jacky MacDonald	VF65	1:10:48	56.30	
Hastings Runners 5 Mile - 12th May					
Pos	Name	Cat	Time	Rtg	Notes
8	Tony McParland	VM44	29:30	75.21	
44	Luke Hedges	SM24	32:35	65.82	Debut
Stelling Minnis 10K - 12th May					
Pos	Name	Cat	Time	Rtg	Notes
1	Peter Hogben	SM20	35:19	76.38	
6	Joe Thomsett	SM25	39:36	68.11	
8	Philip Wyard	VM50	40:59	73.30	
13	Yiannis Christodoulou	SM29	42:26	63.57	Debut
14	Mark Wenman	VM59	43:04	75.34	
20	Barbara Wenman	VF55	44:14	80.71	
22	Thomas Millard	SM27	44:30	60.61	PB
67	Fidelma Atkinson	VF47	51:40	64.11	
74	Jennifer Lucas	VF56	53:05	67.94	
104	Marion Nichols	VF50	1:02:43	54.26	
110	Carolyn Duey	VF53	1:06:33	52.61	

Sittingbourne Invicta 10K - 19th May					
Pos	Name	Cat	Time	Rtg	Notes
16	Joe Thomsett	SM25	39:11	68.84	
238	Rosalie Maltby	SF24	58:00	51.58	
260	Marion Nichols	VF50	1:01:51	55.01	
311	Jacky MacDonald	VF65	1:14:44	53.34	
The Samphire Hoe 5K Summer Series - 22nd May					
Pos	Name	Cat	Time	Rtg	Notes
4	Yiannis Christodoulou	SM29	20:01	64.81	
Littlestone Lifeboat 10K Promenade Dash - 24th may					
Pos	Name	Cat	Time	Rtg	Notes
2	Tony McParland	VM44	37:26	76.63	
11	David Ireland	SM36	41:24	65.47	Debut
37	Richard Dwyer	SM39	46:06	60.03	Debut
The 2nd Folkestone Coastal 10K - 26th May					
Pos	Name	Cat	Time	Rtg	Notes
7	Simon Jones	SM38	36:08	76.05	PB
24	Roderick McLachlan	SM34	38:57	69.25	
27	Gareth Coult	SM33	39:14	68.75	
46	Philip Wyard	VM50	41:16	72.80	
84	Mark Cooper	VM52	45:15	67.46	
95	Penny Birchall	VF56	46:00	78.38	PB
203	Bob Pullen	VM51	49:57	60.64	
202	Gemma Hiorns	SF32	50:01	59.81	PB
217	Jennifer Lucas	VF56	50:41	71.15	PB
251	John Wilkins	VM58	52:11	61.63	
323	Wendy De Boick	VF61	56:00	67.94	
386	Marion Nichols	VF50	58:41	57.98	PB
390	Emma Sherwood	SF31	59:14	50.51	
432	Shirley Pullen	VF48	1:00:32	55.21	PB
449	Carolyn Duey	VF53	1:02:12	56.29	PB
510	Jacky MacDonald	VF65	1:10:28	56.57	

London 100000					
Pos	Name	Cat	Time	Rtg	Notes
3667	Dianne August	VF58	53:05	69.36	
Harvel 5 - 1 st June					
Pos	Name	Cat	Time	Rtg	Notes
28	Gareth Coult	SM33	31:26	68.23	
294	Jennifer Lucas	VF56	42:22	67.19	PB
322	Sally Silver	VF38	43:08	56.75	
Bristol Self-Transcendence 5K					
Pos	Name	Cat	Time	Notes	
29	Emma Sherwood	SF31	28:08		
Edinburgh Marathon - 5 th June					
Pos	Name	Cat	Time	Rtg	Notes
3145	Ella Trott	SF31	4:04:09	56.87	PB
5425	Ben Trott	SM39	4:36:54	46.25	Debut
Southend half marathon - 9 th June					
Pos	Name	Cat	Time	Rtg	Notes
8	Simon Jones	SM38	1:17:30	77.84	Debut
40	Tony McParland	VM44	1:23:25	75.49	
76	Gareth Coult	SM33	1:27:57	67.82	PB
82	Roderick McLachlan	SM34	1:28:11	67.64	Debut
121	Philip Wyard	VM50	1:29:47	73.42	
143	Craig Thomas	VM52	1:31:22	73.33	PB
223	Mark Cooper	VM52	1:35:23	70.23	
751	Tony Savage	VM58	1:49:40	64.32	
1018	Jennifer Lucas	VF56	1:55:24	68.16	
Staplehurst 10K - 16 th June					
Pos	Name	Cat	Time	Rtg	Notes
35	Yiannis Christodoulou	SM29	40:45	66.19	PB
42	Thomas Millard	SM28	41:45	64.61	PB
57	Mark Cooper	VM52	43:18	70.52	
60	Russell Evans	VM49	43:35	68.37	PB
183	John Wilkins	VM58	53:06	60.57	
252	Marion Nichols	VF50	1:00:48	55.97	
295	Jacky MacDonald	VF65	1:15:14	52.98	

The Sapphire Hoe 5K Summer Series - 19th June					
Pos	Name	Cat	Time	Rtg	Notes
2	Simon Jones	SM38	17:11	77.38	
6	Joe Thomsett	SM25	18:50	68.88	PB
8	Gareth Coult	SM33	19:02	68.16	PB
11	Yiannis Christodoulou	SM29	19:49	65.47	
North Downs Run 30K - 23rd June					
Pos	Name	Cat	Time	Rtg	Notes
63	Roderick McLachlan	SM34	2:35:13	56.21	Debut
118	Sarah Maguire	VF43	2:47:00	60.67	Debut
303	Sally Silver	VF38	3:19:40	48.73	
Podplus 3 Lakes 5K - 23rd June					
Pos	Name	Cat	Time	Rtg	Notes
7	Yiannis Christodoulou	SM29	19:49		
Self Transcendence 5K - 24th June					
Pos	Name	Cat	Time	Rtg	Notes
9	Mark Ford	SM23	16:50	77.07	PB

Wingham Races on Sunday 8th September

The 27th Wingham 10k and 5k road races will take place on Sunday 8 September 2013 at 1030am

You can enter online via the link from www.wingham.org.uk or download the postal entry form

We look forward to welcoming Canterbury Harriers to this well established local event

Rupert Williamson



Submission of Race Results.....Gerry Reilly

Francis Maude is the Results Manager for the club and he regularly monitors the major local road races and records Harriers results on our website. As part of this process he will check whether a road race event is certified accurate (ie it has been measured and certified as accurate by a qualified Association of UK Course Measurers Measurer). If it is certified as accurate then Francis will tick the "certified accurate" box for the event when entering the results and these results will then automatically be transferred on to the website league tables and count in terms of club awards and points tables. The same applies to the principal international road races which club members take part in including the Reims and Le Touquet events and other major international city distance road races and marathons all of which are assumed to have been certified as accurate under their own national measuring systems and rules.



With regards to Park Run 5K results Steve Clark monitors the Whitstable Park Run website and records the weekly results on the website separately himself – the results from the Whitstable Park Run when the race is run on the standard two lap route are recorded as “certified accurate” and are automatically transferred to the league tables as this course has been officially certified as accurate by AUKCM. If the race is run over the “lollipop” route or the normal route is shortened on the day for whatever reason then the “certified accurate” box will not be ticked and these results will not be transferred to the league tables. These results and any other results where the course is not certified as accurate will show on the results table in green italics.

If you wish to check before entering whether a race is certified as accurate you should visit the UK Course Measurers website at <http://aukcm.org.uk/> The association measurements apply to the standard road race distances of 5K , 5 Mile , 10K , 10 Mile , Half Marathon , 20 Mile and Full Marathon and these are the only race distances which qualify for our road race league tables and road race club awards.

Please note that statements on UK road race websites or entry forms that a course has been eg “ accurately measured” are meaningless unless the course has been officially measured and certified as accurate by AUKCM. Races which have been given AUKCM certification will usually show the AUKCM triangle/wheel symbol on their entry forms and information sheets. The AUKCM certificate is valid for a ten year period after which it is subject to a renewal process on expiry or if there is a change in course routing in the intervening years.

If you wish to notify a race result for logging on the website PLEASE NOTIFY DETAILS DIRECTLY TO FRANCIS MAUDE at francis.maunder@insall-architects.co.uk

The information you provide to Francis should include the following:

- 1) Name and location of event and confirmation of whether the event was on or off road or multi terrain
- 2) Distance of event and whether certified accurate or not
- 3) Date and time of event
- 4) Total number of runners
- 5) Your official net time and finishing position
- 6) Details of any category award won
- 7) Weather conditions during the race inc ground conditions if off road.

The final word on the 2012/13 X-Country Season

KFL XC LEAGUE Honours

Individual League Category Awards

Male	3 rd Overall	Mark Ford
Female	3 rd Overall	Faye Roberts
Female	V50 Champion	Barbara Wenman
Female	V55 Champion	Dianne August

Overall club champions and most improved runner

Club most improved xc runner female	Barbara Wenman
Club most improved xc runner male	Gerry Reilly
Club overall xc champion female	Faye Roberts
Club overall xc champion male	Mark Ford

KFL Appearances - female

Dianne August	5 appearances + kit award
Tina Jones	5 appearances + kit award
Wendy Smith	7 appearances + kit award
Joanne Norrington	6 appearances, scored once for team + kit award
Barbara Wenman	5 appearances, scored twice for team + kit award
Jenny Benson	6 appearances, scored twice for team + kit award
Nicola Kirby	3 appearances, scored three times for team
Sarah Maguire	6 appearances, scored three times for team + kit award
Victoria Kenny	4 appearances, scored four times for team
Faye Roberts	6 appearances, scored six times for team = kit award
Penny Birchall	Kit award

KFL Appearances - male	* also qualified for kit award
Steve Clark*, Neil Godden*, Roy Gooderson*, John Hartley*, Martin Henry*, Paul Lucas*, Bob Pullen*, Gerry Reilly*, Steve Reynolds*, Tony Savage*, Craig Thomas*, Dave Waite*	5 appearances
Bob Davison*	7 appearances
Tony Marden	1 appearance, scored once for team
Joe Thomsett	1 appearance, scored once for team
Dave Bowden	3 appearances, scored once for team
Gareth Coult	4 appearances, scored twice for team
Colin Kent	4 appearances, scored twice for team
Rik Austen	3 appearances, scored three times for team
Peter Hogben	4 appearances, scored four times for team
Roddy McLachlan	4 appearances, scored four times for team
Mark Wenman*	5 appearances, scored four times for team
Phil Wyard*	5 appearances, scored four times for team
Simon Jones*	5 appearances, scored five times for team
Tony McParland*	5 appearances, scored five times for team
Rob Dowling*	6 appearances, scored six times for team
Mark Ford*	7 appearances, scored seven times for team
Andy Farrant*	

Individual KFL League Certificates, (qualification is 5+ appearances).

Females: V60 Category 3rd	Tina Jones
V50 Category 4th	Wendy Smith
V40 Category 4th	Sarah Maguire
SEN Category 5th	Jenny Benson
SEN Category 15th	Joanne Norrington
Males: V65 Category 7 th	John Hartley
V60 Category 6 th	Gerry Reilly
V55 Category 4 th	Mark Wenman
V55 Category 5 th	Bob Davison
V55 Category 8 th	Steve Clark
V55 Category 11 th	Neil Godden
V55 Category 17 th	Tony Savage
V55 Category 21st	Roy Gooderson
V50 Category 6 th	Phil Wyard
V50 Category 10 th	Craig Thomas
V50 Category 13 th	Steve Reynolds
V50 Category 31st	Bob Pullen
V45 Category 19 th	Martin Henry
V40 Category 9 th	Tony McParland
V40 Category 19 th	Dave Waite
V40 Category 23rd	Paul Lucas
SEN Category 14 th	Simon Jones
SEN Category 15 th	Rob Dowling

The Prague Half Marathon.....Rupert Williamson

Perhaps known as a hen and stag party destination, Prague is also a magical city of bridges, cathedrals and church domes and host to an International standard Half Marathon (the Marathon is held on a different date). The event holds IAAF Gold Label Road Race status, making it the foremost race of its type in the country. The course loops around the city and the bridges across the Vltava River. The city was almost undamaged by WWII and Prague's medieval centre remains a wonderful mixture of cobbled lanes, walled courtyards, cathedrals and countless church spires all in the shadow of the majestic 9th century castle.

Prague is also a modern and vibrant city full of energy, fine dining and special events. So it was for the half marathon. 12, 500 runners gathered for the event with the usual build up of pre race registration and pasta parties.

Getting to Prague is easy with numerous UK flights into a modern airport about 40 minutes (depending on the time of day!) from the city centre.

There are a huge range of hotels to suit all budgets. The race website was really easy to use with Accommodation and transfer options competitively priced. We choose the Assenzio Hotel which I would recommend albeit a 20 minutes walk from the centre. However there is an excellent tram system which is a must do when visiting and an equally interesting Soviet built metro!

We were a party of 12 with six of us running! In the spirit of cooperation 2 Harriers (the author and Richard Hopkins), my son and our running friends.



The half had all the attraction and buzz of a marathon without the need for months of training and commitment that the marathons demand. It was also a great excuse to visit one of Europe's most charming and beautiful cities.

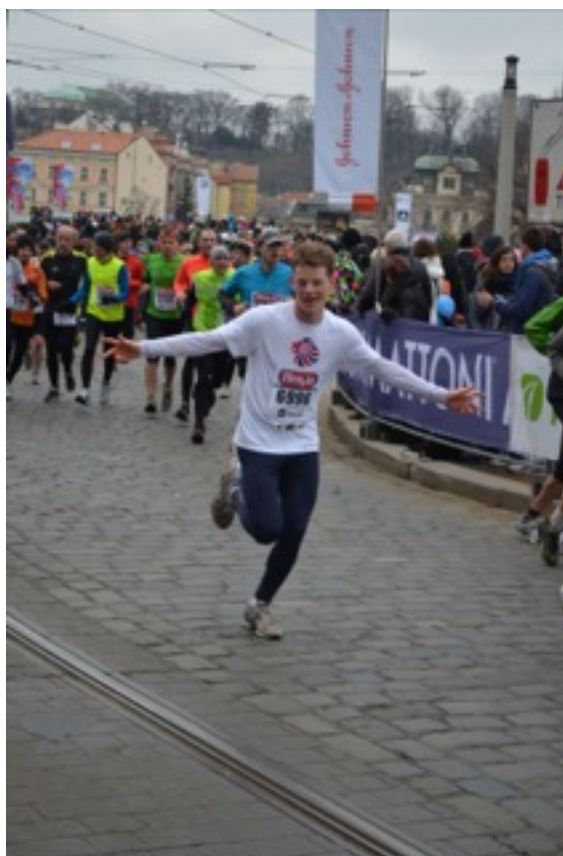
So race day. Those training runs are all forgot as we set off for a very civilized midday start. No sleep deprived preparations or early breakfast. The only down size of the run was the weather was freezing cold. Gloves and hats were essential and only a handful of the runners were in shorts. We were like King Penguins in the starting bins all seeking some sort of warmth in the middle of the huddle. For a large race and unlike UK races no one dressed as a hippo or batman! There was one charity that appeared to be groups of

runners that push huge pram type tricycles giving severely disabled children the chance to experience the buzz of a big event.

We had a little recce the previous day so had a reasonable idea of what to expect in terms of route. The course does several loops and so is pretty spectator friendly. The fact that the course is never far from the river gives you a pretty good idea that no big hills are involved and took in some of Prague's most stunning views.

The layout of the start area was easy to follow and a huge number of pink and blue mobile toilets decorating the baggage areas!

As the weather was clear but freezing we were very pleased to get underway. The first five miles took us away from the old part of town into the not so attractive suburbs but all part of the vista of a large modern city. Apart from Hastings it was my first "big" half marathon. Over the whole course you are surrounded by runners. I aimed to keep up with my Invicta running partner! It is hard work keeping track – a quick diversion to a water table and you can easily lose sight of each other. There are some real hazards from the cobbles and the tram tracks and kerbs so it was important to stay alert!



Some of the mile markers were not clear (to me) but the pace and feeling of being caught up in a river of runners kept the legs going.

A couple of great bridges are involved into the twisting last mile. The home stretch is packed with supporters although they do not shout general encouragement or heckle! Great race t shirt and mini rucksack with some goodies and of course a shiny medal which always makes the trip worth it.

When in Prague the huge variety of local hops should be sampled and most are a bargain. There is even a local tour company that advertises "the best night out you will never remember"! There is a lot to do in Prague so leave at least a couple of days to take in the sights!

If you are looking for an excuse to visit Prague this is the ideal one! Don't delay the event sells out quickly. Although not yet confirmed it is scheduled for Saturday, 4 April 2014.

Whitstable 10K Race Review.....Peter Yarlett

Congratulations to all members, families and friends who supported the Club in helping with this year's version of the Whitstable 10K. The race organisation is a bit like an ice-berg! The detailed planning takes place largely unseen in the weeks and months leading up to race day - similar to the part of the ice-berg that rests beneath the water line. Come race day however and the race organisation and support becomes very visible with the detailed planning kicking-in along with the multitude of race day tasks that require 'feet on the ground'.



As is customary the race organisation doesn't end on the day. The presentation of a cheque to Demelza is mentioned elsewhere in the Newsletter as an important part of Harriers community activity. Another feature of post race activity is the formal review of race arrangements allowing learning points to be incorporated into the 2014 organisation. This year's review was considered by your Committee on the 24th May.

Compliments were made by many runners both on race and later in Runners World. Some commented on the busy nature of the promenade in the long run to the finish and that clarity is needed about the availability of showers at race HQ.

One runner was very unfortunately detained in hospital overnight after suffering heat exhaustion (fortunately fully recovered), prompting a further review of our medical support arrangements and guidance to marshals in 2014.



Many of you commented on the good organisation assisted by the newly introduced system of having lead Co-ordinators and deputies for key race tasks. The club will continue to build on these arrangements inviting other members to take on roles that create a healthy spread of experienced organisers.



It is becoming clear that an increasing number of marshals are needed on the day. We also know that many Harriers also like to take part in the race. The Co-ordination team will therefore take a view on how best to balance peoples racing ambitions with the need to properly marshal the race. In this respect it is worth noting that both Canterbury City and Kent County Councils, as the statutory bodies for authorising the race, continue to seek further assurance about health and safety matters.

In addition to the points mentioned above other areas to be considered by the race committee include:

- The use of headphones by runners (as a safety concern)
- The race start time (possibly avoiding parking congestion and alleviating the worst effects of heat)
- Whether to register the race with UKA or ARC
- Further signage (with Harriers logo) and marshals along the promenade advising pedestrians of 'race in progress'; as well as confirming other activities taking place on the promenade on race day (sailing, grass cutting, weddings! To name but a few)
- Confirming road and parking bay closures on all parts of the course
- Reviewing water station provision – both the number of stations and the number of helpers at each station
- Renewing the stock of marshal 'bibs' and other ancillary race equipment

And so for a few months at least we can all take a time out from race organisation duties with the happy knowledge of a well run Whitstable 10K in 2013 but with 2014 just around the corner!

Canterbury Harriers Kit.....Jo Norrington

Jo is *Kit Manager* and is keen to ensure that we are all smartly turned out in club kit! Orders can be placed with her by e-mail or text - *details below*.

We have:

Team Ronhill Running vests: - made especially for Canterbury Harriers! They are made from a lightweight aquaduct, a super moisture transfer fabric that comes in mens and ladies specific sizes, priced at £15 per vest. To look at the product:

Sizes are:

Mens: <http://www.ronhill.com/pursuit-vest-28>

Small (35-37')

medium (38-40')

Large (41-43')

Extra Large (44-46')

ladies: <http://www.ronhill.com/women-s-pursuit-vest-24>

Small (29-31')

Medium (32-34')

Large (35-37')

Extra large (38-40')

There is still some existing vests in stock priced at £11.50

Canterbury Harriers technical t-shirt:

Made by Tombo in mens and ladies specific sizes, priced at £13.50. They have mesh panels at the side, under arm and upper back for superb ventilation, moisture management wicking fabric and a raglan sleeve cut for greater range of movement. These t-shirts are also great for all our support crew, friends and family.

Mens: <http://www.tomboclothing.co.uk/product-detail.asp?cat=Polos%20and%20Tops&subcat=&pc=TL541>

XS: 34-36'

Small 36-38'

Medium 38-40'

Large 42'

Extra Large 44-46'

Ladies: <http://www.tomboclothing.co.uk/product-detail.asp?cat=polos> and tops&subcat=&pc=TL542

10 (small): 32-34'

12 (medium) 34-36'

14 (large) 36-38'

16 (extra large) 38-40'

Existing stock:

There is still some existing stock priced at £10 per t/shirt, please ask for sizes.

Hoody - polycotton mix to maintain shape and reduce risk of shrinkage in the wash! unisex sizes £15 per hoody, sizes from 30' chest to 46' chest. Great for warm-ups and supporting from the start and finish lines!

Some zip-up hoodies left in stock, £16.50, please ask for sizes.

Also available **Team Ronhill jackets** available in Canterbury Harriers navy and white or high visibility priced at £33, unisex sizes. Lightweight, breathable wind resistant and water repellent treated material. Great for those long runs and for winter running. Be safe, be seen and look great all at the same time! <http://www.ronhill.com/pursuit-run-jacket-20>

For all orders e-mail Jo at norrington.joanne@gmail.com or text 07708545021 to place your order! Payment by cheque made payable to 'Canterbury Harriers' - sorry no cards.

Saxon Shore Teams, Results and Photos.....Jenny BensonHarrier Jets

Simon Jones (Cpt)

Mark Ford

Joe Thomsett

Gareth Coult

Roderick Mclachlan

Harrier Hawk Jets

Tina Jones (Cpt)

Jane Elder

Anna Fisk

Adrian Fox

Wendy Osmond

Ancient Mariners

Tony McParland (Cpt)

Phil Wyard

Peter Mcquire

Jacob Hussey

Dave Bowden

Harrier Hippy Jets

Andy Farrant(Cpt)

Colin Kent

Neil Benson

Francis Maude

Neil Godden

Harrier Jettetts

Emma Greatrix (Cpt)

Jenny Benson

Penny Birchall

Jo Norrington

Tracy Furminger

Harrier Jump Jets

Paul Lucas (Cpt)

Dave Waite

Steve Clarke

Bob Davison

Tony Savage

Results:

Harrier Jets	04:52:46
Ancient Mariners	05:29:30
Harrier Jump Jets	05:41:39
Harrier Hippy Jets	05:59:30
Harrier Jettetts	06:30:45
Harrier Hawk Jets	06:47:07

The Crazy Day that is Saxon Shore





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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.

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 or

" 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

Faye Wyard, daughter of the Harrier's Treasurer Phil, 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

Jo Norrington - holistic and sport massage therapist...

Affiliated with the Complementary Therapists' Association and fully insured. Mobile service offered. Special price for Harrier members at £10 per half hour!!! Full consultation and treatment plan at no extra cost.

Tired legs after a race or training session? Massage can really help in the recovery process! Call or text Jo on 07708545021.

Steve's Reynolds Maintenance

All house and garden maintenance
01227 361112 or 07951754926

Present yourself
with your raceday achievements
stylishly framed
competitively priced



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

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

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

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

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

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.

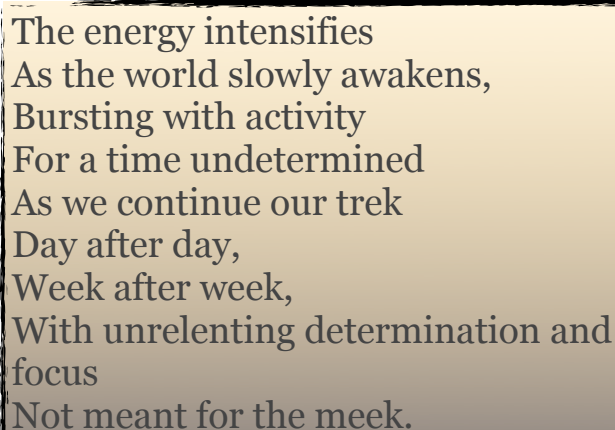
Let training fit in with your lifestyle and choose to train in your own home, place of work or outdoors.

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.

And Finally.....

Hope you have enjoyed reading the Summer 2013 Harrier...

Do make sure that you put Thursday 12th September in your diary as your support for the club at the AGM is a must.....and very finally a poem....



The energy intensifies
As the world slowly awakens,
Bursting with activity
For a time undetermined
As we continue our trek
Day after day,
Week after week,
With unrelenting determination and
focus
Not meant for the meek.

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 at Birley's.

THE END