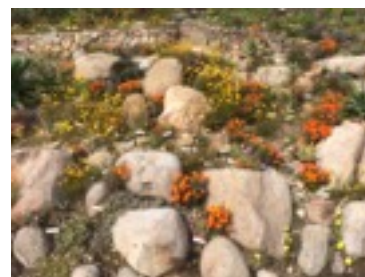




# The Harrier

The newsletter of the Canterbury Harriers



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## WELCOME

Greetings to the Spring 'has it arrived at last' issue of The Harrier with a particularly warm welcome to all new club members. We are delighted that you have chosen to join our running community. Hopefully you have received an enthusiastic welcome and introduction to training.

## THE WEATHER

No edition of The Harrier is ever complete without reference to the weather. Apart from being Eds favourite topic(!) it also features largely in our running thoughts, affecting as it does our training and racing ambitions. For weeks the only topic this winter has been rain, rain and rain. Oh, and rain. With rainfall in our part of East Kent falling at four times the normal amount there were bound to be problems of ground saturation and flooding. Throw in high tides and gale force winds and the ingredients were all that was required to create wide scale flooding in Bridge with high flows on the River Nailbourne, and at Thanington, Canterbury and Chartham along the River Stour. Sympathy goes to all those whose homes and lives have been victims of the floods.





The Stour did much as it liked in January through to March



Even the M2 hole in the road was national news for a few days in January.

Somehow a large number of us survived all that the Minnis Bay KFL course could throw at us, including the tough beach terrain, extended mud stretches and finally the notorious dykes. And Steve has already promised that we can do it all again next season! Eds favorite running photo of the x-country season shows Anna Fisk emerging from one of the dykes with mud splayed across the front of the lens. Incidentally, the photo is shown inside on page 11.

Our own Blean KFL X-country course was flooded in many places and took several inspections by Gerry and Roy to confirm that the race could eventually go ahead. We were fortunate that on the day we were blessed with fine weather and a drying wind. However, the exit and return, to and from the main field was covered in deep water and several runners had a seriously wet experience. Not so fortunate was the KFL race at Meophan that had to be cancelled due to the car parking field being water stricken.

Well done to all Harriers managing to keep training programmes intact, or partially so, during the extended weather conditions.

## WHITSTABLE 10K

Led by Race Director John Hartley the arrangements for holding our very own Whitstable 10k race on the 5th May are now well advanced. The race provides a healthy surplus to club funds that allows us to subsidise many of our activities throughout the year. We are also pleased to be able to support the local Demelza children's charity from race proceeds. Once again we are delighted in having Baileys Nissan, through Brian Smith, as our generous race sponsor.

As part of this year's race preparation members will already know that we have reviewed the arrangements for Harriers running the event. This is because to run the event safely and successfully we need to mobilise all of our membership to marshal and cover the multitude of other race day tasks. For example, many more marshals are needed along the promenade and finish areas in order that we could be licensed by UKA and the City Council to run the event.

If you haven't yet put your self forward to assist on the day then please make yourself known to Steve Clark - 'Supreme Marshal'. **Your club needs you** and the support of family and friends if available will be much appreciated.



A social run around the course is being held on Sunday 20th April starting at 10.30am to give us all a chance to experience the route and to partially compensate for not running the race. There will also be an opportunity to socialise afterwards in the Waterfront Club. All members are invited to take part in the run and meet up afterwards.

## BLEAN CROSS COUNTRY

A big thanks and well done to everyone that supported our KFL fixture at Blean. Despite the ground conditions everything went smoothly, both for runners and the marshalling team. It was great to see 'Team Canterbury Harriers' in action and showed that, as usual, we can deliver a first class event. Many of the competitors complimented us on a well organised and marshalled event.

## RACE RESULTS

Racing is at the heart of our sport. Harriers upto date race results are collated by Yiannis and can be viewed through the website. The arrangements for notifying Yiannis of race results is shown inside the Newsletter so that he can include as many results as possible. The previous 3 months road race results are reproduced in the Newsletter to show 'at a glance' how members have fared and who has done what! All results,



including X-country and parkrun results are viewable through the club website. Well done everyone for some terrific performances.

5 Miles - Tom Millard (Debut) and Yiannis Christodolou (PB).

10k - Barry Hopkins and John Wilkins(PB) and Clare Booher (Debut).

10 miles - Robbie Higgins, Jason Paton-Smith, Richard Flynn, Hazel Dobson, Nathan Bradley, Andy Phillips, Gary Hovey, John Wilkins, Shirley Pullen, Lariza De Oliveira, Tom Purnell (all Debuts). Barbara Wenman, Wendy Smith (both 1st F55). Paul Lucas, Wendy Osmond, Joanna Brazier, Sally Silver, Jennie Lucas (all PBs).

Half Marathon - Tom Millard (twice), Anna Fisk, Sally Silver, Dave Waite and John Cooper Neil Armitage, Penny Birchall, Tony Savage & Nathan Bradley (all PBs).

Mark Cooper (2nd SM 50-59), Barbara Wenman (1st F55), Penny Birchall (& 2nd and 3rd F55).

John Cooper, Neil Armitage, Russell Evans, Adam Stokes, Adam Cowper-Smith, James Scanlan John Wilkins, Andy Phillips, Shirley Pullen & Karen Hault (all Debuts).

20 miles - Adam Stokes, John Cooper, Nathan Bradley (all Debuts). Phil Wyard and Paul Lucas (both PBs).

Marathon - Sarah Maguire (1st F).

We are fortunate in having a coaching team, led by Gerry, providing set training sessions throughout the year. Yiannis has recently joined the coaching team following his gaining of the Leadership in Running Fitness award. Phil has enrolled to achieve the next level of training award to add further expertise to the training team. New members have commented on how helpful it is to have regular training sessions with such a large attendance of members for added motivation.

### **CLUB AMBITIONS 2014**

Details of 'club ambitions' were carried in the last Harrier issue. Your committee continues to give time in developing these ambitions as a focus for taking the club forward. For example, at a recent committee meeting discussion took place on the club's social calendar. Perhaps 'social calendar' is a little grandiose in title, but in essence your committee is keen that we should combine the best of training and competition with social events to maintain the running community that we are all part of. Essentially your committee is keen to promote at least one social event per month. March saw the successful Quiz nite and forthcoming events in April include the cross country presentation evening (24th April) and the Whitstable 10k social run (20th April) with an opportunity to socialise at the Waterfront club afterwards. Also, most training evenings sees a small group of Harriers taking refreshment in the The New Gate Inn - Weatherspoon pub - and all are welcome to pop in for ale, coffee or a meal.

### **CLUB COMMUNICATIONS**

Gemma Hiorns has made a great job in expanding the use of Harriers Facebook. Do sign up if you haven't already done so.

Joe Thomsett has started keeping our Harriers website up to date. Please support Gemma and Joe by contributing to both media outlets!

The club is still seeking a replacement for Peter as Newsletter Editor. Also, a new role of Press Officer will help the club to more frequently hit the back pages of local papers. If you want to chat about either role then speak to a committee member. The usual salary and perks apply to all club roles!

**YOUR COMMITTEE**

Since September's AGM your committee has met on 3 occasions (usually the 2nd Tuesday in the month) to consider issues ranging from membership, club finances, coaching & training, x-country, the Whitstable 10K, club communications, Harriers ambitions, social activities, kit, Birley's and lots more. Comments and suggestions on all matters concerning club matters is always welcome.

Remember it is 'Your' club. A word with a committee member at a training evening is often the best way of sharing your views or raising a matter. Your committee is shown inside the newsletter.

**DISCOUNTS**

When purchasing running gear don't forget to mention that you are a member of Harriers. This will often attract a discount and in any case there is nothing to lose. A running related discount of 10% is available for treatments from Team Buckley Physiotherapy based at 2 Broad Oak Road, Canterbury, CT2 7PW (01227 458430). When booking mention that you are a Harriers member [www.teambuckleyphysio.co.uk](http://www.teambuckleyphysio.co.uk)

**SOCIAL MEMBERSHIP**

Just a reminder that Harriers now has a social membership category at the vast sum of just £10 for the year. If you have friends and family who may be interested in being associated with Harriers, then please spread the word. They will be made very welcome. Also reassure them that they don't have to run.

**EVENTS, DIARY DATES AND THANKS**

Thank you to Roy for race directing our KFL fixture at Blean, Yiannis for organising the club evening meal in February, Steve for organising the Quiznite in March and Steve again for keeping us organised during the past cross country season for fixtures and entries.

Dear diary - Don't forget:

A social run around the Whitstable 10k course on Sunday 20th April starting at 10.30am with an opportunity to socialise in the Waterfront Club afterwards.

The cross country presentation evening on Thursday 24th April from 8.30pm at Rough Common Village Hall. The evening training run will be based from the Village Hall for that evening only at the usual time of 7.00pm. All are welcome and we look forward to seeing our social members as well. Club Kit will also be on sale courtesy of Jenny and Jo.

Our Whitstable 10K on Monday 5th May. All offers of help please to Steve Clark if you haven't already done so. This really is a once a year occasion when Team Canterbury Harriers springs into action. All assistance on the day really is appreciated to help us mount this prestigious race.

Your support and involvement in all club activities is welcomed as part of being a member of the Harriers running community.

**WHAT'S INSIDE**

For your enjoyment and pleasure the usual range of informative items are included. Read further about race results, dealing with shin splints (Jo Norrington), Rheims trip (Phil Wyard), Spotlight on Yiannis, It can't be true - or can it!, Harriers on Facebook, x-country round-up and photos (Steve Clark), Thursday night running routes (Gerry Reilly), parkrun update (Jacky MacDonald).

Enjoy your read. Ed.

## Spotlight on Yiannis Christodoulou.....

### What is your story about how you go into running?

A. Well it all started at school doing cross country's and competing against other schools, to be honest I'm not sure why I ran because in most of the cross country's I would run then walk and run again. To be honest I was awful!

My love for running started at sports day in year 8 when I entered the 800m. I trained by running to my dad's work which was 2 miles away 3 times a day. I won the race with a school record but can't remember the time as it seems a long time ago. This then led me to competing in Kent championships against other schools and I won a few races. In year 10 I held the 800m record for school which I am told by a friend who is a teacher at the school that some 15 years later it hasn't been beaten. After school I didn't really do much running, preferring to play football. It was only in 2010 when I started running in sport relief runs for charity and the motivation of the Olympics pushed me to join the Harriers.

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

A. Before running I played squash and was alright at it, but mainly played football. I also now do swimming and biking and I am hoping to compete in a few triathlons this year.



### What is your favourite training session?

A. Speed sessions, I like Gerry's whistle sessions (although they are very painful) and the Wincheap session.

### What other sports are you interested in watching?

A. Football, Formula One, Olympics and triathlons.

### How do you manage to run with work commitments?

A. At the moment I have a 9-5 job Monday to Friday so it fits into my training very well.

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

A. I always mix up my training, but I tend to run three times a week; two swimming sessions and two gym sessions a week.

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

A. I like 800m although haven't run that for a long time and 5k and 10k's.

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

A. My first goal is to not get as many injuries as last year. Building from this I aim to break 19 minutes in 5k and under 40 minutes in the 10k.



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

It can be hard at times when your on a come back and then get setbacks. To keep me motivated I look at what I achieved last year and trying to improve on it. Also knowing I can beat Tom Millard when fully fit - only joking Tom!

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

A. Plenty of tips for Harriers if you want to beat your times. Firstly always listen to your body and don't over train because it will injure you. Always try to do a speed session once a week and cross train, running alone won't make you faster it will help but if you do other activities such as cycling this will give you stronger quads.

PS: Yiannis didn't mention that he supports Arsenal and does a fantastic job in getting our race results onto the club website (see below). Ed.



## Reporting Your Race Results

For information Yiannis Christodoulou is the Results Manager for the club. Yiannis regularly monitors the major local road races and record Harriers results on our website. As part of this process he checks whether a road race event is certified accurate (i.e. it has been measured and certified as accurate by a qualified Association of UK Course Measurers Measurer). If it is certified as accurate then Yiannis ticks the "certified accurate" box for the event when entering the results and these results are then automatically



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 parkrun 5K results Steve Clark monitors the Whitstable Park Run website and records the weekly results on the website separately – 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 “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, information sheets or websites. 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 YIANNIS CHRISTODOULOU** at [yiannis\\_christodoulou@hotmail.co.uk](mailto:yiannis_christodoulou@hotmail.co.uk) Similarly if you have any queries or corrections with regard to results already entered please contact Yiannis. (Please note the underscore between the first name and surname ).



**The information you provide to Yiannis (below) should include the following:**

- 1) Name and location of event - please note that the **website results section is designed primarily for conventional road races**. Kent Fitness League results are automatically transferred to the results section and Yiannis will also add results from the Kent and Southern Cross Country Championships - however results/reports of off road performances by individuals such as trail races and also triathlons are more appropriate for The Harrier Magazine or Club Facebook page.
- 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 (viz chip) and finishing position
- 6) Details of any category award won - if participating with other Harriers also details of any team award achieved.
- 7) Weather conditions during the race.
- 8) Whether the course was flat , undulating or hilly.

**Harriers Committee** meetings are held on the second Tuesday of each month. Please raise any matter with a committee member for your views and suggestions to be aired:

<b>Harriers Committee 2013/14</b>	
Peter Yarlett	Chair
Bob Moreton	Treasurer
Roy Gooderson	Administration Officer
Tina Jones	Secretary
Gerry Reilly	Head Coach
Steve Clark	Coach
Andy Farrant	Membership Secretary
Sean Reilly	Web Master
Mark Wenman	Runners Rep
Vacant	Deputy Chair
Yiannis Christodoulou	Runners Rep
Jenny Benson	Runners Rep, Kit & Coach
Joe Thomsett	Co-opted Runners Rep & Website Content

## Photo gallery.....



Anna at Minnis Bay scrambling out of the dyke with mud face pack intact!



Barbara collecting her 2013/14 KFL V55 winners award from Rob Bright at the final x-country of the season held at Swanley

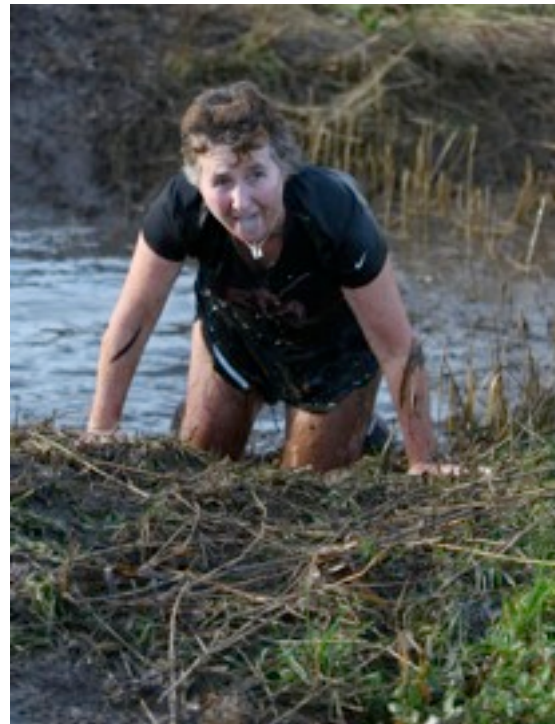


**A final reminder of the X-country season....farewell to Minnis Bay for another year  
(Thank goodness. Ed)**











***It can't be true.....or can it!*****NEW RACE DISTANCES ANNOUNCED BY THE IAAF**

The IAAF (ineffectual application of athletic faux pas) is considering making wholesale changes to traditional racing distances. An IAAF spokesperson said last week that a review of distances was necessary because the current marathon distance didn't fit in with the need to have commercial breaks in televised events.

The plan, when fulfilled, will increase the marathon distance to 27 miles giving tv companies the opportunity to include adverts at the start, after 9, 18 miles and at the finish. As race leaders reach each designated point on a course they, along with all competitors, would stop to allow scheduled adverts to be shown.

The practical elements of such an innovation are still to be decided, said the spokesperson. It is known however that should the new marathon distance be adopted then other racing distances would be re-calibrated accordingly. So the new half marathon race distance would be 13.5 miles, the 10K race would become 10.2K and the 5K race changed to 5.1K. The timetable for the transition is still to be confirmed but the IAAF did suggest that the 1st April 2015 would be the most acceptable date for the change.



**Not quite.....only another 763 yards to go!**



**Rheims a Toutes Jambes 2013.....Phil Wyard**

Once again a group of Harriers went to Rheims for the RATJ running weekend. 'Rheims a toutes jambes' is a french idiom that translates to something like 'Rheims at full speed'. The city seems to look more opulent each year, as the areas around the station have been cleaned up and the tram is now established.

Things were quieter this year. Bob had got 5 of us together, and there were fewer runners from the Rheims running clubs in evidence. However we met up with Andre, who took us to an open air cafe called 'Au Bureau', just outside the front of the cathedral. We recovered from the stress of the journey and the insistent sat nav lady with our first drink.

Having been issued with the dossards for the race, we went to our hosts houses, which were mostly in the Betheny suburb of Rheims.



Craig, as befits his profession, was keen to see the historic buildings of the city. So, we went up to the Roman Arch. It is remarkable how impressive it looks after nearly 2000 years. You can almost transport yourself back to Roman times, when you spend some time beneath it. The Musee des Beaux Arts is being redesigned by none other than David Chipperfield, who designed the Tate contemporary museum in Margate. Hopefully the french will appreciate his efforts. Further on we went past the Little Red Schoolhouse building that contains one of Rheims best kept secrets. It was actually here that the surrender document at the end of the second world war was signed on May 7th 1945 by General Alfred Gustav Jodl, before Eisenhower and the other politicians concerned moved over to Berlin.

On Saturday night we had a meal in an Italian restaurant called Pizzeria la Verone, in a nice part of Rheims city centre, (just round the corner from Therese's apartment). Therese was pleased to see that the manager was one of her students from her days of being a teacher. Embarrassingly, there were spelling mistakes on the menu. We had a nice pasta dish and a desert. Afterwards we took a tour of the nicer, up and coming parts of the city. The general feeling amongst our hosts was that the main pedestrianised high street had become too commercialised in the last few years. There was no 'grande surprise' this year, or drinking competitions. So sadly, most of us were tucked up in bed before midnight for a change.

We were delivered to the start line in time for a relaxed start. Craig took on the 'semi' and Phil, Bob and Shirley did the 10k. The routes for both races have been improved so that they really take in the sights of Rheims, including the cathedral, en route. As ever with major races, there were many slow runners far too near the front at the start, who initially slowed the progress of anyone looking for a quick time. (That's my excuse out of the way!) You do have to be assertive about pushing your way to the front, or get there very early.

Times were reasonable without being memorable for all of us.

Craig Thomas - 1/2 marathon - 1:33:52

Shirley Pullen - 10k - 1:01:33

Bob Pullen - 10k - 51:44

Phil Wyard - 10k - 42:04

Having showered and regrouped we headed for the restaurant La Lorraine and had an excellent meal with our hosts, where we also got to chat to the Italians from Florence briefly. This was slightly unusual in that it specialised in dishes from the Alsace/Lorraine region, which had a more german influence. Sauerkraut featured on the menu. The food was washed down with a rose wine which was apparently the correct wine, despite not being normal to have rose with a main course. It all felt very sophisticated.

Harriers traditions were rightfully preserved as we managed to miss the ferry by 15 minutes. This gave us the opportunity to have another beer of the french blonde variety, and amazingly a completed crossword, without having Steve Clark to finish it off.

Thanks to Bob, and also Therese and Andre on the French side, as well as our hosts for organising the weekend.

Rheims a toutes jambes. Toujours un plaisir.

## Harriers on Facebook.....

One of the club aims is to upgrade the various ways that we communicate with each other. Most of us are familiar with Facebook and it seems a sensible way of informally communicating club/member messages and information. Like most social media it needs to be used in a way that we can all enjoy.



Facebook can be used to tell each other about weekend training sessions, club results, upcoming fixtures and sharing lifts to races etc. Indeed Facebook use is as wide as members wish to make it for club matters. If you are not already signed up to Harriers Facebook then it really is a must to help you keep in touch. Gemma Hiorns is our Facebook Administrator.

1) If you do not already have your own Facebook account you need to set one up. This simply requires your email address and a personal password to set up. It's then up to you how much further information you choose to include. You are then ready to use the Harriers Facebook pages.

2) To find Canterbury Harriers use the search bar at the top of your Facebook home page by typing in Canterbury Harriers and the page will come up. It can also be found by typing in [www.facebook.com/CanterburyHarriers](http://www.facebook.com/CanterburyHarriers) in your address bar. You can also find Harriers Facebook by clicking on the Facebook logo on the front of the Harriers website (top right). To see the posts from Harriers in your personal Facebook news feed click on the 'Like' button found just under the main photo.

3) If you want to post on the page there is on the left hand side of the page a box that says 'post' above it. You can then write your message and then press Enter - this will not be public and others won't see your message unless they look for it on the page. If you want something posted (eg. any events you are participating in, details of PB's or if you want to organise a training run) you need to. Private message the page which you can do by clicking on the 'message' button on the right hand side of the page. Your message will come through to Gemma Hiorns (Harriers Facebook Administrator) who will then post your entry so that all members can view it. This method also needs to be used if you have any photos you would like to post. Alternatively photos can be e-mailed to Gemma at [facebook@canterburyharriers.org](mailto:facebook@canterburyharriers.org) who will then post them to Gemma site.

4) To see what others are posting on the Harriers page click the label.Recent Posts by Others and you will see everybody else's posts, allowing you to also comment and 'like' on these

5) Because Facebook is so instant simple messages can quickly be relayed within the club. As Administrator Gemma is keen to develop use of the site and for members to get involved with the posts, to like and comment on them. Brief news stories and photos are also very welcome so that these can be shared.

6) And finally if anyone has a problem in accessing the Facebook page please e-mail Gemma at [facebook@canterburyharriers.org](mailto:facebook@canterburyharriers.org) to help sort things out.

If you 'Like' this item please click.....



## ***It can't be true.....or can it***

### Guinness Announce New 'Guinnessade' Sports Drink

Guinness, normally famous for their iconic stout type beer, are moving into the isotonic drinks market. Taking the sports drink industry by surprise last week their representative announced that plans were well advanced to take a market share of the lucrative rehydration consumer base.



It is understood that the new drink, named 'Guinnessade' will retain the traditional 4 key ingredients of the alcoholic drink - malted barley to provide the foundation for the flavour of the drink and retain its wonderful dark ruby red colour (it looks black, but hold your glass up to the light, and you'll see there's a ruby in every glass, as the old saying has it) and its unique roasted character; female hops for a more intense flavour, aroma and as a natural preservative; natural water from springs in the Wicklow Mountains (which are also known as St James's Wells); and yeast to ensure that the new sports drink is fully fermented and charged with flavour.

Guinness claim that new 'Guinnessade' will provide a full carbohydrate intake programme, improving performance by providing the muscles with the energy they need to maintain a high work rate or exercise intensity for the duration of sport or exercise.

Whilst not wishing to disclose the full recipe mix it is understood from industry sources that the traditional Guinness alcoholic drink will be mixed with 'natural' products, including Glucose Syrup, Citric Acid, Acidity Regulator (Sodium Citrate), Stabiliser (Acacia Gum), Preservative (Potassium Sorbate), Antioxidant (Ascorbic Acid, Sweeteners (Aspartame, Acesulfame K), Flavouring, Vitamins (Niacin, Panthothenic Acid, B6, B12) and Colour (Beta-Carotene) to provide the full 'Guinnessade' sports drink.

Although keen to keep their new product under wraps for the time being Guinness revealed that trials of the drink had already been made with members of the local athletic running community at Canterbury's New Gate Inn training centre. The group, chosen for trialling the drink given their familiarity with beer as a recovering aid from a hard evenings training, were said to be entirely enthusiastic about the new product.



## Dealing with Shin Splints.....Jo Norrington

### What is a shin splint?

A term used to describe pain at the front of the lower leg, typically the shin. The lower leg is made up of the tibia and fibula bones (see diagram) Pain is generally felt along the tibia. It is usually, though not always felt in both shins.



### What causes shin splints?

The most common cause is medial tibial stress syndrome (MTSS) and indeed shin splints can also be known as MTSS. However, there are other causes of shin pain such as compartment syndrome (swelling of muscles within a closed compartment) and stress fractures (an incomplete crack in the bone). Stress fractures often feel better in the morning because the bone has rested all night; MTSS often feel worse in the morning because the soft tissue tightens overnight. Shin splints are also at their most painful when you forcibly try to lift your foot up at the ankle and flex your foot.

Quick anatomy lesson! MTSS is thought to occur when the layer of connective tissue that covers the surface of the tibia (shin bone), called the periosteum, becomes inflamed. It can become inflamed if too much pressure is placed on your shins, for example with a sudden increase in activity level. This tires the muscle quickly and it cannot properly absorb shock, so it forces the tibia to absorb most of that shock.

If your foot rolls excessively when it hits the ground (over-pronation) it puts abnormal forces through the tibia and the shin bone which can also cause inflammation.

Furthermore, muscle imbalances in the body, for example weak core muscles, tight lower leg and foot muscles can add to increased pressure on this shins. This is because the lower leg muscles have to work harder to compensate, and therefore tire more quickly.

### So what are the risk factors?

- Running, or sports with sudden stops and starts, such as basketball and tennis.
- The risk is increased if runners do not build their mileage gradually enough or abruptly change their workout regime, such as switching terrain from flat surfaces to hills.
- Tight calf muscles
- Low fitness
- Weak core muscles

### What are the treatment/management options?

- It is important NOT to run through the pain: pain is a sign of injury, so continued force through the legs will risk making the injury and pain worse (The Saucony shoe company reports that a force of up to three times body weight can be exerted on the human foot while running)
- Pain and swelling can be relieved by holding an ice pack against your shins (a bag of frozen peas wrapped in a tea towel works well). Do this for 10 minutes every two to three hours for the first two days.
- You can also use over-the-counter painkillers, such as paracetamol and ibuprofen, to help relieve the pain and inflammation.
- Stretching your calf at the front of your leg can also help.
- 
- If possible, you should stop doing the activity that is causing the problem; it can take several days or even weeks for the pain to subside. Its still OK to exercise during this time, but choose activities that do not put too much force on your shins, such as cycling, swimming, cross-training, etc. Think of it as active rest! You should then be able to gradually resume the activity.
- It is important your running shoes give you the right amount of cushioning and support for your weight and foot type. Shoe inserts may be an option if you over pronate: Podiatrists can give a more expert opinion and look at your overall lower limb biomechanics.
- Kinesiology taping may be able to support the area by offloading the muscle, thus reducing the pressure on the tissues to help relieve pain.
- Sports massage may help improve muscle flexibility and increase circulation to the area but the inflamed, painful areas along the bone should be avoided.
- Make a visit to your GP if pain does not improve, so other possible causes can be investigated.
- In the long term, consider an exercise programme that incorporates core muscle strength and flexibility training so that your muscles work in more equilibrium.

Disclaimer: This article is written to help improve your knowledge and understanding and it should not be used as a diagnostic tool. This is not a replacement for seeking medical advice. If in doubt, check it out!



**Race results from around the world and Kent.....**

**(cross country results can be seen via the club website 'results' section)**

<b>Country to Capital 45 Ultra Marathon - 11th January</b>					
Position	Name	Category	Time	Rating	Notes
121	Colin Kent	VM48	7:43:00		
<b>Viking Coastal Marathon Day 1 - 18th January</b>					
Position	Name	Category	Time	Rating	Notes
	Sally Silver	VF39	4:35:57		
<b>Viking Coastal Marathon Day 1 - 19th January</b>					
Position	Name	Category	Time	Rating	Notes
1st	Sarah Maguire	VF44	3:21:15	<b>1st Lady</b>	
	Sally Silver	VF39	4:52:40		
<b>Capital Runners Bushy Park 10K - 19th January</b>					
Position	Name	Category	Time	Rating	Notes
106	Anna Fisk	SF33	47:40		
<b>Barretts Canterbury 10 - 26th January</b>					
Position	Name	Category	Time	Rating	Notes
6	Robbie Higgins	SM38	59:25	76.24	<b>Debut</b>
27	Jason Paton-Smith	VM42	1:04:23	72.39	<b>Debut</b>
39	Jacob Hussey	VM47	1:05:22	74.01	
55	Mark Baker	VM42	1:07:29	69.07	
84	Craig Thomas	VM53	1:09:11	73.34	
94	David Waite	VM45	1:10:20	67.75	
102	Paul Lucas	VM43	1:10:59	66.14	<b>PB</b>
105	Philip Wyard	VM51	1:11:21	69.96	
109	Jennifer Benson	VF35	1:11:27	69.12	
123	Bob Davison	VM59	1:12:55	73.34	
129	Barbara Wenman	VF55	1:13:22	79.89	<b>1st FV55</b>
136	Mark Wenman	VM59	1:13:43	72.55	
144	Sarah Maguire	VF44	1:14:20	71.31	
148	Mark Cooper	VM53	1:14:23	68.23	
199	Richard Flynn	VF40	1:17:55	65.82	<b>Debut</b>
					<b>Continued</b>

<b>Barretts Canterbury 10 - 26th January continued</b>					
Position	Name	Category	Time	Rating	Notes
216	Hazel Dobson	VF37	1:18:18	63.94	<b>Debut</b>
223	Anna Fisk	SF33	1:19:11	62.37	
233	Penny Birchall	VF57	1:19:49	74.96	
240	Tony Savage	VM59	1:20:07	66.77	
262	Nathan Bradley	SM26	1:21:13	55.00	<b>Debut</b>
267	Andy Phillips	VM51	1:21:23	61.34	<b>Debut</b>
281	Wendy Osmond	VF48	1:22:14	66.75	<b>PB</b>
288	Trevor Brown	VM49	1:22:30	59.54	
325	Joanna Brazier	SF28	1:24:09	58.68	<b>PB</b>
323	Gary Hovery	SM38	1:24:47	53.44	<b>Debut</b>
335	Sally Silver	VF39	1:25:17	59.64	<b>PB</b>
367	Jennifer Lucas	VF56	1:25:39	69.13	<b>PB</b>
419	Bob Pullen	VM51	1:30:27	55.19	
448	John Wilkins	VM59	1:32:13	58.00	<b>Debut</b>
479	Kevin Post	VM49	1:33:15	52.68	
480	Rupert Williamson	VM51	1:33:16	53.53	
521	Karen Bennett	VF41	1:39:03	52.20	
558	Shirley Pullen	VF49	1:43:10	53.68	<b>Debut</b>
604	Lariza De Oliveira	SF27	1:53:16	43.60	<b>Debut</b>
624	Joe Epsom	VM62	2:16:10	40.43	
<b>Ashford &amp; District 10K - 2nd February</b>					
Position	Name	Category	Time	Rating	Notes
174	Nathan Bradley	SM26	46:55		* non-standard course used
203	Wendy Osmond	VF48	47:48		
229	Emma Greatrix	VF42	49:13		
328	Jennifer Lucas	VF56	53:34		
596	Jacky MacDonald	VF65	1:12:28		
					<b>Continued</b>

<b>Deal Half Marathon - 9th February</b>					
Position	Name	Category	Time	Rating	Notes
4	Thomas Millard	SM28	1:28:26	67.45	<b>PB</b>
33	Mark Cooper	VM53	1:34:46	71.28	<b>2nd Senior M50-59</b>
45	Neil Armitage	VM41	1:37:12	63.39	<b>Debut</b>
60	Barbara Wenman	VF55	1:39:57	77.92	<b>1st Vet 55+ Lady</b>
69	Mark Wenman	VM59	1:41:15	70.30	
108	Anna Fisk	SF33	1:47:45	61.07	<b>PB</b>
129	Penny Birchall	VF57	1:49:27	72.61	<b>3rd Vet 55+ Lady</b>
136	Trevor Brown	VM49	1:49:48	59.56	
137	John Cooper	VM54	1:49:49	62.02	<b>Debut</b>
170	Sally Silver	VF39	1:55:25	58.57	<b>PB</b>
<b>The Gravesend Floodlit 10K Series - 13th February</b>					
Position	Name	Category	Time	Rating	Notes
4	Barry Hopkins	SM34	39:56	67.55	<b>PB</b>
<b>Brighton Half Marathon - 16th February</b>					
Position	Name	Category	Time	Rating	Notes
1033	Russell Evans	VM49	1:39:27	65.75	<b>Debut</b>
<b>Tenterden 5 - 16th February</b>					
Position	Name	Category	Time	Rating	Notes
122	Jacky MacDonald	VF66	57:35	55.23	
<b>Valentines Run 10 miles - 16th February</b>					
Position	Name	Category	Time	Rating	Notes
63	Wendy Smith	VF55	1:47:07		<b>1st Vet 55 Lady</b>
<b>The Headcorn Half - 23rd February</b>					
Position	Name	Category	Time	Rating	Notes
105	Penny Birchall	VF57	1:41:22		
248	Jennifer Lucas	VF56	1:58:45		
<b>Lifestyle Renault Tunbridge Wells Half Marathon - 2nd March</b>					
Position	Name	Category	Time	Rating	Notes
166	David Waite	VM45	1:32:14	68.77	<b>PB</b>
402	Penny Birchall	VF57	1:40:49	78.83	<b>2nd Vet 55 Lady</b>
					<b>Continued</b>



**Addias Silverstone Half Marathon - 2nd March**

Position	Name	Category	Time	Rating	Notes
375	Colin Kent	VM48	1:33:21	69.52	

**Mizuno Reading Half Marathon - 2nd March**

Position	Name	Category	Time	Rating	Notes
418	Thomas Millard	SM28	1:24:11	70.86	<b>PB</b>
1407	Mark Cooper	VM53	1:34:41	71.34	
3753	Tony Savage	VM59	1:46:22	66.92	

**Bath Half Marathon - 2nd March**

Position	Name	Category	Time	Rating	Notes
97	Adam Stokes	SM30	1:18:50	75.67	<b>Debut</b>

**Worthing 20mile - 9th March**

Position	Name	Category	Time	Rating	Notes
9	Adam Stokes	SM30	2:04:44	75.61	<b>Debut</b>
206	John Cooper	VM54	2:53:24	60.20	<b>Debut</b>
230	Nathan Bradley	SM26	2:55:21	53.79	<b>Debut</b>

**Lydd Half-Marathon - 9th March**

Position	Name	Category	Time	Rating	Notes
38	Adam Cowper-Smith	VM55	1:29:24	76.82	<b>Debut</b>
52	James Scanlon	JM17	1:33:20	65.55	<b>Debut</b>
88	Bob Davison	VM59	1:39:23	71.62	
100	Russell Evans	VM49	1:40:45	64.91	
270	Jennifer Lucas	VF56	2:02:37	64.15	
368	Karen Bennett	VF41	2:18:30	49.60	

**Sidcup 10mile - 9th March**

Position	Name	Category	Time	Rating	Notes
4	Tom Purnell	SM26	58:24	76.48	<b>Debut</b>

**Shakespeare Marathon - 15th March**

Position	Name	Category	Time	Rating	Notes
40	Sally Silver	VF39	4:17:42	54.85	

**Surrey Spitfire 20miles - 16th March**

Position	Name	Category	Time	Rating	Notes
77	Philip Wyard	VM51	2:25:56	71.70	<b>PB</b>
87	David Waite	VM45	2:27:41	67.58	
93	Paul Lucas	VM43	2:28:17	65.33	<b>PB</b>
111	Mark Cooper	VM53	2:32:29	68.51	
316	Tony Savage	VM59	2:53:52	64.41	

**Continued**

<b>The Tonbridge 10K - 16th March</b>					
Position	Name	Category	Time	Rating	Notes
74	Jacky MacDonald	VF66	1:14:17		
<b>Hyde Park 20mile Marathon Prep Run - 23rd March</b>					
Position	Name	Category	Time	Rating	Notes
197	Nathan Bradley	SM26	2:56:31		
<b>The Canterbury 10K - 23rd March</b>					
Position	Name	Category	Time	Rating	Notes
94	Martin Henry	VM51	47:20		
46	Fiona Tester	VF38	48:41		<b>Debut</b>
65	John Wilkins	VM59	50:46		<b>PB</b>
100	Siobhan Wilkinson	VF43	55:19		
120	Claire Booher	SF24	57:54		<b>Debut</b>
<b>Hastings Half-Marathon - 23rd March</b>					
Position	Name	Category	Time	Rating	Notes
296	Colin Kent	VM48	1:35:03	68.28	
622	Andy Farrant	VM57	1:42:56	67.91	
645	John Cooper	VM54	1:42:57	66.16	<b>PB</b>
826	Neil Godden	VM60	1:46:45	67.29	
1972	Jennifer Lucas	VF56	2:04:53	62.99	
<b>Brooks 25th Paddock Wood Ac Half Marathon - 30th March</b>					
Position	Name	Category	Time	Rating	Notes
173	Philip Wyard	VM51	1:28:48	74.83	
220	Mark Cooper	VM53	1:30:44	74.44	
259	Barbara Wenman	VF56	1:32:44	84.83	
278	Mark Wenman	VM60	1:33:31	76.82	
332	Neil Armitage	VM41	1:35:21	64.61	<b>PB</b>
441	Penny Birchall	VF57	1:38:48	80.44	<b>PB</b>
540	Tony Savage	VM59	1:42:42	69.31	<b>PB</b>
662	Bob Davison	VM59	1:44:17	68.26	
638	Nathan Bradley	SM26	1:44:45	56.95	<b>PB</b>
958	John Wilkins	VM59	1:54:06	62.38	<b>Debut</b>
1020	Andy Phillips	VM51	1:54:26	58.06	<b>Debut</b>
1394	Bob Pullen	VM52	2:04:18	53.89	
1704	Karen Bennett	VF41	2:15:22	50.75	
1801	Shirley Pullen	VF49	2:18:41	53.06	<b>Debut</b>
1937	Karen Hoult	VF49	2:28:47	49.46	<b>Debut</b>

### Folkestone Spitfire 5 - 30th March

Position	Name	Category	Time	Rating	Notes
6	Peter Hogben	SM21	28:11	76.10	
15	Thomas Millard	SM28	29:43	72.17	<b>Debut</b>
20	Yiannis Christodoulou	SM30	32:11	66.64	<b>PB</b>



**Peter, Joe and Tom finish 1 - 2 - 3 at a recent Whitstable parkrun**

**REMINDER of Thursday Evening Training Routes.....Gerry Reilly, Head Coach**

For information the revised Thursday evening training routes A-D have now been added to the "Training" section on the Club Website. You may care to familiarise yourself with the details by referring to a city street plan. Any optional "short cuts" to reduce the length / time of the runs will be explained if needed by the appropriate coach/group leader on the evening of the run.

**Route A**

Birleys - St Stephens Road - St Stephens Court - Footpath to St.Stephens Footpath - Footpath across Beverly Meadow - St.Stephens Road - Beaconsfield Road - Forty Acres Road - Whitstable Road - London Road - Underpass to Rheims Way - Rheims Way - Underpass to Castle Street - Castle Row - City Wall - Pin Hill Footbridge to Canterbury East Station - Footpath to Lansdown Road - Nunnery Fields - South Canterbury Road - Hospital - Nackington Road - Junction with Old Dover Road - Up to top of Old Dover Road - New Dover Road - St Augustines Road - Footpath alongside Canterbury College - Spring Lane - Longport - Burgate (Optional start last mile fast) - Cathedral - St Radigunds - Causeway - Station Road West - Under Railway Bridge - Footpath to St.Stephens Court - St Stephens Road - Birleys (A = 7.35m approx)

**Route B**

Birleys - St.Stephens Road - Broad Oak Road -Vauxhall Road - Sturry Road - Reed Avenue -Dickens Avenue - Shelley Avenue - Forrester Close - Brymore Road - Military Road - Council Offices - Chaucer Road - Law Courts - St Martins Road - North Holmes Road - Littlebourne Road- Spring Lane - Footpath alongside Canterbury College - St Augustine Road - New Dover Road - St Lawrence Road- Up Old Dover Road - Nackington Road - Back of Cricket ground - Through Hospital - South Canterbury Road - Nunnery Road - Oxford Road- Guildford Road Footpath to Hollowmede - Hollow Lane - Wincheap - Cow Lane - Simmonds Road - Wincheap - Underpass to Castle Street - Rosemary Lane - Stour Street (start optional last mile fast)- St Peters Street - St Peters Lane - Causeway - Station Road West - Under Railway Bridge - Footpath to St.Stephens Court - St Stephens Road - Birleys (B = 7.5m approx)

**Route C**

Birleys - St.Stephens Road - Pedestrian crossing - Footpath behind Kingsmead Pool = Cross Sainsburys Car Park - NorthGate - Footpath to Ring Road - Military Road - Chaucer Road - Law Courts - St Martins Road - North Holmes Road - Littlebourne Road - Spring Lane - Pilgrims Rd - Pilgrims Way - Mount Road - New Dover Road - To top New Dover Rd - Down Old Dover Road - Nackington Road - Hospital - South Canterbury Road - Nunnery Fields - Lansdown Road - Footpath to East Station - Pin Hill footbridge - City Wall - Castle Row (optional start last mile fast) - Castle Street - St Margarets Street - Cathedral - St Radigunds - Causeway - Station Road West - Under Railway Bridge - Footpath to St.Stephens Court - St Stephens Road - Birleys (C = 6.5 miles approx)

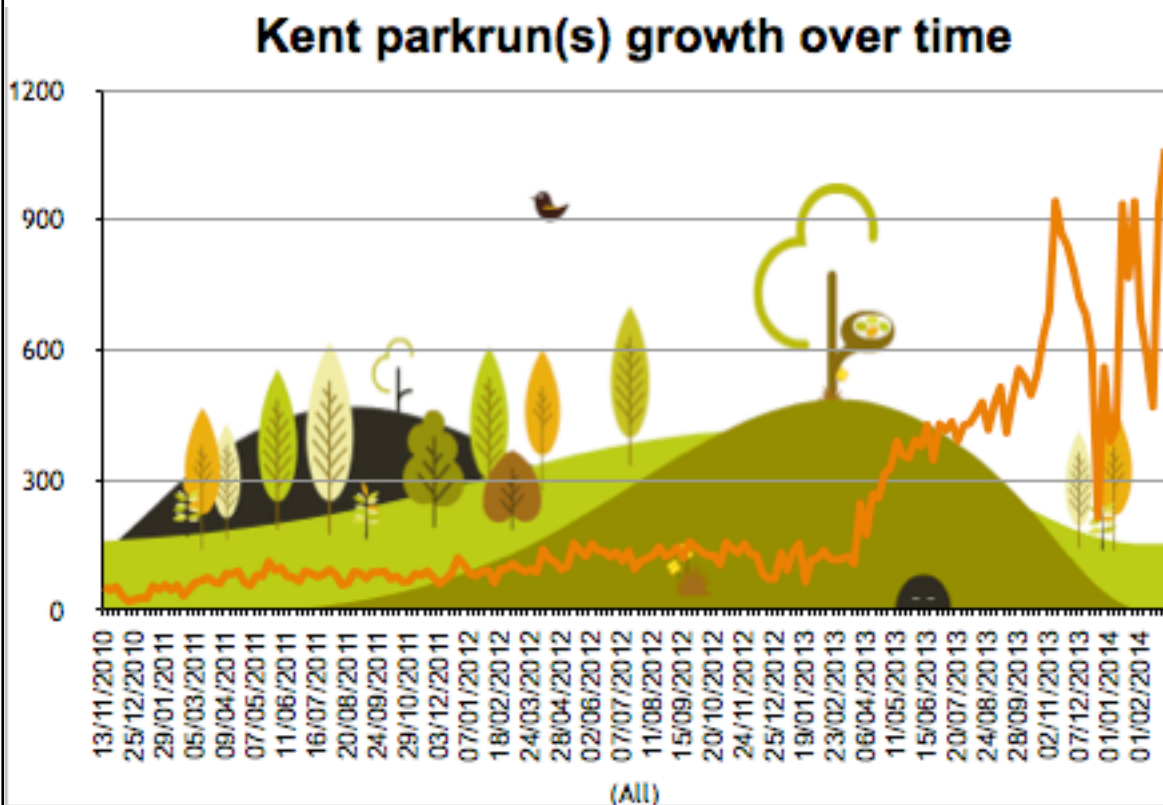
**Route D**

Birleys - St Stephens Road to St.Stephens Church - Footpath alongside Birleys Field - Farleigh Road - Tenterden Drive - The Terrace -Manwood Avenue - St.Stephens Hill - Footpath to University Campus - Darwin Road - Giles Lane - Parkwood Road to University Sports Fields Pavilion - Loop Round Parkwood Estate - Footpath to University Sports Centre - Giles Lane - Whitstable Road - Clifton Gardens -Harcourt Drive - Westgate Court Avenue - Whitgift Court - Path Leading to Victoria Hotel/End of London Road -Cross to path to Queens Avenue (Start option last mile fast) - Whitehall Railway Bridge - Whitehall Gardens - St.Dunstans - Kirby Lane - Station Road East - Under Railway Bridge - Footpath to St. Stephens Court - St. Stephens Road -Birleys (D = 6.5 miles approx)



**The Growth of Kent parkruns.....Jacky MacDonald**

Whitstable parkrun started on the first Saturday in November 2010 on a cold but sunny day with a record number of 70 runners. This was a record for Whitstable until May 2011 when numbers gradually started to creep up. Three and a half years later on the 15<sup>th</sup> Mar 2014 there were over 1000 park runners across Kent. This increase is due to there now being 9 active Kent parkruns to choose from. Although 1000 is a large number for us, some parkruns have this number of runners each week at a single event!



From the graph you will notice an increase to over 400 in March/April 2013, this was when Shorne Woods, Maidstone, Margate and Pegwell Bay all started. The final spike with over 1000 was the 9<sup>th</sup> parkrun to start in Kent with Canterbury’s inaugural run on the 15<sup>th</sup> March 2014.

The number of runners over Christmas and into the new year are very erratic and there are lots of reasons for this. Mainly, the weather! There are the fair weather runners who would rather snuggle under the duvet when the weather is cold, dull or raining. There are the mums and dads who come with their children and if the children aren’t keen they will stay away also. The 9am start on a Saturday morning after a hard week’s work can be a deterrent, especially if there is not a parkrun in the area and travelling is required.

Whenever there are local races e.g Whitstable 10k, there is a drop in the number of runners as some do not run on two consecutive days, but usually an increase in the numbers of volunteers.

Christmas is a very busy time and so the numbers are affected when shopping takes president. Although Great Lines, Margate and Whitstable had parkruns on Christmas day and is loved by all who take part there is a drop in numbers who attend. Likewise New Year's Day when Maidstone, Margate, Shorne Woods and Whitstable had events.

Between Christmas and New Year, 28<sup>th</sup> December, the parkruns had a fancy dress event which proved to be very popular with lots of facebook photos to share. This took numbers to 679.



Since the New Year, parkruns have been badly affected by flooding, especially Tonbridge, who have had to cancel six, Maidstone one, Pegwell Bay two and other parkruns have had to re-route so as not to disappoint runners.



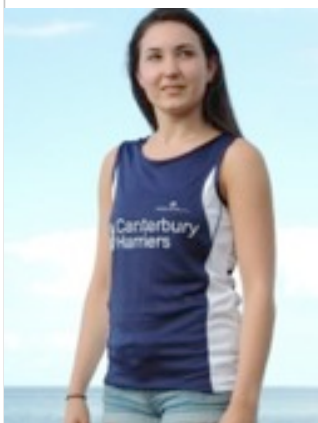
Although the spikes over Christmas and New Year on the graph are erratic, one thing that is constant throughout is the number of new people to parkrun each week. This has ranged from 130 average weekly for November, 63 for December and 90 per week for January, February and 120.

However, come the warmer, less wet weather, we hope to see lots more folk take to a parkrun and hopefully with Royal Tunbridge Wells starting in April , Folkestone and Dartford in the pipeline we can boost our numbers.

Happy parkrunning.....



The new range of Club Kit - all orders to Jenny Benson: [jennybenson1@gmail.com](mailto:jennybenson1@gmail.com)



Ronhill Running Vest £15.00



Navy Hoodie £17.00



Long Sleeve T-Shirt £10.00



Short Sleeve Technical T-Shirt £13.50



## **2013/14 XC SEASON.....Steve Clark**

After our major success in the KFL league last season it was always going to be a hard act to follow but the club still had a good season especially for the females! As usual the heart of the season was based around the Sunday Kent Fitness League and we came a very respectable 3<sup>rd</sup> in the main Combined League while the girls won the Female League yet again for the second year running. Our girls have an incredible track record in the KFL Female League, having won the title on no less than 7 occasions and been runners up on 3 further occasions and never been out of the top 5! A tremendous record!

We had a good turnout for the Kent Vets Championships held this year at Danson Park, Bexleyheath on 7<sup>th</sup> December with entrants in the men's vet50 & 60 categories and the women's vet55. Congratulations to Barbara Wenman, Penny Birchall and Wendy Smith who won the team prize for that category. Individually Barb was 2<sup>nd</sup>, Penny 3<sup>rd</sup> and Wendy 5<sup>th</sup>, so well done. In the men's vet50 category we had no less than eight entrants lead home by Adam Cowper-Smith (21<sup>st</sup>), Phil Wyard (27<sup>th</sup>) and Craig Thomas (38<sup>th</sup>) to give the Harriers a very respectable 5<sup>th</sup> position out of 13 in the team event. Unfortunately Peter Yarlett was left to run on his lonesome in the vet60 category as the team fell apart due to injuries! But he did well, finishing in the top half of the field.

For the first time that I can remember, we didn't have a single entrant, male or female, in any of the four Kent Saturday League fixtures so come on you faster young'ns you should be out there competing in the big boys league next season!

Into the New Year and the Kent XC Championships were held for the first time at Brockhill School in Hythe on Saturday 4<sup>th</sup> January, yet again, the same as last year, it was the day before the KFL match at Minnis Bay! So we only had one entrant from the club to turn out, Adam Stokes who had a good run to finish 37<sup>th</sup> out of a field of 156.

We had a good start in the KFL coming second in the first race at Sevenoaks in the combined league while in the female league they got off to a relatively bad start with what was their worst result of the season finishing in 4<sup>th</sup> position on the day. The next match at Swanley was very disappointing as we again had a strong team but we had no less than three of our faster runners dropping out due to injury and so we finished in 6<sup>th</sup> position on the day in the combined league, which was to be our poorest result. However, things improved for our females who put in a strong performance to finish 2<sup>nd</sup> on the day. Unfortunately the injury to Simon Jones was to keep him out for the rest of the season, a big disappointment both for him and the club as he was in great form. The next two matches before New Year saw only some slight improvement for us in the combined league finishing 4<sup>th</sup> at Oxleas and 5<sup>th</sup> at Avery Hill. Oxleas was sadly the farewell run for Tony McParland for the club. Tony had been a loyal and long serving member of the club since joining us when his regiment, the Argyll's moved to Canterbury in 2005, but now retiring from the army he has moved to Glasgow. A backbone of our cross-country team, turning out 41 times in the KFL league over the years despite his army commitments, he scored for

the club in all but his very first outing at Blean Woods way back in October 2005!  
Fair fa' your honest, soncie face!

But into the New Year and we come back strongly in the match at the notorious Minnis Bay venue to win on the day and move back into 3<sup>rd</sup> position in the combined league. The next match was hosted by us at Blean Woods and despite the commitment required in the organising and marshalling of the event we fielded a strong side and gained 3<sup>rd</sup> position on the day. A big thanks to all those who helped Canterbury Harriers stage this successful event. Returning to the female league, after their 2<sup>nd</sup> position at Swanley the girls went from strength to strength winning the next four matches and putting themselves in an unassailable position at the top of the female league before the last match of the season. The most remarkable performance must be the match at Oxleas where Jenny Benson (vet35), together with Barb Wenman and Penny Birchall, both vet 55's were strong enough to win on the day! The last match at Nursted Court was not to be as the continuous rains and floods forced it to be cancelled. So after a long break the season ended with match 7 replacing the scheduled relay event back at Swanley on a reversed course on March 16<sup>th</sup>. With people having other things on their minds, like marathon training, the turnout for all clubs was lower than usual, however we did ok coming 3<sup>rd</sup> in both the combined and female leagues.

The presentation after was well attended but unfortunately a lot of the awards could not be presented until the results from the race earlier were incorporated. But congratulations to Barb Wenman who received her award, already secured before the last race in winning the vet55 category. Congratulations also to Jenny Benson, unable to turn out for the last race due to injury. When the results were complete she had won the vet35 category but also finished 3<sup>rd</sup> outright in the women's league. For the men we had no individual winners but special mention must go to Tom Purnell in his first season for the club who turned out and scored in all seven matches and just missed out in the awards given to the top five males in the league, coming 7<sup>th</sup>. There was good support from several other new and older members of the club, I won't mention them all here but see the stats page that follows.

Overall it has been a good year and despite the loss of the KFL relay event the number of appearances from club members was almost as good as last year. Congratulations to all those who managed to turn out six or more times for the club and gain their exclusive 2013-14 season kit award.

Don't forget that we will be having our own XC season awards buffet and presentation after a short club run from Rough Common Village Hall on Thursday, 24<sup>th</sup> April, when we will be celebrating our own awards to our individual club cross country champions as well as all those mentioned above, and hearing about the exploits of our clubs runners in the recent London marathon. So please do come along if you can possibly make it, it will be a sumptuous banquet! If not running beforehand from the Village Hall at the usual time of then turn up at about 20:00 for presentation proceedings.



Following this report you will find the clubs cross-country stats for the season showing who has done what, when, where, why and how! If you see any errors please let me know!

If you are new (or old!) to the club and are thinking of doing some cross country next 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 your club membership on this alone!
- b) 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 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 muddy, wet and cold!
- z) It has been scientifically proven that people who do lots of cross-country events every season will live (upto) 50 years 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 - AONB etc.

PS: Many thanks to Steve for getting us wet, cold, muddy and sometimes smelly for yet another year. Ed.

## X-Country Appearances 2013/14

**Remember, you need 6 appearances (or 5 plus marshal @ KFL6) to gain your EXCLUSIVE. HIGHLY SOUGHT AFTER. Harriers XC Team Kit (vet to be decided) for 2013/14! You need to do 5 or more of the 7 KFL matches to count in their individual's league table and be certified! You will have to have done 5 or more of the KFL matches or scored for the team to qualify for any Championship awards the club may achieve.**

- a) KCAA, Sat league fixture 1, Swanley Park, Swanley 05/10/13
- b) KCAA, Sat league fixture 2, Somerhill School, Tonbridge 26/10/13
- c) (Women) KCAA, Sat league fixture 3(W), Nonington 09/11/13
- c) (Men) KCAA, Sat league fixture 3(M), Sparrows Den, Hayes 30/11/13
- d) Kent Vets Champs, Danson Park, Bexleyheath 07/12/13
- e) SFAA Vets Champs, Binleywade, Beds, 14/12/13
- f) Kent Championships, Brockhill School, Hythe 04/01/14
- g) SFAA Championships, Parliament Hill, Hemstead Heath 25/01/14
- h) KCAA, Sat league fixture 4, Parkwood School, Swanley 08/02/14

		'x' in columns 1 to 7 (KFL) denotes scored for team							Other-As above								KFL	KFL	KFL	KFL										
		KFL	Kent Fitness league							Other-As above								total	marsh	Kit	KFL	KFL	KFL	Ladies						
Runner		CAT	1	2	3	4	5	6	7	a	b	c	d	e	f	g	h	app	KFL 6	award	cert (5+)	CAT POS	CAT trophy	CAT medal						
1	Barbara Wenman	F55	s	x	s	s	s	s	s									8		y	y	1st	y	y						
2	Penny Birchall	F55	x	s	x	x	x	x										6		y	y	2nd		y						
3	Julia Bradford	F35	x	x	x	x	x	x	s									6		y	y	6th		y						
4	Sarah Macuire	F40	s	s	s	x	x	s										6		y	y	3rd		y						
5	Gemma Hinns	F	x	x	x	x	x	x	y									5	y	y	y	47th		y						
6	Jenny Benson	F35	s	s	s	s	s	s										5				1st	y	y						
7	Wendy Smith	F55	x		x	x	x	x										5												
8	Victoria Kennv	F	s				s	s	s									4					y	y						
9	Sophie Broughton	F	x		x		x	x										3												
10	Anna Fisk	F	x				x	x										3												
11	Jane Eldar	F55	x	x														2	y											
12	Wendy De Boirk	F60	x	x														2												
13	Hazel Dobson	F35	x					x	x									2												
14	Jennie Gardner	F	x					x	x									2												
15	Sarah Hunill	F					x	x										2												
16	Katy Williams	F	x	x														2												
17	Jan Williams	F50	x	x														2												
18	Karen Hout	F45					x											1	y											
19	Francesca Paton-Smith	F35					x											1	y											
																		67	Total female appearances											
1	Gerry Reilly	M65	x	x	x	x	x	x	x									8		x	x	4th								
2	Mark Wenman	M55	x	x	x	x	x	x	x									8		x	x	6th								
3	Adam Cowper-Smith	M50	s	x	s	x	s	s										7		x	x	7th								
4	Andy Farrant	M55	x		x	x	x	x	x									7		x	x	10th								
5	Jason Furminger	M45	x	x	x	x	x	x	x									7		x	x	19th								
6	Colin Kent	M45	s	s	s	s	s	s										7		x	x	9th								
7	Tom Purnell	M	s	s	s	s	s	s	s									7		x	x	7th								
8	Bob Davison	M55	x	x	x	x	x	x										6	x	x	x	7th								
9	Roy Gooderson	M55	x	x	x	x	x	x										6	x	x	x	19th								
10	Peter Yarett	M60	x	x	x	x	x	x										6	x	x	x	9th								
11	Yiannis Christodoulou	M	x	x			x	x	s									6		x	x	51st								
12	Steven Clark	M60	x	x	x	x	x	x										6		x	x	5th								
13	John Cooper	M50	x	x			x	x	x									6		x	x	25th								
14	Barry Hopkins	M	x	s	x	s	x	x										6		x	x	65th								
15	Rob Sarceant	M50	x	x	s	x	x	x										6		x	x	10th								
16	Dave Bowden	M50	s	s	s	s	s	s										5	x	x	x	8th								
17	Neil Godden	M55	x	x	x													5	x	x										
18	John Hartley	M65	x	x	x	x		x										5	x	x	x	8th								
19	Bob Pullen	M50	x	x	x	x	x	x										5	x	x	x	29th								
20	Mark Cooper	M50	x	x				x										5												
21	Peter Hooben	M	s	s				s	s									5												
22	Tom Millard	M					s	s	s									5												
23	Steven Reynolds	M50	x	x	x			x	x									5												
24	Craig Thomas	M50	x	x	x	x	x	x										5												
25	Dave Waite	M45	x	x	x			x	x									5												
26	Paul Lucas	M40	x	x	x			x										4												
27	Adam Stokes	M	s	s														4												
28	Joe Thomsett	M	x	s				s	s									4												
29	Tony Savage	M55	x				x	x										3	x											
30	Neil Armitage	M40						x	s									3												
31	Paul Kean	M						x	x	x								3												
32	Sean Macuire	M						x	x	x								3												
33	Christopher Sardo	M55	s	x				x										3												
34	Phil Ward	M50						x	x									3												
35	Marco Keir	M50						x	x									2	x											
36	Mark Ford	M	s	s														2												
37	Tony McParland	M40	s	s														2												
38	Simon Jones	M	s															1	x											
39	Neil Benson	M40						x										1												
40	John Blake	M40						s										1												
41	Andy Davidson	M							x									1												
42	Martin Henry	M50							x									1												
43	Jason Paton-Smith	M40							s									1												
44	James Scanlon	M																1												
45	Joe Standing	M	x															1												
																		193	Total male appearances											
																		260	Grand total appearances											

Any omissions/errors noticed (although this is impossible) please let Steve Clark know.



### **rgelectronics**

All radio equipment including Roberts digital radios.  
Audio equipment, connectors, leads, metal detectors etc.  
Telephone and broadband installation and fault finding

Contact details:

Roy Gooderson

66 Oxford St

Whitstable

Kent

CT51DG

01227 262319

[www.rgelectronics.co.uk](http://www.rgelectronics.co.uk)

**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...**

Sports massage and indian head massage, £10 per session for members. Fully qualified, insured and member of The Sports Massage Association. 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



**And Finally.....**

**Hope you have enjoyed reading the Spring 2014 Harrier. Very best wishes to you all for future running or multi-event; or for getting over an injury that never seems to clear up. Special good fortune to those doing a spring marathon and commiserations to those not making the start line. Perhaps another time.....**



"Let 'em go. They're joggers.  
Nothing but gristle and bones."

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 see Peter at Birley's.

**The end**  
**THE END**