



# The Harrier

The newsletter of the Canterbury Harriers

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## CHAIRMAN'S AUTUMN WELCOME

Greetings to the Autumn 2015 'The Harrier' with a particularly warm Harriers welcome to all new club members who have joined us since our last edition in July. We like to feel that as well as a running club we are also a community that happen to like running! The rhythm of the calendar continues with the summer's warmth and heavy rain moving through to dewy autumn mornings and a clear bright beginning to October. During the summer we enjoyed our regular *Friday night pub runs* giving the opportunity of running together at a relaxing pace and socialising afterwards. It was also good to see a walking group at most runs allowing the 'walking wounded', social members and others to take part. During the past summer months Tuesdays were notable for heavy rain as evidenced by the cancellation of an unusually high number of sessions at Birley's. Also, given the drainage work criss-crossing the field, the ground conditions were more suitable for cross country than speed work. However, wet conditions or not, Harriers race results have continued to shine. Apart from some excellent individual performances our team results have also caught the eye. More of this later....it has been good to see Gerry back and making frequent appearances at Tuesday night sessions.

Talking of seasons and weather, we will shortly be entering another *x-country season* full of the usual delights! Steve told me to say that. But if you haven't yet enjoyed (endured) a x-country season then make a commitment to at least a few races this year. Apart from the obvious fitness benefits and racing experience, there is also the camaraderie of Harriers running together as a team and the post-race relaxation in The Elephant.

It gives me great pleasure in welcoming a *new 'The Harrier' editorial team* in Tom Millard and Mel Christodoulou. Both already contribute a great deal to the club and many thanks to them for taking on this additional responsibility. Please support Mel and Tom in providing race reports, photos, news items and articles.

We pride ourselves in giving all *new members* a warm welcome at Birley's. We hope that this is the experience of those turning up at Birley's for the first time since it can be rather daunting to be faced by a sea of new people. If any new member has suggestions about how we might improve our initial presentation of the club then please let me know. For the record we usually allow potential new members to attend up to three training sessions before making arrangements to join. Membership forms and an information sheet are available on the club website, with Gerry responding to queries received via inquiries to Canterbury Harriers. All membership queries to Andy please.

We encourage new members to chat to other members to find out more about the club; and to take part in our various activities - whether training, racing or social. Regular club e-mails are sent out explaining what's going on, with news also given at the start of training sessions. It's also a good idea to link up on *Facebook* as there is plenty of information to share during the week.

On a recent trip to Snowdon I noticed a mega triathlon event taking place. It was not for the faint hearted with a 7.1 miles swim, a 365 miles cycle ride and 75 miles run! The mind boggles at the distances involved, the wear and tear on mind and body. For my part I was happy to walk up Snowdon (and down for the record!).

*Top level athletics* has taken a hammering over recent months and still ongoing with allegations of drug misuse. It seems that to protect the integrity of athletics more should be spent on year round drugs testing in all countries. For those of us at the base of the athletic pyramid it is a world away from



the cauldron of international competition. When committed runners like ourselves start to have doubts about the sport's integrity then we look to Seb to get to grips with sorting out the cheats.

On a brighter note, recent newspaper items have caught my eye. It's good news that life expectancy has doubled since official records began. A boy born today can expect to live until he is 79 whilst a girl can hope to reach the age of 83. We will soon need to start extending our running age bands!

The news from CAMRA is that more than 200 breweries have opened in the past year making a total of 1,400 breweries offering some 11,000 different ales. With Kent being the heartland of breweries and micro pubs there is plenty of choice for us all...

And on a more serious note it was reported that a parkrunner (in a different part of the country) had a heart attack during one of the 5k runs but continued to the finish line. Good news for the runner as fortunately he was restored to health and is back running. However, I would urge any member to stop running the moment you feel any chest related discomfort. There is always another run tomorrow.....the last newsletter had details of the club's advice on running safely. It is well worth another read.

Also, as the evenings get darker, it is a good idea to wear something hi-viz so as to be seen by all motorists. Some of you have gone the whole hog, well done, with highly reflective jackets and flashing lights. Better to be seen that sorry.....

### ***AGM***

It only seems like yesterday (to your Chairman anyway) that we held last year's club AGM. For your diary this year's AGM will be held on Thursday 26th November at Rough Common Village Hall. The meeting will start at 7.30pm and further details will be formally advised nearer the time. Please do make every effort to attend as this is YOUR club and we want all members to have the chance to offer comments and hear how your committee has managed your club over the past year.

For example, each year your committee ponders the level of membership fee, looking at our costs, expenditure and anticipated income from fees and the surplus from our own Whitstable 10k. Given the committee's detailed consideration of our financial profile we are pleased to announce that no increase is being made to next year's membership fee 2015/16. We feel that the club continues to offer excellent value to members with benefits including all x-country entry fees, subsidised tickets to our annual presentation dinner and quiz night, pub runs, a reduced entry fee to our 10k club championship and mile time trial, club registration with England athletics and Kent Athletics, coaching at twice weekly club sessions, kit supplied at supplier prices, all club awards. It just goes on.....

### ***MEMBERSHIP RENEWALS***

At the last count 'our' club has 155 members (including 6 social and 5 honorary members). As mentioned your committee has agreed on your behalf that there will be no recommendation to increase fees for the club next year 2015/16. This is because the surplus from the Whitstable 10K enables us to top up the income from your membership fee.

Membership renewals are due from 1st October at the current level. You should by now have received renewal details from Andy Farrant, Club Membership. We appreciate payment as soon as possible so that Andy isn't left with too many members to chase. Many thanks and looking forward to all members renewing. A couple of years ago the club introduced a new membership category of 'social' member for non-running family supporters. Please contact Andy if you would like to enrol a family member into the Harriers community.



## ***CLUB YEAR***

Your committee has made a minor change to the club year. The year normally runs from 1st November to 30th October. The committee took the view that there should be a minor change to the club's financial year, shortening the year by one month. The reason is to make it easier to prepare the club accounts prior to our AGM held in November and also to widen the gap between the cost to members of membership renewal and our presentation dinner (for those able to go obviously).

The club awards year however remains unchanged this year 2014/15, however to bring the club year back in line for both finances and awards the next awards year 2015/16 will be 11 months starting on the 1st November.

## ***WHITSTABLE 10K***

Although a long way off - diary date please for Bank Holiday Monday 2nd May 2016 - plans are well under way for next year's race. To ensure that the race continues to be well received and amongst the top regional events we are introducing an on-line entry system and a technical t-shirt race memento. Evidence shows that removable chips are more accurate than disposable chips and so we shall be reverting back to the former system and, at the same time, changing our race day supplier.

## ***RACE RESULTS***

Racing is at the heart of our sport. Harriers' up-to-date race results are collated by Yiannis and can be viewed through the website. The arrangements for notifying Yiannis of race results is repeated inside the Newsletter so that he can include as many results as possible. Parkrun, x-country, track and all road race results can be viewed through the club website.

All race results can be viewed on the club website, including road, off road, Parkrun and cross country. It is very pleasing to see that Harriers are competitive in team placings with team prizes at both the Mt Ephraim 10k and the Canterbury half marathon. Great running everyone and particular mention to:

5K - Mel Christodoulou (1st lady); Rosie Maltby (2nd lady); Bethany Burnett(debut);

10K - Jo Norrington (1st lady); Ellen Rowe (2nd lady and 1st V40); James Scanlon, Gary Hovery , Richard Hudson, Rosie Maltby, Karen Houl, Colin Kent, Alex Horsley, Tom Millard, Alex Horsley, Yiannis Christodoulou, James Scanlan, Jenny Benson, Colin Kent, Jo Norrington, Wim Van Vuuren, Jennie Gardner, Ellen Rowe, Mark Duffy, Neil Benson, Daren Parris, Debbie Parris, Richard Hudson, Mel Christodoulou, Rosalie Maltby, Phil Hadler (all PB's); Andy Phillips (2nd V50); Beth Burnett (3rd F)

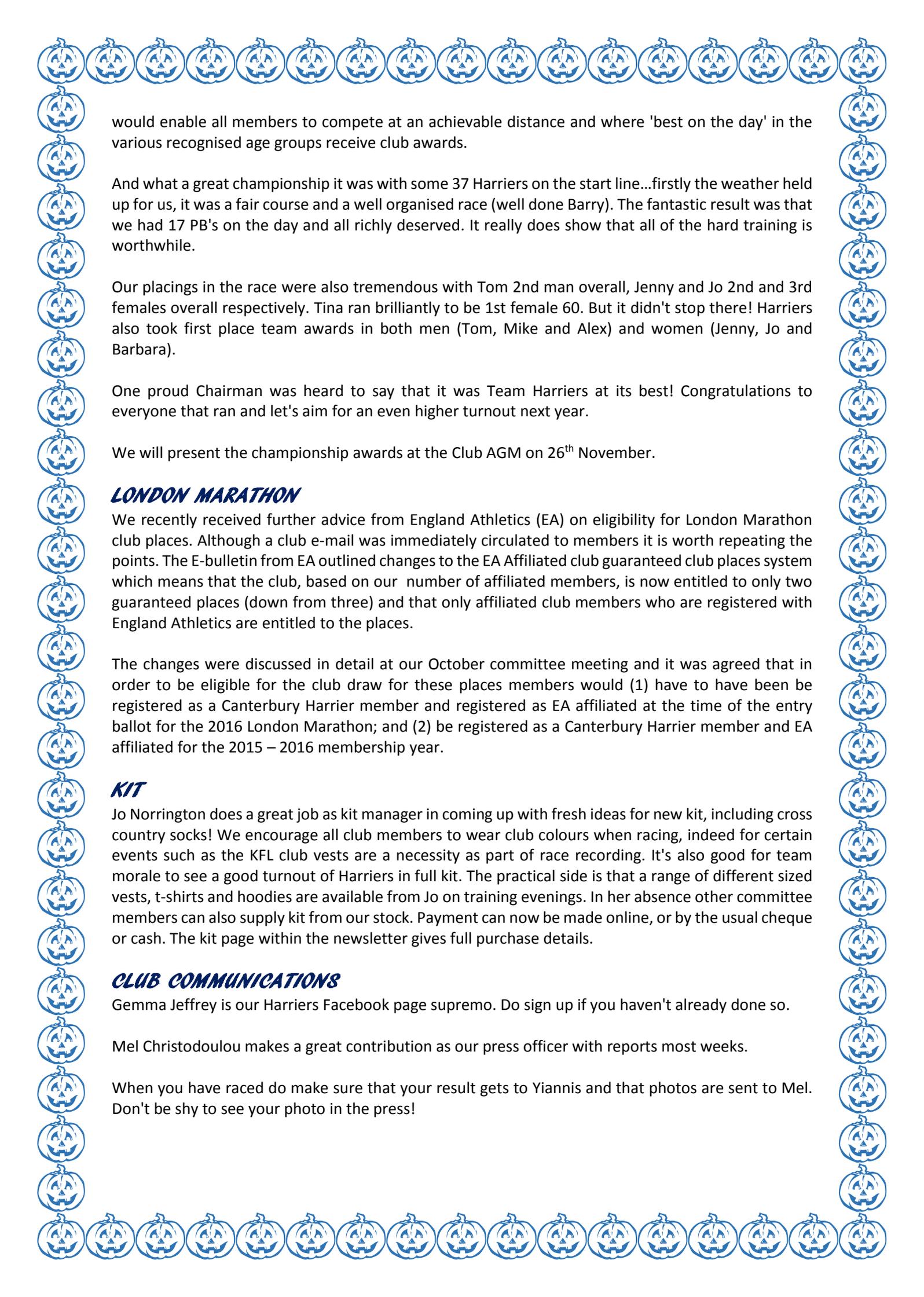
10M - Simon Jones (PB and 1st V40); Barbara Wenman (1st FV55); Mark Wenman (2nd MV60)

Half marathon - James Scanlon, Andy Phillips, Alex Horsley, Gemma Jeffrey, Emily Thompson (PB); Ellen Rowe, Gary Hovery, Mike Densen, Emily Thompson, Ryan Holmes, Daren Parris, Debbie Parris (debut); Jenny Benson (PB & 2nd V35)

Marathon - Sarah Maguire (1st lady); Sally Silver (56th marathon completed)

## ***CLUB 10K CLUB CHAMPIONSHIP***

The club held our inaugural 10K club championship for all age ranges within this year's Ashford 10K road on 10<sup>th</sup> October. The initial thinking behind having a club championship at this distance is that it



would enable all members to compete at an achievable distance and where 'best on the day' in the various recognised age groups receive club awards.

And what a great championship it was with some 37 Harriers on the start line...firstly the weather held up for us, it was a fair course and a well organised race (well done Barry). The fantastic result was that we had 17 PB's on the day and all richly deserved. It really does show that all of the hard training is worthwhile.

Our placings in the race were also tremendous with Tom 2nd man overall, Jenny and Jo 2nd and 3rd females overall respectively. Tina ran brilliantly to be 1st female 60. But it didn't stop there! Harriers also took first place team awards in both men (Tom, Mike and Alex) and women (Jenny, Jo and Barbara).

One proud Chairman was heard to say that it was Team Harriers at its best! Congratulations to everyone that ran and let's aim for an even higher turnout next year.

We will present the championship awards at the Club AGM on 26<sup>th</sup> November.

### ***LONDON MARATHON***

We recently received further advice from England Athletics (EA) on eligibility for London Marathon club places. Although a club e-mail was immediately circulated to members it is worth repeating the points. The E-bulletin from EA outlined changes to the EA Affiliated club guaranteed club places system which means that the club, based on our number of affiliated members, is now entitled to only two guaranteed places (down from three) and that only affiliated club members who are registered with England Athletics are entitled to the places.

The changes were discussed in detail at our October committee meeting and it was agreed that in order to be eligible for the club draw for these places members would (1) have to have been registered as a Canterbury Harrier member and registered as EA affiliated at the time of the entry ballot for the 2016 London Marathon; and (2) be registered as a Canterbury Harrier member and EA affiliated for the 2015 – 2016 membership year.

### ***KIT***

Jo Norrington does a great job as kit manager in coming up with fresh ideas for new kit, including cross country socks! We encourage all club members to wear club colours when racing, indeed for certain events such as the KFL club vests are a necessity as part of race recording. It's also good for team morale to see a good turnout of Harriers in full kit. The practical side is that a range of different sized vests, t-shirts and hoodies are available from Jo on training evenings. In her absence other committee members can also supply kit from our stock. Payment can now be made online, or by the usual cheque or cash. The kit page within the newsletter gives full purchase details.

### ***CLUB COMMUNICATIONS***

Gemma Jeffrey is our Harriers Facebook page supremo. Do sign up if you haven't already done so.

Mel Christodoulou makes a great contribution as our press officer with reports most weeks.

When you have raced do make sure that your result gets to Yiannis and that photos are sent to Mel. Don't be shy to see your photo in the press!



Led by Alastair Telford a thorough overhaul of our website is now underway. Over coming weeks Alastair has plans to improve several areas of the site including race results, club records, gallery and kit section. The more that we all use the site the greater the incentive for further updates to be made.

### ***BIRLEYS OPENING TIMES***

Bill, the Kings School staff member who looks after us on our Training evenings, has asked us mention to members that he aims to get Birleys by 18:25 hrs on our training evenings. If members arrive before that time and the gate is locked they should wait until then and he will be along in due course. If you arriving by car, and the gate is locked, then you should park up and wait in the area to the side on the approach to the gate.

### ***YOUR COMMITTEE***

Your committee met on nine occasions since the November 2014 AGM. Meetings are usually held on the 2<sup>nd</sup> Tuesday in the month. The October meeting, for example, had a full agenda to consider membership, club finances, coaching & training, A review of the Club Championship 10k, X-country, our next AGM and lots more. Comments and suggestions on all matters concerning club matters are always welcome, via the Runner Reps.

Further club meetings have also taken place in the last 3 months of both the Coaching Team and the Whitstable 10k organising Team. We really are fortunate in having members who willingly give their spare time in helping make the club work for all our benefits.

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 members are listed inside.

### ***DISCOUNTS***

When purchasing running shoes don't forget to mention that you are a member of Harriers as this may attract a discount. Club membership cards are now available through Andy Farrant and so use this as proof of membership if asked. 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)

If you know of any other running related discounts then please advise Editors Tom or Mel.

### ***EVENTS, DIARY DATES AND THANKS***

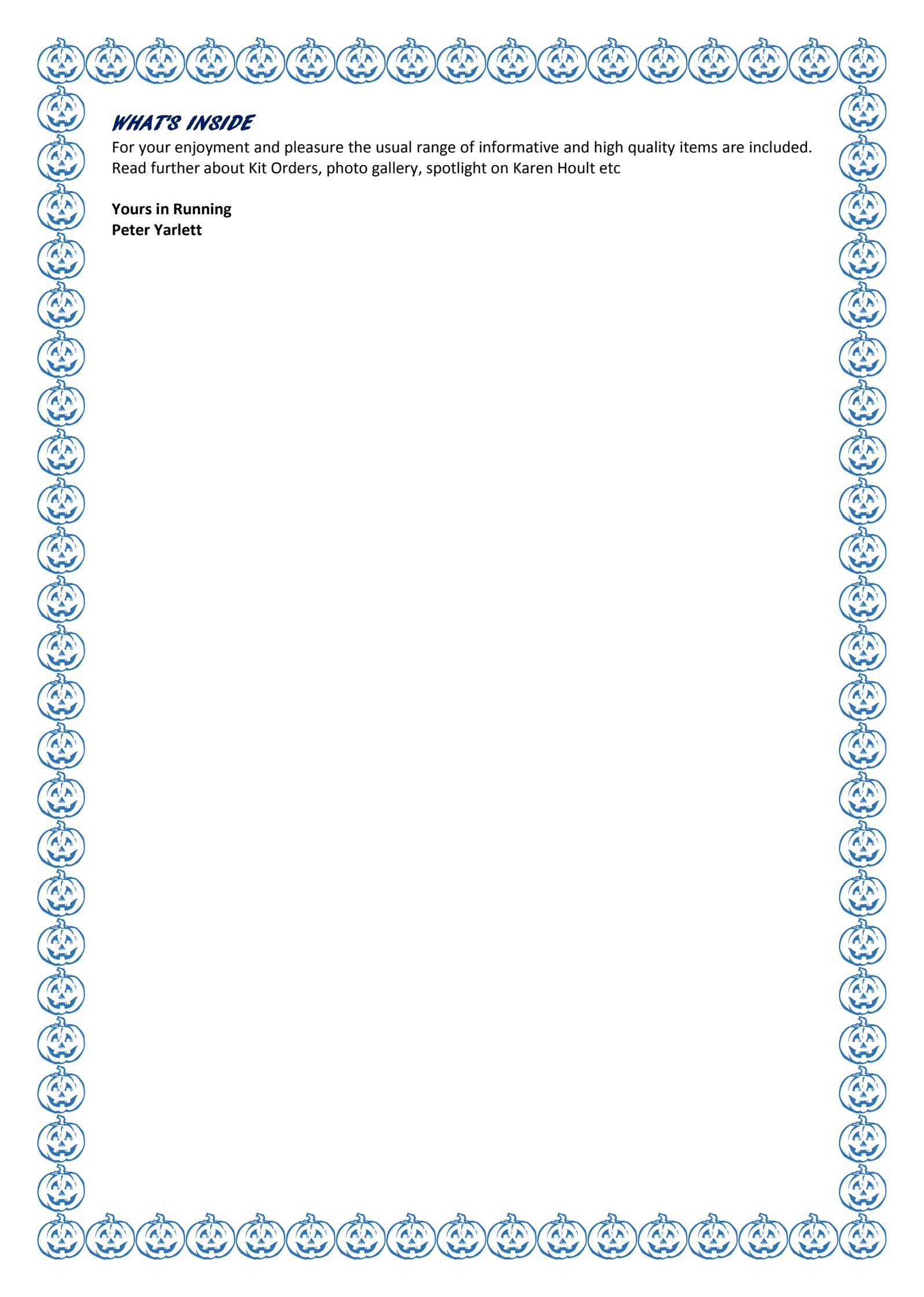
Thanks to Andy Farrant for coordinating the summer Friday night pub runs and to Joe Hicks, Jo Norrington, Colin Kent, Bob Davison and Marco Keir for arrangements on the night.

Thanks to all coaches for providing our regular Tuesday/Thursday sessions.

Following training on club evenings a small group of Harriers is often seen taking refreshment in the The New Gate Inn - a Wetherspoon pub - and all are welcome to pop in for ale, coffee, a meal and social chat.

This year's AGM will be held on Thursday 26<sup>th</sup> November. Do put this important event in your diary.

Our annual presentation evening will be held on Saturday 5th December. Tickets may be reserved via Tina.



***WHAT'S INSIDE***

For your enjoyment and pleasure the usual range of informative and high quality items are included. Read further about Kit Orders, photo gallery, spotlight on Karen Hoult etc

**Yours in Running**  
**Peter Yarlett**

## YOUR NEW EDITORS

### *MELANIE CHRISTODOULOU*



Hi everyone! Most of you probably know me by now, and if you don't, I am usually the one at the back complaining that it is cold!

As some of you know, I don't particularly enjoy running, I do it to keep fit and healthy. However, the reason as to why I run with the Harriers is for the social side of it; I love the friends that I have made, as well getting to socialise with so many friendly members at events and races. This just shows how the Harriers are so different from most other clubs, there is a real sense of "family" in the club. Happy reading!

[melaniegeorg@hotmail.com](mailto:melaniegeorg@hotmail.com)

### *TOM MILLARD*



Hello Harriers! In order to free up some time for our esteemed Chairmen for his numerous duties and to help out my friend, Mel and I have offered to come on board the newsletter team. I joined the Harriers three years ago straight from the couch-potato club and have become addicted to running. Not only have I lost three stone of fat I have also run my first marathon and met some really good people through the club. A plea to all members - please do send in articles, points of interest, run reports and photos as this makes our job so much easier instead of chasing around for contributions. It is great to be part of such a vibrant and friendly club!

[tomillard161@yahoo.co.uk](mailto:tomillard161@yahoo.co.uk)



## SPOTLIGHT: KAREN HOULT

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

I have never been particularly sporty but do love walking and swimming. One Saturday morning walking home from the swimming pool I noticed some runners on Tankerton Slopes and thought that might be fun and signed up to Parkun. The first time around the course was tough. I struggled with a run/walk but found everyone at parkrun welcoming and encouraging. That was three and a half years ago. I continue to participate at parkrun when I can.

### What is your favourite training session?

I like the hill sessions at Elliots best, I think the reason being that it's a winter session and is done in the dark so

the hill is not so daunting!

### What is the most beautiful spot you have run in and why?

I was persuaded to compete at Minnis Bay. This was my first race as a Harrier, I hadn't even have the club kit or trail shoes but what a hoot! The race started on the beach on a crisp, sunny wintery morning. It then continued on the muddiest, slippery lane with Reculver looming large in the distance. I laughed and skidded my way around. The dykes had been filled with straw bails to assist the runners but by the time I got there it had dispersed into the water. I plunged into the water and emerged a bog-monster. Straw and mud up to my neck. The marshals were great offering a helping hand. Before the race I had been told there were 250 runners. I came back at 252, 5th from last! I loved it and became a cross-country convert!

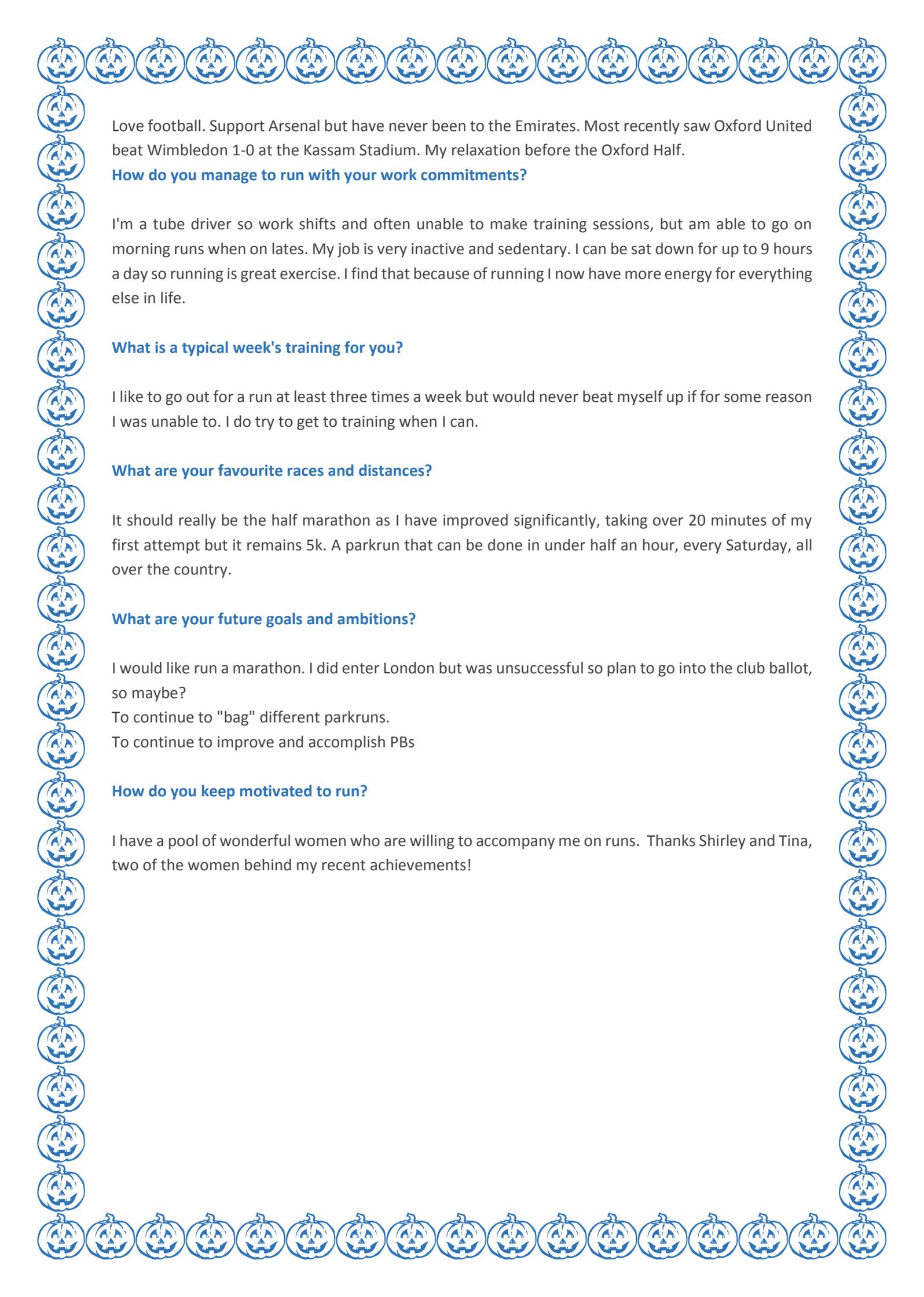
### What shoes do you run in?

Addidas for trails and road running

### What is your favourite post run snack?

A couple of pints at the Tank then a pizza but only after races longer than 10k. You do need to work for your treats.

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



Love football. Support Arsenal but have never been to the Emirates. Most recently saw Oxford United beat Wimbledon 1-0 at the Kassam Stadium. My relaxation before the Oxford Half.

**How do you manage to run with your work commitments?**

I'm a tube driver so work shifts and often unable to make training sessions, but am able to go on morning runs when on lates. My job is very inactive and sedentary. I can be sat down for up to 9 hours a day so running is great exercise. I find that because of running I now have more energy for everything else in life.

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

I like to go out for a run at least three times a week but would never beat myself up if for some reason I was unable to. I do try to get to training when I can.

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

It should really be the half marathon as I have improved significantly, taking over 20 minutes of my first attempt but it remains 5k. A parkrun that can be done in under half an hour, every Saturday, all over the country.

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

I would like run a marathon. I did enter London but was unsuccessful so plan to go into the club ballot, so maybe?

To continue to "bag" different parkruns.

To continue to improve and accomplish PBs

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

I have a pool of wonderful women who are willing to accompany me on runs. Thanks Shirley and Tina, two of the women behind my recent achievements!

## NEW MEMBER PROFILE: ELLEN ROWE

When I came round I was lying on the concrete floor feeling so cold, I turned to the St John's ambulance Doctor and asked them if they could get me a jumper or at least a blanket, they informed me that my body temperature was still over 40 degrees and that I had just collapsed. So there ended my marathon dreams of a reasonable time. I was at mile 22 stuck in the vast London Marathon crowds and a long tube and train ride home. Spurred on by the amount of sponsorship awaiting my finish I decided that I might redeem some personal pride by walking to the end of the race - then facing the delights of public transport!

I had trained so hard for that Marathon day, dreamed for so many years that I might one day take part. One of the most annoying aspects, strangely, was how quickly I recovered from the ache of having run 22 miles, which was testament to all the training I had put in. Before I could settle into my disappointment my friends Jennie and Jo at Harriers starting telling me about the Saxon Shore relay. Within days I had a new target and more running to look forward to.

I joined the Harriers in November last year, specifically to train for the Marathon. However, the pretty disastrous marathon day was, I came to realise, just one day, it could no way overshadow all those weeks of training that I had so enjoyed. Getting muddy and exhausted in Blean Woods, whilst out running with Penny and Fiona had somehow been all part of the marathon. I feel I am lucky to have realised that it was to be rather corny the 'journey not the destination' that meant so much to me.

I'm now looking forward to my second year with the Harriers.



## TWO ULTRAS IN FIVE WEEKS: SEEMED LIKE A GOOD IDEA AT THE TIME - Karen Bennett

It was a moment of impulse (possibly fuelled by a few glasses of wine) that led to me entering Endure 24 as a solo again. Somehow I convinced myself that if I was going to train for the London Marathon, keeping the momentum going for another six weeks would be 'easy'.

Gravesend Roadrunner Marathon kept my legs ticking over, with June coming around quickly. I conned my mother into coming with me to chauffeur me home and snuck out of work early on the Friday to drive over to Basingstoke and stake a camping spot close to the solo support area.

I was surprisingly relaxed by the time I set off at noon on the Saturday to plod my way round the 5-mile course. I figured I'd learnt from the last two years and had a stash of food, ranging from rice pudding and scones to roasted sweet potatoes and flapjack. There wasn't going to be any food envy in the middle of the

I thoroughly enjoyed chatting to people I'd and feeling good. My fan of long distances, they really didn't fancy for 24 hours. I won't go just say I spent a fair sprinting to the port-a-lap and vomiting at the had any common stopped; but I don't. I long stretches to keep middle of the night had of getting close to 100 After a couple of laps



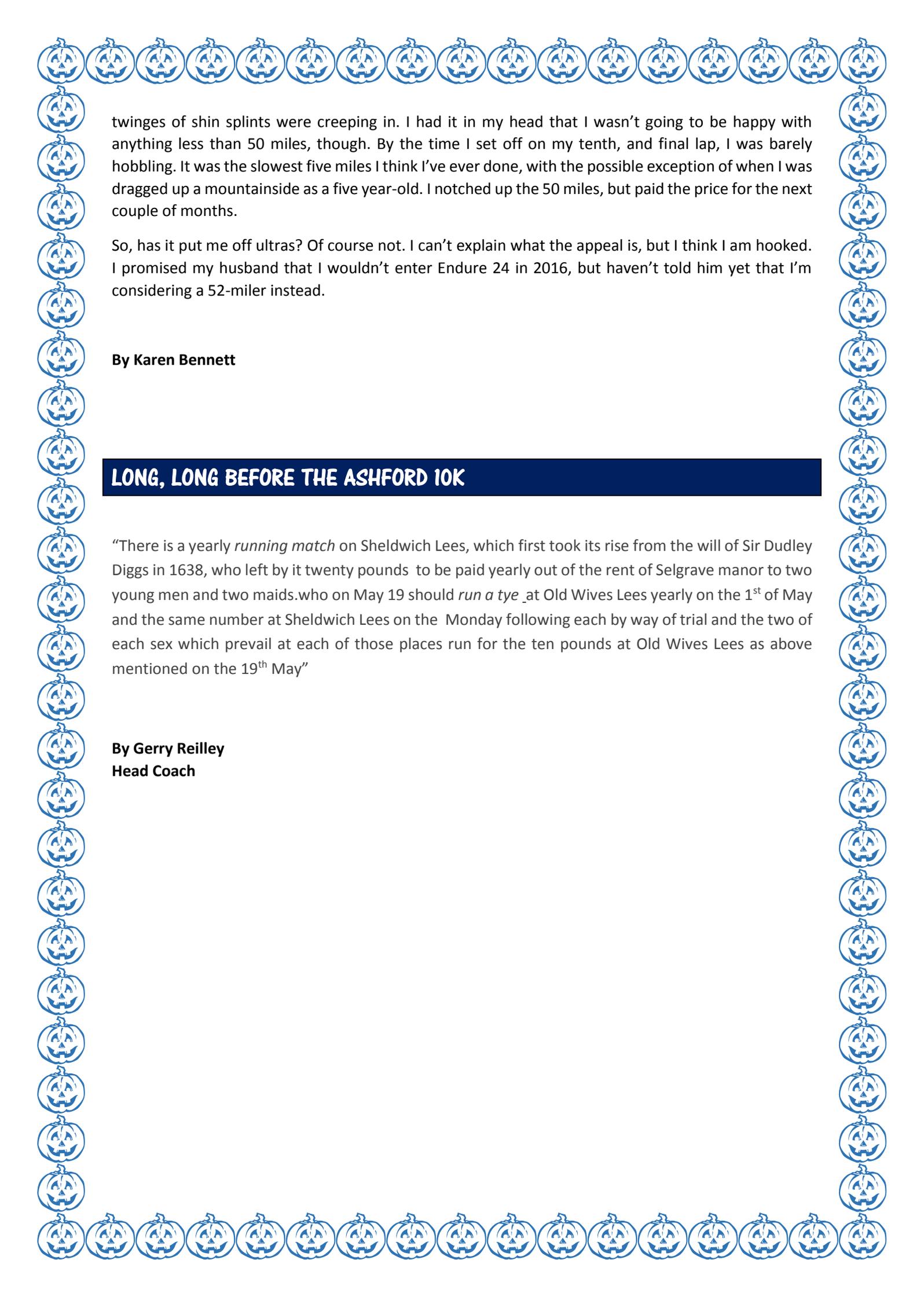
annoyed with myself, I started to enjoy myself again. There is something pretty cool about running by torchlight and watching the sun come up. In the end I clocked up 80 miles in 23 hours 35 minutes, coming in 8<sup>th</sup> out of 48 solo women.

I expected to be in a fair bit of pain for at least a week. When I felt fine the next day, albeit utterly exhausted, I took it as a sign that I should sign up for Endure's little brother, Ultra 12/50. With five weeks until the 12-hour overnigher I reckoned I would have time to recover and that I could get away without any overly long runs.

The format for Ultra 12/50 is pretty much the same as Endure 24, with five-mile laps completed either as a solo, or as part of a relay team. The only differences being that this one takes in the rural banks of the Thames and that it doesn't set off until 7pm.

The course was beautiful, predominantly on footpath across fields, through woodland and along the banks of the Thames. It was also incredibly uneven underfoot, the ground hard after weeks of dry weather. The views quickly disappeared as the Sun dipped and the paths that been so appealing for the first few laps became an ankle-twisting nightmare. I'd stupidly packed only trail shoes, expecting soft ground, something I'd come to regret. Along with the usual gut rebellion, by 35 miles the first

the first thirty miles, met in previous years, guts have never been a though, and decided being jiggled around into details, but let's portion of the night loos at the end of each side of the course. If I sense I would have was forced to walk food down and by the to admit that my hopes miles had slipped way. of being downright



twinges of shin splints were creeping in. I had it in my head that I wasn't going to be happy with anything less than 50 miles, though. By the time I set off on my tenth, and final lap, I was barely hobbling. It was the slowest five miles I think I've ever done, with the possible exception of when I was dragged up a mountainside as a five year-old. I notched up the 50 miles, but paid the price for the next couple of months.

So, has it put me off ultras? Of course not. I can't explain what the appeal is, but I think I am hooked. I promised my husband that I wouldn't enter Endure 24 in 2016, but haven't told him yet that I'm considering a 52-miler instead.

**By Karen Bennett**

## LONG, LONG BEFORE THE ASHFORD 10K

"There is a yearly *running match* on Sheldwich Lees, which first took its rise from the will of Sir Dudley Diggs in 1638, who left by it twenty pounds to be paid yearly out of the rent of Selgrave manor to two young men and two maids.who on May 19 should *run a tye* at Old Wives Lees yearly on the 1<sup>st</sup> of May and the same number at Sheldwich Lees on the Monday following each by way of trial and the two of each sex which prevail at each of those places run for the ten pounds at Old Wives Lees as above mentioned on the 19<sup>th</sup> May"

**By Gerry Reilley**  
**Head Coach**



## HARRIERS TRAINING

Occasionally members and especially newer members ask if the Harriers have universal training programmes that would meet their training and racing goals and hopefully lead to PB's for the race distances which they are targeting. The only "universal" training programme which the club produces is the London Marathon programme. The programme was designed and has become a regular feature in the Harriers running year because traditionally a significant number of our members run London or other spring marathons (it can be easily adapted for the other spring marathons such as Brighton or Paris). A marathon is more conducive to the setting of a universal "one size fits all" programme aimed at a broad range of running standards because of a number of factors. Generally it is a sixteen to seventeen week programme with a focus on developing a solid endurance base and it incorporates cross country races and set longer distance target races. Because of the length of the programme the targeted weekly mileages are generally achievable whatever the standard of runner and there is the capacity to build in an all-important "tapering down" period at the end of the programme.

With the range of other distances over shorter time spans universal programmes are not practicable as in order to be viable they would have to be more tailored to individual circumstances and take into account a host of factors such as age, physique, general health, type of employment (shift pattern, standing or sitting etc), flexibility, proneness to injury, cadence, running style, racing history, time available to train etc.

However as part of the clubs training philosophy we have developed Harrier core sessions throughout the year which are designed to improve standards over the full range of race distances and which accommodate the wide range of ability within the club membership. These sessions benefit all standards of runner in equal measure - assuming of course that runners all make the same degree of effort. These core training sessions are designed to improve speed, strength, endurance, oxygen delivery capacity and lactate tolerance.

The autumn/winter/early spring core sessions focus on strength and endurance, longer interval distances, longer runs, hill climbs and cross country. As a priority the club rightly focuses on health and safety and the winter locations which we use for training sessions and runs are generally traffic free and well lit. The shorter period of summer training when we are able to train safely in relatively warm daylight conditions on Birleys field enables us to focus on speed and improving cadence, using higher intensity shorter repetitions and fartlek efforts. In terms of developing speed and cadence we also have the added benefits of the inter club relays and the opportunity to do short tempo runs in Blean Woods. As a result of the club training methods members of all standards have consistently produced a succession of PB's over the various race distances ever since the club was formed and will continue to do so.

"Universal" training programmes for the various distances can be found in the various running magazines or through a simple internet search and they tend to be based on actual or anticipated 10K race times or usual minute per mile training pace. Members can of course use these but particularly for those who are less experienced in race preparation it is also sensible to seek extra advice from club coaches or from the more experienced club runners.

When considering club training sessions bear the following in mind:

- 1) The main aim when approaching club evenings should be to enjoy your running and to enjoy running with fellow members
- 2) When targeting specific races set realistic goals in terms of your training week and your objective race times

- 
- 3) Do not over train. Build in to your training week rest days and easier sessions. This will improve the quality of the tougher training sessions and runs during the rest of the week and reduce the risk of “burn out”.
  - 4) If you are targeting race distances of over 10 miles build in to your training week longer steady paced runs to reinforce your endurance base.
  - 5) Whilst we encourage members to follow the Tuesday core sessions routines don't be afraid as an individual to vary these routines in terms of numbers of reps/recovery times etc if for example you are recovering from a hard race on the previous Sunday , have an injury niggle or you are just feeling under the weather. All we ask is that you let the coach who is taking the session know what you are doing and specifically in the summer if you decide to do different distances to do these separate from the main group on the outside lane of the track or on the outside of the field.
  - 6) Keep a training log to monitor your progress and hopefully your improvement and if there are any aspects of your training which you are unhappy with or have concerns about have a chat to one of the club coaches.
  - 7) Finally remember that there are plenty of opportunities during the rest of the week to try out variations on the Tuesday and Thursday club sessions and these will hopefully build on the improvements which you will have been making as a result of club evening sessions.

**Gerry Reilly**  
**Head Coach**

## THE GREAT NORTH RUN – Race Report

Deb and I decided months before hand that we would run the epic great Great North Run together. Deb (being a seasoned Half and Full Marathon runner already was fearless of what lay ahead. I on the other hand, winced at the thought. At the time of applying for our places the furthest I had run was a rather painful 10 miler at Canterbury in January 2015. We excitedly applied online; and waited to hear our fate.

A week or so later the news came through an email to each of us...Deb...back of the net and straight through with a ballot place. Only fitting for the (almost) elite athlete that she is. Me. Rather disappointingly cruelly rejected. Dismissed, cast aside like an old shoe...well that's how it felt anyway.

So there we had it Deb in, me out. The only way forward, if we were to run it together, was for me to apply for one of the charity places. So, not only my first half but now I am to do it as a fund raiser also. No pressure then. My chosen charity was Prostate Cancer Research UK. My father and several other men in the family had fallen victim to this cruel and pernicious disease; so it seemed to fit. Months soon shortened into weeks and weeks into days; until before we knew it we were preparing for the road trip to the North.

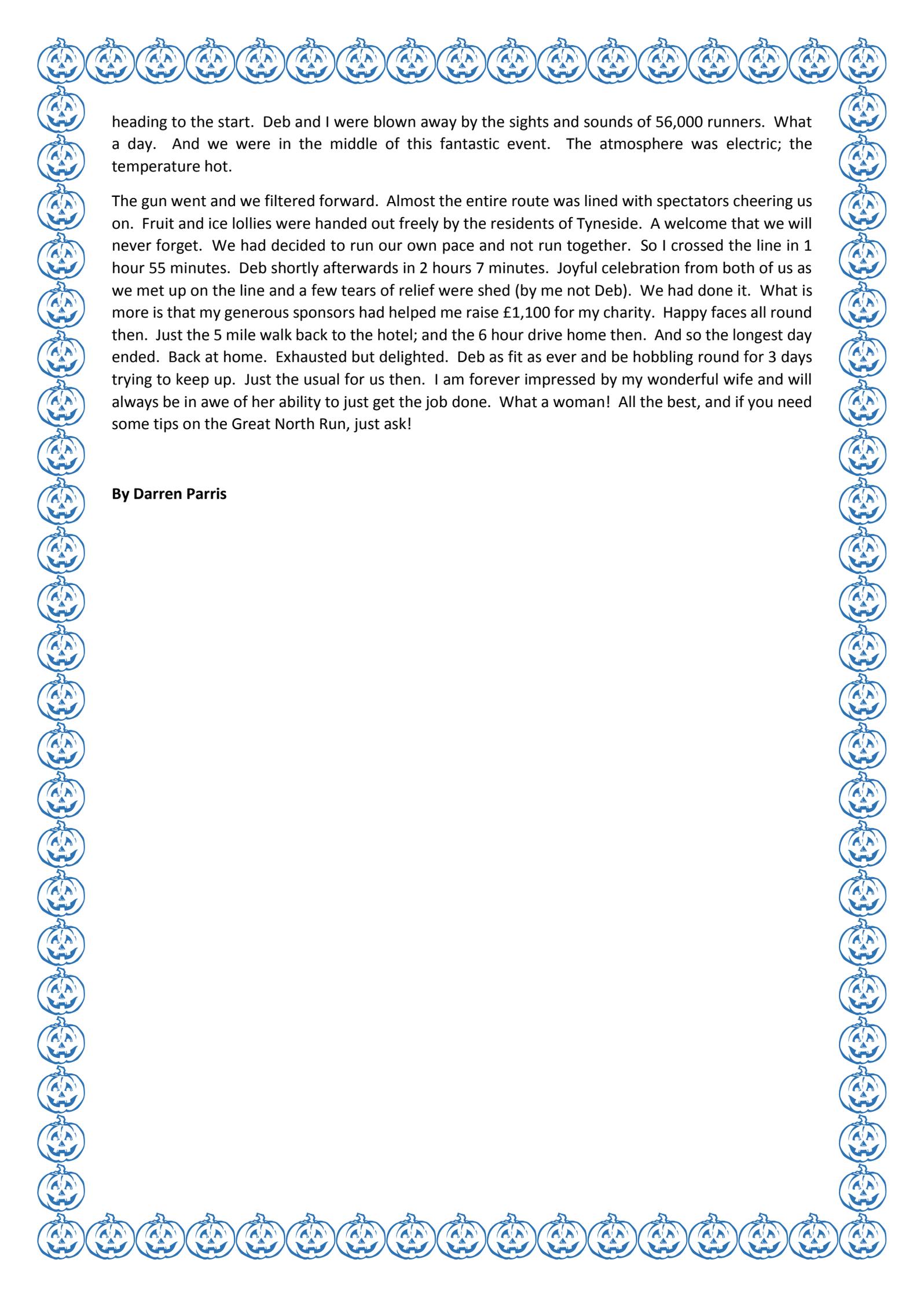
We headed up the A1 on the Thursday afternoon before the race day on Sunday. Blue sky and sunshine all the way. Newcastle (it turns out) is a fabulous place. Our friends and fellow Harrier Brian and Tina had briefed us on the delights; Brian having lived and worked there for many years. If you get the chance we would urge you to check it out. Friday was spent exploring. We walked for miles. Saturday provided the opportunity to be Parkrun tourists; visiting South Shields Parkrun. We woke full of beans only to look upon a grey, dark morning. The rain was horizontal, the wind gale force. Seriously if you think Whitstable can be a bit blowy, this was something else. A brisk 5K along the cliff tops and a look at the stunning coastline was further enhanced by a chance to check out (what turned out to be) the finishing area for the big day. What a stroke of luck. Boosted by the sneak preview we retreated to our hotel in Smonside. Bedraggled and windblown but enthused and excited. Just as well we had taken spare running shoes we thought as we squelched our way from the hotel car park back to our room. We spent the rest of Saturday in Newcastle and were treated to the spectacle of elite athletes running in the centre of Newcastle. BBC coverage was wide spread with giant screens everywhere. All around us we watched para-Olympians and household names; a real thrill.



Before we knew it, it was the night before the big day. Sunday morning was met with trepidation. Would it still be raining? Would the wind still be howling? The answer was a relief...no! The sun shone like a mid-summer's day. Mr Blue Sky had arrived back on the scene. Feeling fuelled by the previous night's carb over load and a bowl of porridge for breakfast we set off for the Metro in to town. Nervously we waited for the promised processions of trains that "would arrive every 10 minutes". We waited...and waited...and waited until after around 45 minutes, panic started to set in.

We had set off with 2 and a half hours to spare (plenty of time for the short journey) or so we thought. Finally a train arrived and we squeezed ourselves through the doors. London

Underground at its busiest x10 is the picture you must have in your heads. But we were on and



heading to the start. Deb and I were blown away by the sights and sounds of 56,000 runners. What a day. And we were in the middle of this fantastic event. The atmosphere was electric; the temperature hot.

The gun went and we filtered forward. Almost the entire route was lined with spectators cheering us on. Fruit and ice lollies were handed out freely by the residents of Tyneside. A welcome that we will never forget. We had decided to run our own pace and not run together. So I crossed the line in 1 hour 55 minutes. Deb shortly afterwards in 2 hours 7 minutes. Joyful celebration from both of us as we met up on the line and a few tears of relief were shed (by me not Deb). We had done it. What is more is that my generous sponsors had helped me raise £1,100 for my charity. Happy faces all round then. Just the 5 mile walk back to the hotel; and the 6 hour drive home then. And so the longest day ended. Back at home. Exhausted but delighted. Deb as fit as ever and be hobbling round for 3 days trying to keep up. Just the usual for us then. I am forever impressed by my wonderful wife and will always be in awe of her ability to just get the job done. What a woman! All the best, and if you need some tips on the Great North Run, just ask!

**By Darren Parris**

## THE CLUB CHAMPIONSHIP – Ashford Givauden 10K



The first Club Championship produced 37 Harriers taking part with the club kindly paying £5 to everyone's entry fees. The day approached with the record amount of Harriers in a race together. The weather was almost perfect for PB'S with a light breeze and the sun was out; it felt like it was going to be a great day for the Harriers.

The gun sounded the start and everyone was off on their run. The first Harrier home was Tom Millard who not only smashed his previous PB to get a sub 34 minute 10k and join the few that have obtained this in previous years, he also came back storming into 2<sup>nd</sup> place. He was then followed by Mike Mawby in 7<sup>th</sup> place on his debut for the club, Alex followed shortly with a new PB to dip under the 38 minute mark and take the team prize for the men. Yiannis and James followed shortly with more great PB's; a special mention to James who had been struggling to break the 40 minute mark, producing a fine run to achieve a great PB.

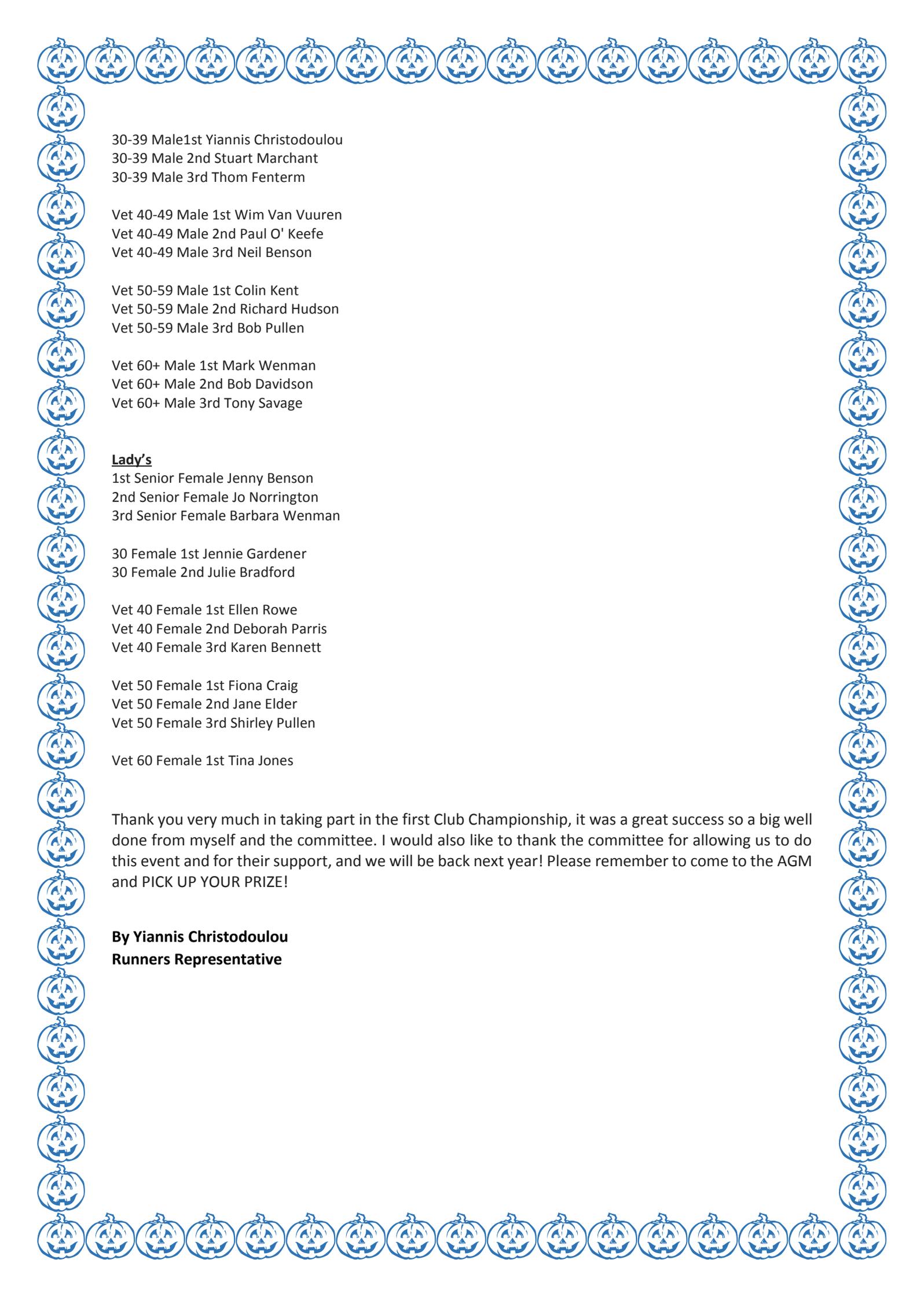
Jenny Benson then came storming home as the 2<sup>nd</sup> lady and a sub 40 minute 10k with a PB. She was followed by Colin Kent who yet again made it three PB's in three weeks, all under the 40 minutes mark. Jo Norrington was the next lady Harrier home in a great 3<sup>rd</sup> place for ladies with a PB and was followed by Barbara who was 2<sup>nd</sup> Vet 50 lady but grabbed the team prize for the ladies (must mention Mark sprinted to beat his wife for the first time in a long time).

Tina, came home as the first VET 60 lady and is running well after her injury. There were also PB's from Wim, Jennie, Ellen, Neil, Darren, Richard, Melanie, Deborah, Rosalie and Philip. In total there was 17 PB'S and 5 debuts, winners of the Championship are below.

### Age Categories winners

#### Mens

- 1st Male Tom Millard
- 2nd Male Mike Mawby
- 3rd Male Alex Horsley

A decorative border of blue-outlined pumpkin icons surrounds the text. The pumpkins are arranged in a grid-like pattern, with some missing in the corners to form an L-shape.

30-39 Male 1st Yiannis Christodoulou  
30-39 Male 2nd Stuart Marchant  
30-39 Male 3rd Thom Fenterm

Vet 40-49 Male 1st Wim Van Vuuren  
Vet 40-49 Male 2nd Paul O' Keefe  
Vet 40-49 Male 3rd Neil Benson

Vet 50-59 Male 1st Colin Kent  
Vet 50-59 Male 2nd Richard Hudson  
Vet 50-59 Male 3rd Bob Pullen

Vet 60+ Male 1st Mark Wenman  
Vet 60+ Male 2nd Bob Davidson  
Vet 60+ Male 3rd Tony Savage

**Lady's**

1st Senior Female Jenny Benson  
2nd Senior Female Jo Norrington  
3rd Senior Female Barbara Wenman

30 Female 1st Jennie Gardener  
30 Female 2nd Julie Bradford

Vet 40 Female 1st Ellen Rowe  
Vet 40 Female 2nd Deborah Parris  
Vet 40 Female 3rd Karen Bennett

Vet 50 Female 1st Fiona Craig  
Vet 50 Female 2nd Jane Elder  
Vet 50 Female 3rd Shirley Pullen

Vet 60 Female 1st Tina Jones

Thank you very much in taking part in the first Club Championship, it was a great success so a big well done from myself and the committee. I would also like to thank the committee for allowing us to do this event and for their support, and we will be back next year! Please remember to come to the AGM and PICK UP YOUR PRIZE!

**By Yiannis Christodoulou  
Runners Representative**

## LE TOUQUET – Race Report

Although we are new Harriers members as of this year, I have long been aware of the famous (some may say) infamous Le Touquet 10k race. My knowledge dates back to the 90's... could even be further back. I cannot be sure because my knowledge comes from my long association with my dear friend Roy Goodeson. I have known Roy since I was 14... so 33 years or more and in recent years, Roy has (whenever we meet) sung the praises of the Harriers and why we should join. Part of his pitch was always the Le Touquet trip and what great fun it was.

Well this year, I finally gave in to the friendly pressure and we became members. Once signed up and shackled, one of the first topics of discussion from Roy was 'you must come to Le Touquet'. Not wishing to disappoint we agreed, not quite knowing what to expect. What would it be like? How many people taking part? Would we actually know anyone? Would we be good enough to take part...? Well, soon enough, Deb and I would find out.

On an early August morning, we woke before dawn and set off to meet up at Tesco's in Whitstable. Having been late to sign up, all of the mini bus seats were filled, so the plan was a 'Harriers Convoy' with us in the car. Nervous excitement, as we set off in the early morning sunshine for Dover. Thoughtful Roy had provided walkie talkies.... so it wasn't long before the banter and abuse started. A mini bus full of guys out on a Beano... what could possibly go wrong? Well, as it turned out....absolutely nothing! A smooth crossing and an excellent breakfast on the ferry was followed by a swift trek down the superbly smooth French motorway. A brief stop at the Hyper Market to buy picnic lunch provisions (most of us came over all Franglais). It's amazing how a mixture of French and English, but said in a French accent can get you through.

Soon enough, we arrived in the beautiful town of Le Touquet. For those that haven't been, it's reminiscent of Brighton, but a bit 'posher'. Fabulous buildings, loads of shops and a typical Northern France beach with sandy shores, extending as far as the eye can see. We had arrived early enough to enjoy a picnic and then explore the town for a couple of hours. It was proving to be a very warm day. Mid-afternoon we all changed and gathered at the start line. Loads of hubbub and noise from the thousands waiting for the start. As the sun beat down, the Mercury hit 82f (28c) and we sweatily inched forward waiting for the gun.



With a bang we were off and the usual charge at the start began. Funnelling through the narrow high street was an experience to say the least. Once clear of the cobbles, the race was on; out along the prom, with its fantastic sea views, we wound our way along the coastal path and up past the mouth of the estuary. Once away from the cooling sea, the heat really kicked in and it soon became clear that

a PB was not for today. The second part of the route took us through the pretty residential areas lined with pine trees, that offered some shady relief from the sun. I hadn't seen any other Harriers from the start but as I neared the finish I spotted Marco. The athletics stadium hosted the finish line and as the tannoy blasted out music and the booming tones of the Frenchmen, I felt a huge sense of relief that I had reached the end. The time was respectable considering the heat and first run of the route; but that day for me was not about the time. As I sat on the grass, waiting for familiar faces, including my favourite face (Deb), I pondered on thoughts of fellowship and kindness. We had met people that day that we didn't know. Colin Kent, Marco, Andy and others and as it transpired Deb was the only lady. None of this mattered though. We felt welcomed. We felt included. We had been embraced by something that seems to pervade groups like the Harriers. We've experienced the feeling here and elsewhere like Parkrun. The day ended on a high with a brief stopover for a drink and a well-earned ice cream. And I had ended on a high, boosted by the knowledge that we were now fully fledged Harriers.

With Colin at the wheel of the Minibus, we careered in to the Port of Calais at alarming speed. Colin seemed to be on a mission. After several high speed manoeuvres, we ended up in the high security compound area, but being the trooper that he is Colin; with the help of a short journey up a one way street the wrong way, we got to the right gate. Parked alongside each other the day ended as it had begun. Hilarity and laughter with Colin now the target of gentle (and harsh) ribbing. Colin blamed the 12 back seat drivers... We parked up and looked forward to the ferry ride home. And so the day ended. A day that had started at 4.30am ended wearily at midnight. As we sipped our tea at home; I returned to my pondering. Overall, runners seem to be the most friendly, perceptive and empathetic group of people that one could wish to meet; supporting others when they may be struggling, showing empathy and shouting encouragement in equal measure. And this same attitude goes down the food chain. From the very best amongst us, to the slowcoaches at the back. No matter what your abilities, no matter what your achievements. What counts is the group result. Last or first every effort counts. I for one hope to be part of this world for many years to come.



**By Daren Parris**

## TRAVELLING AS A HARRIER – Simon Jones

In the middle of last year me and my girlfriend came to the decision that going to work was far too hard so we set about planning a year of travelling. We set off in late October 14th and are now over 9 months into the trip and have so far managed without too many major mishaps to travel from the UK to Spain, then by boat to Tampa, airplane to Panama city before travelling overland through Panama, Costa Rica, Nicaragua, El Salvador, Guatemala, Honduras and Belize before arriving into Mexico. We spent a month in Mexico before heading to the US and hiring a car to spend the next 5 months road tripping and mostly living out of a small tent. We have so far covered most of the southern, western and northern states and even managed to get to Alaska.



Prior to travelling I was pretty concerned about how easy it would be to keep up much of a training schedule, travelling through Central America was at times a struggle – mostly it was crazy hot and to be honest not always safe to go running. I managed about 2-3 runs a week and some of the runs I managed were pretty spectacular. Some of favourite runs were a lake run between local villages in Guatemala at Logo De Atitlan, a street run through Mexico City where on a Sunday morning a city route is shut off to cars for runners and cyclists, an Island run along a hilly coast on the

Honduran island paradise of Roatan – with stunning vistas round ever bend and running on Mayan paths near the Tikal ruins.

I did have a few incidents on runs, On a remote track in Belize, I happened upon two bull mastiffs and a yappy little trouble maker of a dog who attacked me on the road – I made a run for it and managed to dive through the front door of a house with them closing down on me – luckily the surprised owner of the property gave me refuge until it was safe to leave - now I write that down I don't seem very brave. Also in one location in El Salvador I asked a campsite owner if it was safe to go for a run – he chuckled and shook his head – later in the day I went for hike up a volcano and had to be escorted by 2 armed guards, kind of glad I didn't go for a run ☺. All in all the biggest danger in Central America were the packs of dogs - scary chaps.

Once I left Central America and started travelling through the US, things were all a lot easier, I managed to get into a rhythm of just going straight out the door to run whenever I arrived in a new location – sometimes this meant running in a beautiful national park of which there were many, sometimes it just meant running up and down a dusty road in a middle of nowhere town in New Mexico. I have been managing about 5-6 runs a week, which is obviously made a lot easier by not having to work – life is hard.



A few of my favourite runs included running both the south rim of the grand canyon and down into the canyon and out although the trekkers on the trail didn't seem to be impressed with the sweaty runner pushing past them. Other highlights included running through Yosemite with stunning backdrops and also almost every run along the Californian coast, maybe with the coastal run from Monterey being the most spectacular. Up into Oregon a personal favourite was running along the trail where the Goonies was filmed – 'I love you Chunk'. I also managed to get to the running mecca of Boulder, Colorado and searched out a famous trail that ended up being a dusty road up a hill – I think maybe I got lost.

In my head I had convinced myself that all runs in the US were safe, I was wrong - I decided to go for a run outside Glacier National Park up a track near my campsite - the campsite owner told me that a Bear crosses the road at the top of the hill but only on a Saturday and only once a week, this being Friday I would be fine, I remember thinking that it seemed odd that the Bear would know his days of the week but the guy seemed to know what he is talking about so I went out for a run. In retrospect it shouldn't have been a shock that as I climbed the hill about 10 yards in front of me a big black bear came tearing out of the woods, it seems shocked to see me so ran back into the trees. At this point I probably should have shouted loudly as advised in various Bear aware posters but instead backed off and start ringing my small bear bell, looking a bit, I imagine, like a skinny looking Morris dancer, I now think I backed off a bit too sharpish and started looking a bit like prey so the Bear comes back out stands on its hind legs and gives me a growly face - bit worried by this as don't think this is a good sign not fancying my chances against a 7 foot bear with big claws. I stop backing off and ring my little bell a bit more - seems to do the trick, Bear O Me (looking like a demented Morris Dancer) 1, he ambles away and I scarp down the hill breaking my 400 meter record on Strava. Moral of the story, Bears are big and scary and i'm not very brave.

Our next stop is the East coast and the Maritimes so hope to add some more great runs in the next 3 months whilst avoiding big growly bears hopefully.

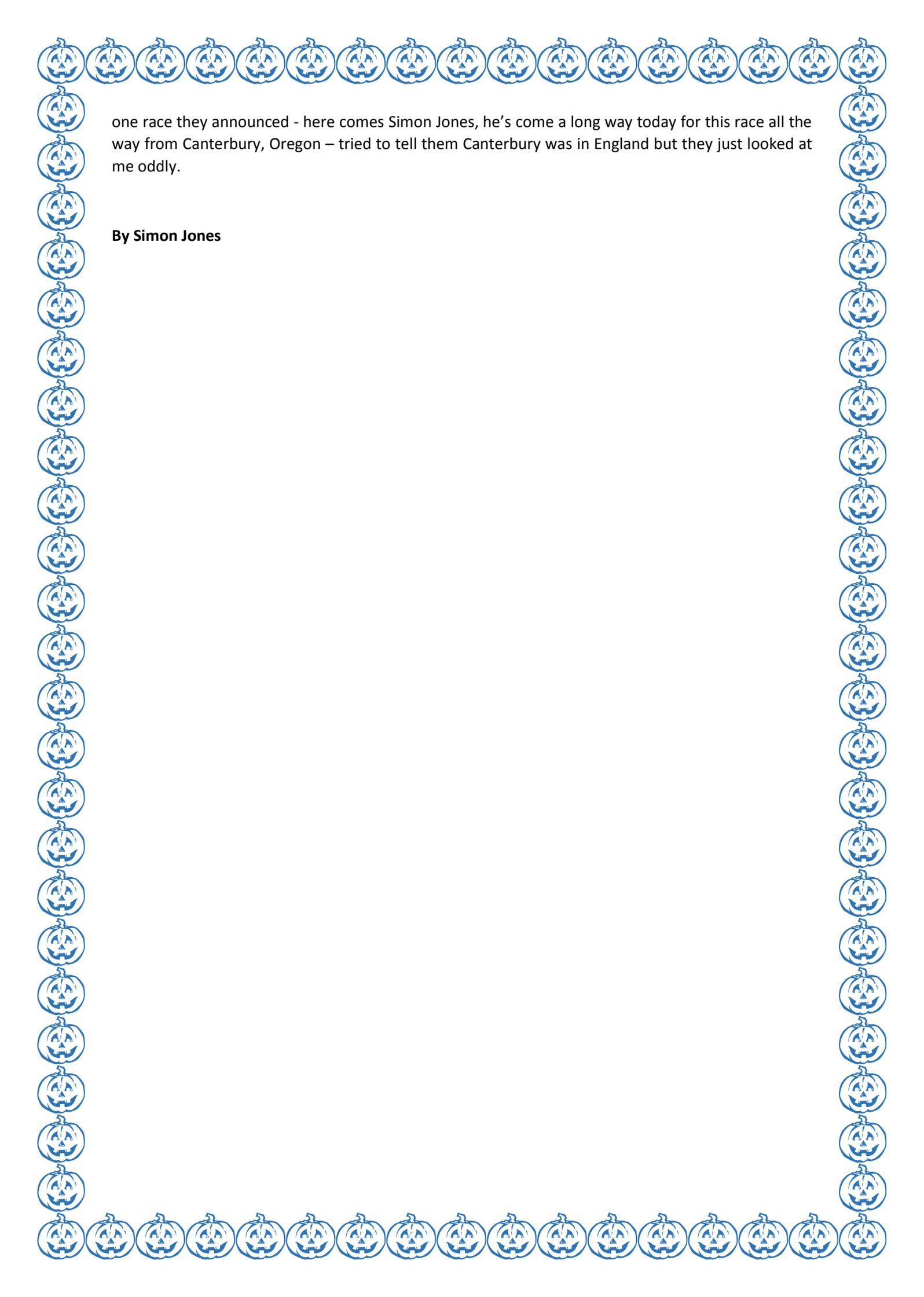
### Races on my travels

One of the things I have found in the states is that due to the spread out nature of the country finding a good quality race that doesn't cost a fortune to enter is a bit of a challenge especially when we were purposefully avoiding big cities to stay within our pretty tight budget. Also the focus of most races seems to be less about competition and more about completing and raising money for one cause or other, running clubs also don't seem to be a big thing – I



have rarely seen any runner in club running tops which is very different from home. One other big difference seems to be that the price for any race seems to go up steeply the closer to the race you get – often doubling in price, not great when you don't know where you are going to be from one week to the next. I have managed to pick up 3 races though, a 10k in Phoenix that I was leading until I went the wrong way with 1k to go and ended up second, a ½ marathon in Salt Lake City that I managed to win and a ½ marathon in British Columbia where I came in second – the standard in most races doesn't seem quite as high as a regular race in Kent, but they are quite generous with the prizes so I have managed to keep myself in running shoes off my winnings.

I thought my Harriers running vest might attract more attention than it has but it seems that most in the US assume Canterbury is somewhere in the US (and it probably is), as I came into the finish line in



one race they announced - here comes Simon Jones, he's come a long way today for this race all the way from Canterbury, Oregon – tried to tell them Canterbury was in England but they just looked at me oddly.

**By Simon Jones**

## DO ICE BATHS REALLY HURT ADAPTATIONS TO TRAINING?

# Do ice baths really hurt adaptations to training?

Designed by @YLMSSportScience

Over the last few years, there's been a big debate about whether it's possible to have "too much" recovery

### THEORY 1

Hydrotherapy allows athletes to perform subsequent training sessions with a greater training load or quality, thus resulting in an enhanced stimulus for adaptation



### THEORY 2

Cold water immersion may decrease adaptations to training due to minimization of fatigue and inflammation occurring following training



## DONT

Hurt training adaptations



## DO

Hurt training adaptations



#### CHRONIC

Simulated cycling Grand Tour  
Ice bath 4x per week  
(15 minutes at 15°C)  
National-level athletes  
Hanson et al. MSSE 2014

#### CHRONIC

Ice bath 3x per week after  
each endurance training  
sessions (4 weeks)  
(15min @10°C)  
Physically active males  
Ihsan et al. AJP 2015

#### ACUTE

Ice bath after a single high-  
intensity endurance session  
(15min @10°C)  
Physically active males  
Ihsan et al. MSSE 2014

#### CHRONIC

Resistance training  
Ice bath after each session (5 weeks)  
(3x 4 minutes at 12°C)  
Trained male students  
Fröhlich et al. JSCR 2014

#### CHRONIC\*

Endurance & Resistance  
training (4-6 weeks)  
Ice bath 3-4x per week  
(20 minutes at 5-10°C)  
Non-athletes  
Yamane et al. IJSM 2006 & 2015

#### ACUTE

Resistance training  
Ice bath (10 minutes at 10°C)  
Trained  
Figueiredo et al. under review

\*Performance tests involved one-leg cycling and/or handgrip

► Data from the current literature do not support recent speculation that cold water immersion hurts adaptations to endurance training,

► Cold water immersion after resistance training sessions should be carefully handled. It seems advisable that the short-term recovery effects should be balanced against possibly reduced long-term training adaptations. Further research is warranted.

<http://ylmsportscience.blogspot.co.uk/2015/06/recovery-do-ice-baths-really-hurt.html>

## THE 2015/16 CROSS COUNTRY SEASON APPROACHES!

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

Last season was a successful one for the club finishing 3<sup>rd</sup> in both the Combined and Women's Leagues behind the very strong Dartford clubs. But it would be nice to go one better this season and get among the team medals awarded to the winners and runners up! So it's more important than ever that we get a large and strong turnout and give it our best shot. Please note that following the pre-season meeting by the KFL Committee the team scoring rules have been changed. It will still consist of 7 men and 3 ladies but the 7 men must have at least one over 40 and two over 50 vets. And of the 3 ladies, one at least must be an over 35 vet and one over 45 vet.

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

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

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

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

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

There are so many benefits:

The Club will pay all your entry fees to the events listed; you can recoup a large part of your club membership on this alone!

1. 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!
2. Club kit (sweatshirt or kitbag etc.) with exclusive season logo will be given to all members who do six or more of any of the events listed.
3. You will be held in high esteem by the Club XC Management Team!

It has been scientifically proven that people who do lots of cross-country events every season will remain sane far longer than those who don't!

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



A decorative border of blue line-art pumpkins surrounds the text. The pumpkins are arranged in a grid-like pattern, with some missing in the corners to allow text to be placed there.

Steve Clark – SUPREME XC Team Manager

**CROSS COUNTRY SEASON 2015/16 KENT,SEAA & NATIONAL FIXTURES LIST**

2015

10th Oct Sat Kent County League-Fixture 1 14:00/14:30 Stanhill Farm, Wilmington

17th Oct Sat SEAA Relay Championships 14:00/14:30 L. Christie Stad., Wormwood Scrubs

Entry closing date 2nd Oct (online available)

24th Oct Sat Kent County League-Fixture 2 14:00/14:30 Somerhill School, Tonbridge

25th Oct Sun Kent Fitness League-Fixture 1 11:00 Knole Park, Sevenoaks

07th Nov Sat Kent County League-Fixture 3 (Men's) 14:00 Sparrows Den, Hayes

08th Nov Sun Kent Fitness League-Fixture 2 11:00 Swanley Park, Swanley

22nd Nov Sun Kent Fitness League-Fixture 3 11:00 Fowlmead, Deal

28th Nov Sat Kent County League-Fixture 3 (Women's) 14:00 Danson Park,  
Bexleyheath (TBC)

29th Nov Sun Kent Fitness League-Fixture ? 11:00 Oxleas Wood, Plumstead

05th Dec Sat Kent Veterans Championships from 11:00 Sparrows Den, Hayes

Entry closing date ? Nov(online available)

12th Dec Sat SEAA Masters(vets) Championships from 11:00 Shuttleworth Park,  
Biggleswade, Beds.

Entry closing date 27th Nov (online available)

19th Dec Sat South of Thames XC Championships 14:00 Somerhill School, Tonbridge

Entry closing date 12th December

20th Dec Sun Kent Fitness League-Fixture ? 11:00 Nursted Court, Meopham

**2016**

09th Jan	Sat	Kent Championships	12:45/14:00	Redlibbets Golf Club, Nr Sevenoaks
Entry closing date ?th Dec (online available)				
10th Jan	Sun	Kent Fitness League-Fixture ?	11:00	Minnis Bay, Thanet
30th Jan	Sat	SEAA Championships	14:05/14:50	Parliament Hill
Entry closing date ?th Dec (online available)				
07th Feb	Sun	Kent Fitness League-Fixture 7	11:00	Blean Woods, Canterbury
13th Feb	Sat	Kent County League-Fixture 4	12:00/12:30	Foots Cray Meadows (TBC)
27th Feb	Sat	National XC Championships	14:20/15:00	Donington, Derby DE74 2RP
Entry closing date ?th Jan (online available)				

For further information please speak to Steve Clark

[Please note, there will be no KFL Relay/Presentation events again this year.

An awards evening presentation buffet is being arranged for 27/02/2016 in Sittingbourne (tbc).]

*Editor's note: Emails will be sent out before the main fixtures such as those of the KFL. We usually organise a meet up from the council offices. Next up is Swanley which is a nice park setting up near Bexleyheath and medium difficulty. Fowlmead near Deal follows a fortnight later which is much flatter and faster but whatever you can make please do as every single runner in our club will be made welcome at these events and can contribute to the team. Consider buying some spikes, for example at Swanley but runners often survive with some good quality trail shoes and last year at Fowlmead these turned out to be much better footwear for the conditions. The Running Outlet in Canterbury where members receive a 10% discount is one such place you can buy this type of kit.*



## 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).



## 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 Jeffrey 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 page.

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 Jeffrey (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.

**CLUB KIT CORNER - Jo Norrington**



**Full zip hoodie**



**Hoodie rear**



**Hoodie**



**Ladies tech T-shirt**



**Long sleeve cotton**



**Long sleeve technical**



**Mens vest**

**Kit prices are as follows:**

- Hoody (unisex) £17
- Fleece jackets (on request) Non Branded £18/Branded £23
- Full zip hoody (unisex) £20
- long sleeve tech t shirt £13
- long sleeve cotton t shirt £10
- vest £15
- short sleeve tech t shirt £13.50

There are male and female options for all kit apart from the hoodies which are unisex.

The gender options are S,M,L, XL in each.

To order contact Jo Norrington either at training or to [norrington.joanne@gmail.com](mailto:norrington.joanne@gmail.com)

## HARRIERS TRADING PAGE

### 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, £15 per 30 mins 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

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