



The Harrier

The newsletter of the Canterbury Harriers



DIARY DATE : WHITSTABLE 10K - MONDAY 4TH MAY

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SPRING WELCOME

Greetings to the Spring 2015 'The Harrier' with a particularly warm welcome to all new club members who have joined since January. There are many reasons for joining a running club - including being new to running, a work or house move to the area, a general motivation to improve times or perhaps as a 'graduate' from the parkrun experience. Whatever your reason we hope that you enjoy a long membership with Harriers.

At the same time as new members join other members leave for reasons of relocation. One such member is New Zealander Penny Birchall who has made a great impact on the club. As well as being extremely sociable and interested in how others are training and racing, Penny has won a large number of club and age related

open race awards across a variety of distances. In training around the Black route Ed has often followed in Penny's wake and marveled at her doing two laps to his one! Penny and husband John are also regulars



at Whitstable parkrun where their enthusiasm will also be sorely missed. The club wish Penny and John well on their 2 year sailing voyage back to New Zealand. A chance to say 'goodbye' will be held in The Old Beverlie after training on Thursday 16th April for us to say a final farewell and bon voyage to Penny and John.

MEMBERSHIP BENEFITS

You may have wondered how your membership is made up and what value you receive for the cost? You will know that the club subscription is made up of three elements:

- Birleys annual hire - £30
 - Club running costs - £10
 - England Athletics Registration - £12 (this is discretionary depending on whether you wish to affiliate with England Athletics - if you pay the amount the club simply forwards this amount to EA in April on your behalf).
- There is also a small discount for family membership and a social membership of £10 pa for non-running members.



What you receive in return depends on how actively you take part in club events. All cross country races are paid for by the club - for example, if you do all 7 KFL races then that is £14 back already and you will also receive a club cross country team memento (this year it is a club polo shirt). Annual club awards - engraved cups and plates - are all provided by the club. Social events, such as, the summer pub runs, the annual awards and cross country presentation and annual quiz night all receive a subsidy.

Your first class weekly training sessions are of course free at the point of pain! We do know of some clubs that make an extra charge for weekly training. Club expenditure is also made in meeting the costs of our coaches training courses and the subsidy to the London Marathon coach. On a conservative basis a member could easily receive approximately £35 back in club benefits in any one year.

As you may have guessed the £10 'club' element of our subscription is insufficient to provide the full range of member benefits. In practice the 'club' element provides approximately 20% (£1500) of the cost of benefits with the remaining 80% (£6000) gained from the surplus achieved from our annual Whitstable 10k road race. This year's race is on Bank Holiday Monday 4th May. With this in mind we do want all members (and relatives, friends, lovers etc) to set aside race day to help marshal the course. We appreciate the magnificent support given by friends and family.

MEMBERSHIP RENEWALS

If for any reason you haven't got round to renewing your club membership then to do so you will now need to complete a new membership application form. The club would appreciate everyone paying their subscription on time either on-line or cheque.

At the last count 'our' club has 151 members (including 6 social and 5 honorary members).

Although it is of course some way ahead (let's do summer first!) fees are payable after our AGM held in November. Occasionally we are asked if the annual sub. could be paid in monthly installments. The answer is 'afraid not' as this would create an impossible administration workload for Andy (Membership) and Bob (Treasurer) to keep track of what are relatively small monthly amounts. Hopefully this long term forward reminder about fees gives us all a chance to save up for the November payment.

THE WEATHER

Records will tell us that it has been a relatively dry winter and not particularly harsh. Try telling that to those of us that ran at Oxleas Wood or Minnis Bay for example, or the Tuesday night session at Rheims Way when we encountered ice along the course, or the usual muddy conditions when training around the Black route. But time heals and as the lighter evenings beckon and become the norm we all start to enjoy the healing spring sun and the transition to Birley's grass track.

SPRING MARATHONS

Many of you will have been training hard for the forthcoming Spring marathon season. The dedication required to get to the start line in the best possible condition is awesome. Training has been a mixture of long runs, repetitions, hills, cross country, extra miles, half marathons and 20 mile races. Someone said that they had met themselves coming back from a run just as they were setting out for another! In a nutshell very best wishes to everyone tackling a spring marathon and hopefully all of the hard training will payoff with a handsome PB. We look forward to reviewing everyone's marathon efforts at the x-country awards presentation to be held on the evening of Thursday 30th April. Please come along and make it another great Harriers social occasion.

WHITSTABLE 10K

As mentioned our 2015 edition of the race will be held on Bank Holiday Monday 4th May. We shall once again be asking you all to be available to assist with our annual premiere event. As your Chairman and Treasurer pointed out at the AGM the surplus from the race goes a long way to keeping club funds in surplus. Under the leadership of Race Director John Hartley planning for this year's race has been underway since last Autumn. Supported by 'Deputy' Russell Evans and the Race Management Team the minute race planning has been updated since last year. Improvements for this year include bottled water at the finish, paper timing chips, a new race timing team 'Nice Work', a longer finish funnel and a race photographic service for competitors. We are, as ever, grateful to Nissan Baileys for their continued race sponsorship.

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 repeated inside the Newsletter so that he can include as many results as possible. Parkrun and x-country results can be viewed through the club website.

The previous 3 months road race results are reproduced in the Newsletter to show 'at a glance' how members have fared. The recent emphasis has been on x-

country but road racing has taken prominence since February onwards: Particular mention then to

5M - Andy Phillips, Anna Fisk, Karen Hoult, Philip Hadler (all debuts)

10K - Ian Stokes (age group award); Andy Phillips, Karen Hoult (pb); Emily Hardy (debut and 2nd lady); Steve Hobbs (1st in age group and debut);

10M - Steve Hobbs, Francesca Paton-smith, Jennie Garner, Emily Hardy, Stuart Melville, Ellen Rowe, Ross Montgomery, Jayne Bennie, Karen Hoult, Fiona Craig (all debuts); Jacob Hussey, Yiannis Christodoulou, Dave Waite, Paul Lucas, Francis Maude, Andy Phillips, (all pb's)

Half marathon - Robbie Higgins (debut and pb); Jennie Gardner, Dave Waite (pb); Penny Birchall (age group awards - 2 races); Faye Roberts (3rd and 4th lady - 2 races); Steve Hobbs, Matthew Pearce, Yiannis Christodoulou, Gemma Hiorns (all pb's)

20M - Tom Purnell, Thom Fentem, (all debuts); Tom Millard, Dave Waite, Jennie Gardner, Penny Birchall, Wendy Osmond, Jenny Lucas (all PBs); Dave Bowden (PB and 1st in age group)

Marathon - Adam Stokes (2nd in Kent Champs); Dave Bowden (age group award); Jennie Gardner, Ellen Rowe, Jo Norrington, Jenny Lucas (all debuts); Penny Birchall (age group award)

CLUB 10K CHAMPIONSHIP

Acting on a suggestion from members, the club will be holding an inaugural 10K club championship for all age ranges within next year's Ashford 10K road race which is to be held on 10th October. The idea is that members will enter the race individually and within the race results Harriers will be awarding our own club championship awards. The thinking behind this is that 10K is a good distance enabling all members to compete and where 'best on the day' in the various recognised age groups will receive club awards. Further details are inside the newsletter. Let's make this a MASSIVE Harriers entry.

KIT

Jo Norrington does a great job as kit manager in coming up with fresh ideas for new kit. 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 vests at events. At The Minnis Bay KFL we had 37 Harriers - all in club 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 Hiorns is our Harriers Facebook page supremo. Do sign up if you haven't already done so.

Mel Georgiades 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, the gallery, kit section and possibly to introduce a members forum. The more that we all use the site the greater the incentive for further updates to be made.

<http://www.canterburyharriers.org>

Peter continues as your newsletter editor but is quite happy for a new editor to step forward to bring their own ideas to the role. The usual salary and perks apply!

WEDDINGS

We are delighted that the club has two forthcoming marriages to celebrate. Gemma Hiorns and Scott Jeffrey in May; and Mel Georiades and Yiannis Christodoulou will be making their vows at the end of June. On behalf of all club members we wish both couples all best wishes.



YOUR COMMITTEE

Your committee met on four occasions since the November AGM. Meetings are usually held on the 2nd Tuesday in the month. The March meeting, for example, had a particularly full agenda to consider membership, club finances, coaching & training, the club website, kit, Club championship 10k, Quiz night and cross-country awards arrangements and lots more. Comments and suggestions on all matters concerning club matters are always welcome.

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.

FIRST AID



Very occasionally a training accident is encountered involving a graze, bruise or twisted knee or ankle. A basic first aid box is held by the club at Birley's containing bandages, cotton wool, cleaning wipes and plasters. The box is stored on top of the grey steel cabinet by the stairs opposite our changing rooms. For anything more urgent a trip to A&E is the best course of action.

TRAINING ETIQUETTE

Your coaching team remind us all of the expectation when taking part in the Thursday runs. So please:

- Follow the instruction of the run leader
- Do loop back at the points designated by the run leader
- Actively jog until the back markers have rejoined the group

• The idea is that the run should be at a comfortable pace to allow some chatting - the final mile can be run at a more challenging pace

- Be aware of anyone dropping some way behind as it could indicate an injury and assistance may be needed to get back to Birley's
- Please remember that we each have a responsibility for our own and others welfare whilst running with the club.



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

If you know of any other running related discounts then please advise Editor, Peter.

EVENTS, DIARY DATES AND THANKS

Thanks to Roy for race directing our Blean cross country race in February. Thank you to Steve, Roy, Mel & Tina for organising the March quiz night.

The cross country presentation evening will be held on Thursday 30th April when this year's awards will be made. It is also the occasion when we also review the past year's members Marathon achievements. Please remember this enjoyable social evening is open to all club members. Whether you have

an award to receive or not, do come along to celebrate our annual presentation.

The Whitstable 10K is on Monday 4th may - all hands to the deck please!

Dates of the summer relay series are within the newsletter - please remember that on these evening there will be no Tuesday training.

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.

WHAT'S INSIDE

For your enjoyment and pleasure the usual range of informative and high quality items are included. Read further about Race Results, Kit Orders, photo gallery, spotlight on Jennie Gardner, Junior parkrun, ultra running, what's in the 'Harriers' name, x-country roundup and cross country award winners 2014/15, Minnis Bay duathlon, 400:400 challenge, and Harriers Trotters. Have a great summer's running. - Ed.

HARRIERS COMMITTEE 2014/15

Harriers Committee 2014/15	
Peter Yarlett	Chair
Bob Moreton	Treasurer
Roy Gooderson	Administration Officer
Tina Jones	Secretary & Coach
Gerry Reilly	Head Coach
Steve Clark	Coach
Andy Farrant	Membership Secretary
Mel Georgiades	Press Secretary & Runners Rep
Mark Wenman	Runners Rep
Vacant	Deputy Chair
Yiannis Christodoulou	Runners Rep, Results & Coach
Jenny Benson	Runners Rep & Coach
Joe Thomsett	Runners Rep & Website Content

Summer Relay Dates 2015

The fixture list for your diaries is as follows:

- Tuesday 12th May - Folkestone - 1915 hrs start
- Tuesday 26th May - Minnis Bay - 1930 hrs start
- Tuesday 9th June - Victoria Park/Ashford AC - 1930 hrs start
- Tuesday 23rd June - Samphire Ho - Dover RoadRunners - 1930 hrs start
- Tuesday 7th July - Finals Night - IEK/Canterbury Harriers - 1930 hrs start

Please note:

- ★ Steve Clark will e-mail us all with starting times & location map prior to each event.
- ★ All Harriers are invited to run in the relays - they are friendly but competitive, and an ideal competition for those that don't normally race
- ★ Club vests please

THERE WILL BE NO CLUB TRAINING SESSIONS ON THESE DATES

Please arrive at least 30 minutes before the start of the first leg to give yourself enough time to report to the team manager , be allocated to a team and given your time chip and number.

NB Each relay leg is approximately 5k . These events are for ALL STANDARDS of runners. The club pays the fees for the events and encourages all Harriers to participate in the relays as they are an excellent form of training and friendly competition.

If you have any queries please speak to Steve Clark our Relays Team Manager on a club evening or contact him at stevepclarkuk@yahoo.co.uk

DIARY NOTE - Canterbury Harriers 10K Club Championship will be held in conjunction with the Ashford 10k on Sunday 11th October, 2015

Club awards (shields and certificates) will be made for the overall senior champions and various age groups:

Male

Senior

30-39

Vet 40-49

Vet 50-59

Vet 60+

Female

Senior

30-39

Vet 40-49

Vet 50-59

Vet 60+

Prizes will be awarded to the following;

1st, 2nd & 3rd male and female overall

1st in each age category both male and female; 30 -39, Vet 40-49, Vet 50 – 59 and Vet 60+.

Those coming 2nd or 3rd in their age category will receive a certificate.

(Please note, those coming 1st, 2nd or 3rd overall do not qualify for a prize in their age category.)

To be eligible for a club award please individually enter the Ashford 10K and you will automatically be included in the Harriers club championship

A Thankyou from Tina Jones

I just want to say a very big 'thank you' to you Harriers. The encouragement and support I have received from you all especially at Tuesday evening training has been lovely. After a year away from running I was allowed to return in September last year.

Whilst it is exhilarating to be running again it is extremely hard work to get back to any sort of fitness let alone decent times, the latter I am not bothered about though, I am just grateful that I am able to run after my accident and all of you are the reason I have been confident enough to give it a go again. We are a great club and the last few months have certainly reaffirmed my view.

I hope you all have a great summer of running, the field and light evenings beckon, I will continue to join you all and hopefully keep up, who knows, I might even attempt a 10K sometime!

Tina

Eds Note: for those that don't know Tina suffered a serious injury whilst competing in a local Tri. Happily she is now back running with us...



Tina tackling the slope at a recent Whitstable parkrun

2014/15 XC SEASON - Second Half!.....Steve Clark - SUPREME XC Team Manager

Into the New Year and the Kent XC Championships were held again at Brockhill School in Hythe on Saturday 3rd January, with no KFL fixture the following day we had a better turnout (at least from the men!) than for several years in this competition. A horrible day weather wise still saw the Harriers turn out for this race in force. The course was changed and cut to under 6 miles due to the conditions, which made this course awful to run. Many of the Harriers struggled in these conditions and Adam Stokes, struggling with a cold, soon had to drop out. Peter Hogben, Tom Purnell, Steve Hobbs, Tom Millard, Yiannis Christodoulou and Bob Davison (V60) all trawled through the six laps of mud to put us in the results team wise and were followed by three more of our more senior members, Andy Farrant (V58), Neil Godden (V60) and John Cooper (V55). In fact Peter's 21st position got him selected as a reserve to represent Kent in the Regional XC Competition, well done!



Two weeks later saw us heading to Minnis Bay on a dull, cold, windy day for the penultimate KFL fixture on Sunday 18th January. An easy start on the Minnis, as the tides were not right for a beach start may have misled a few people into thinking it was going to be easy! But it soon turned into the usual quagmire of mud and pools followed later by the infamous dyke experience! They were deeper this year than I have ever experienced (or maybe I'm getting shorter!). A massive turnout for the club of 42 competitors (just one short of the club record of 43 at Minnis Bay last season!) saw us give a good account of ourselves, coming second on the day behind the all powerful Dartford RR who also turned out 40 competitors. In the Ladies

League we came a respectable 5th. So with one fixture left, in the league tables we were now comfortably in 3rd place in the Combined and the Ladies were 3rd, level on points with Medway & Maidstone but with a better total places. Peter Hogben's great form continued winning his second race in a row by out sprinting Noel Sutton of the home club Thanet RR at the finish. Steve Hobbs and John Matthews were the 3rd and 4th V40's home.

Francesca Paton-Smith led our ladies home with Nana Bourges our second scorer on her debut for the club followed by Sarah Maguire our 3rd scorer for the Ladies team. Unfortunately Lea Burnett's back went into spasm half way round the course and she had to be taken off in an ambulance but thankfully it much improved after a few days rest!

The following Saturday was the South of England Championships back down at Stanmer Park, Brighton. When it was at this venue three years ago we had 9 males and 4 females turn out for this competition but this year only Peter Hogben and Tom Millard turned out for the club but it was well worthwhile for them. Out of 854 competitors Peter was 69th in just over 55 minutes and Tom 219th just four seconds short of breaking the hour on this over 14K course, the longest official XC competition in the country.

Saturday 7th February and the last Saturday League fixture passed by at Swanley with no entries from our club!

Probably because most minds were focused on the final KFL fixture the following day hosted by ourselves on the one lap course through Blean Woods. Despite, as hosts, our need for many members to act as marshals we still had a good turnout of 28 runners who

got us 3rd position on the day behind the ever strong Dartford clubs. The ladies came 7th on the day led home by our Vet55 champion, Barbara Wenman but that was just enough to hang on to 3rd place in the Ladies League ahead of Dartford Harriers by one point. In the main Combined League we easily held onto our 3rd place behind the Dartford clubs. So all in all not a bad season but just missing out on the team medals! Individually, Peter Hogben came home as the clear winner for his 3rd consecutive race. If there had only been one last fixture then Peter would almost certainly have been crowned Male League Champion calculated over your best five races!

A very big thanks to all our members who supported this event and made it the success it was. Rest assured your places are secure for next year!

The swansong of the season was the National XC Championships, this year at Parliament Hill, London on February 21st. We did have five entrants into this competition but in the end only our V50 veteran Ian Stokes made it to the start line! In a field of over 2,00 runners, Ian slogged his way through the tough, muddy course to finish in just under 62 minutes.



Overall it has been a good year and appearances from club members were 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 2014-15 season kit award. And congratulations to the following individual winners in the Kent Fitness League. Peter Hogben, 4th Male medal. Tom Purnell, 5th Male medal, Yiannis Christodoulou, Male award. And finally but not least, Barbara Wenman, Female Vet55 Champion. Barb's remarkable record continues, Champion in all five years she was in the Vet50-54 category and now the first two years of her Vet55-59 category. Can she keep it going!



Don't forget that we will be having our own XC season awards buffet and presentation after a short club run from Rough Common Hall on Thursday, 30th 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 turn up about 20:00.

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.

Eds Note: What would we do without Steve!! It's a long season and throughout Steve keeps track of fixtures, organises championship entries, cajoles us to run, sorts travel arrangements...and all with a smile.....a big thankyou then to Steve for another x-country season.

Results as below on next page.....don't forget the x-country Presentation Evening on 30th April.....all are welcome

CAN																						
Remember, you need 6 appearances (or 5 plus marshal @ KFL7) to gain your EXCLUSIVE, HIGHLY SOUGHT AFTER, Harriers XC Team Kit Polo T shirt for 2014/15!																						
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 11/10/14																			
		b)	Kent Vets Champs Sparrows Den, West Wickham 06/12/14																			
		c)	South of Thames Championship Farthing Downs, Coulsdon 20/12/14																			
		d)	Kent Championships Brockhill School, Hythe 03/01/15																			
		e)	SEAA Championships Stanmer Park, Brighton 24/01/15																			
		f)	KCAA Sat league fixture 4 Swanley Park, Swanley 07/02/15																			
		g)	National Championships Parliament Hill, Hampstead Heath 21/02/15																			
's' in columns 1 to 7 (KFL) denotes scored for team																						
Runner		KFL CAT	Kent Fitness league							Other-As above							total app.	marsh KFL 7	Kit award	KFL cert (5+)	KFL CAT POS	KFL CAT trophy
			1	2	3	4	5	6	7	a	b	c	d	e	f	g						
1	Penny Birchall	F55	x	s		x	x	x	x		x						7		x	x		
2	Barbara Wenman	F55	s	s	s	s		x	s		x						7		x	x	1st	
3	Jennie Gardner	F	x	x		s	x	x	s								6		x	x	9th	
4	Jo Norrington	F		x	s	x	s	x	s								6		x	x	10th	
5	Gemma Hiorns	F		x	x	x	x	x	x								5	x	x	x	15th	
6	Melanie Georgiades	F		x		x	x	x	x								5			x	17th	
7	Karen Hoult	F50			x	x		x	x								4					
8	Sarah Maguire	F45		s	s			s	s								4					
9	Priscilla Walkington	F35		x		x	x										3					
10	Nana Borgnes	F							s	s							2					
11	Francesca Paton-Smith	F35	s						s								2					
12	Shirley Pullen	F50				x		x									2					
13	Faye Roberts	F				s	s										2					
14	Wendy Smith	F55				x				x							2					
15	Julia Bradford	F35			x						x						1					
16	Lea Burnett	F45				x											1					
17	Beth Burnett	F						x									1					
18	Tracey Fumringer	F40	s														1					
19	Emily Hardy	F							x								1					
20	Theresa Johns	F50						x									1					
21	Ellen Rowe	F40						x									1					
22	Fiona Tester	F35						x									1					
																	65	Total female appearances				
1	Steven Clark	M60	x	x	x	x	x	x	x		x						8		x	x	8th	
2	Tom Millard	M	s	s	s	s		s	s				x	x			8		x	x	10th	
3	Tom Purnell	M	s	s	s	s	s	s	s				x				8		x	x	5th	
4	Yiannis Christodoulou	M		s	x	s	s	s	s				x				7		x	x	22nd	
5	Bob Davison	M60	x			x	x	x	x		x	x					7		x	x	5th	
6	Steven Hobbs	M40			s	s	s	s	s		x		x				7		x	x	4th	
7	Peter Hogben	M		s	s		s	s	s				x	x			7		x	x	4th	
8	Barry Hopkins	M	s	x	x	x	s	x	x								7		x	x	31st	
9	Steven Reynolds	M55	x	x	x	x	x	x	x								7		x	x	11th	
10	Mark Wenman	M60	x	x	x	x		x	x		x						7		x	x	3rd	
11	Peter Yarlott	M60	x	x	x	x	x	x	x		x						7		x	x	7th	
12	John Cooper	M55	x	x	x		x	x					x				6		x	x	19th	
13	Adam Cowper-Smith	M55	s	x	s	x	x	x									6		x	x	8th	
14	Andy Farrant	M55	x			x	x	x			x	x					6		x			
15	John Hartley	M65	x	x	x	x	x	x									6		x	x	8th	
16	John Matthews	M40	s	s	s	s		s	s								6		x	x	3rd	
17	Tony Savage	M60	x	x	x	x	x	x									6		x	x	9th	
18	Ian Stokes	M55	s	x		s	x	x	x							x	6		x	x	9th	
19	Stuart Melville	M	x	x		x	x	x									5			x	40th	
20	Bob Pullen	M50	x	x		x	x	x	x								5			x	24th	
21	Nathan Bradley	M			x	x											4					
22	Neil Godden	M60				x	x				x	x					4					
23	Marco Keir	M50			x	x	x	x									4					
24	Andy Phillips	M50			x	x	s		x								4					
25	Colin Kent	M45			s	s		x									3					
26	Paul O'Keefe	M40				x	x	x									3					
27	Craig Thomas	M50		x				x	x								3					
28	Jon Vann	M55	x			x	x										3					
29	Phil Wyard	M50					x	x	x								3					
30	Dave Bowden	M50						s	s								2					
31	David Childs	M50		s			s										2					
32	Roy Gooderson	M55				x		x									2					
33	Adam Stokes	M		s							x						2					
34	Neil Armitage	M40	s														1					
35	Gareth Coult	M				x											1					
36	Jason Fumringer	M45	x														1					
37	Tim Hamilton-West	M							x								1					
38	Martin Henry	M50			x												1					
39	Tom Hooley	M55		x													1					
40	Paul Lucas	M40							x								1					
41	Sean Maguire	M						x									1					
42	Stuart Marchant	M				x											1					
43	James Scanlon	M				x											1					
44	Wim Van Vuuren	M45				x											1					
																	182	Total male appearances				
																	247	Grand total appearances				
Any omissions/errors noticed (although this is impossible) please let Steve Clark know.																						

Spotlight on.....Jenny Gardner

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

A. I moved to Japan in 2006 and signed up for the first ever Tokyo marathon and was one of the lucky (and slightly surprised) people to get a place. Before that my running experience had been gasping for air on the mile loop around my local park and feeling very satisfied when I could do 2 loops without stopping.



Eighteen weeks of training later I crossed the finish line, was a little bit weepy and couldn't wait for the next one. It was a three year wait until I was back in Tokyo as a motorbike running a red light and months of rehab made walking difficult, let alone running.

I made friends with runners, started doing shorter races and focused on a sub3:30 marathon. Goal achieved, I still just want to go faster.

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

A. I played netball at school until a teacher got fed up with my fouls and suggested I take up basketball. I really want to take up Yoga and am still in search of a Monday night class if anyone has any recommendations.

Q. What is your favourite training session?

A. Route A around St Stephen's, out to Rheims Way, up to the hospital, Dover Road and home around the cathedral. I love the run up to the hospital and really pushing up there.

Q. What other sports are you interested in watching?

A. RUGBY. I love the Six Nations (although with an Irish mother and a Welsh father we often have to watch in separate rooms).

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

A. I am a morning runner, so just make sure to get up early enough to fit it in before I race for the train.

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

A. Club runs on a Tuesday and Thursday, 3-5 miles on a Wednesday and Saturday and a long run on a Sunday. The Wednesday run gets dropped when I don't have a marathon to train for.

B.

Q. What are your favourite races and distances?

A. Half and Full Marathons are my favourite. I HATE 10ks, but want to get faster at them to help my marathon time. My favourite race is Hofu Yomiuri Marathon, a very small town in Western Japan. I lived in Hofu and the race went past all of the schools I taught at and for the whole race there were people shouting my name and cheering me on.



Q. What are your future goals and ambitions?

A PB in London is possible. Following that I am having an operation on my foot as I have arthritis so it will be three months off and then rehab.

Q. How do you keep motivated to run?

A. Since joining the Harriers I have really valued having friends to run with. Training for London this year has been great as I have had company for all of the long runs and people to share my constant talk of training with.

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

A. As much as hate them, hills and tempo runs are the way forward.



Never, Ever Again Aka Reflections on the Minnis Bay Duathlon.....

Mick Ellsmore

I've noticed that old blokes who have just retired have a tendency to do daft things - me included. I had always had it in my head to do a duathlon, so it was in glorious ignorance that I arrived at the Minnis Bay duathlon on the 11th January. It was billed as a 2.4 mile road run, followed by a 7.5 mile trail bike ride, finishing with a 4.5 mile cross country run. This looked doable despite the fact that the sum total of my trail bike preparation was a 7 mile stretch of the Green Chain Walk which I breezed over.

The first challenge was getting my £120 Decathlon bike into the car as retirement had brought about a serious downsizing. I doubt if the Hyundai I 20 will make a support vehicle in the Tour de France. We arrived at Minnis Bay bright and early. I had taken the precaution of inviting my brother as he knows about spanners and things. The gale force wind wasn't ideal but, as it turned out, this was the least of my problems.

I started to get an uneasy feeling as Ford Transits rolled up with mobile bike workshops in the back. These guys had spent more on their puncture outfits than I had on my bike. Getting organised took ages, then there was the race briefing before the off. I usually warm up 45 minutes before the start - 15 minutes to go and I was still grappling with my equipment.



Mick going through his paces at parkrun

Finally the road run started, apart from the gale force wind, it went reasonably well, finishing in 16th place. Then it all went Pete Tong. Practising putting on an helmet in my cosy front room the day before was one thing - trying to get it on in a gale force 8 was a different matter entirely. Two minutes to get a hat on - Steve Ovett would have won an Olympic 800 gold with time to spare whilst I was putting my hat on.

I eventually got going. The first mile was great - along the sea wall. Then all hell broke out as we dropped off the wall into a quagmire. The first time I came off was a shock. By the fifth time I had got quite adept at it. The fourth fall was the worse - over the top into some reeds with 2 feet of water hidden below. I had reeds sticking out of places you really don't want to know about, let alone the tuft of grass that had wedged itself in the front brake. I cut my losses and started to push and run with the bike.

I never thought I would look forward to a cross country run so much. I had successfully managed to drop 19 places on the bike ride. The cross country was over the same course as the bike ride with, as it turned out, one significant detour.

This entailed taking us through 5 dykes. The first three were reasonable - well reasonableness is a relative state. I mean 2 feet of water. I had lost all feeling in my feet long ago, and if Ernest Shackleton could his men back to Elephant Island without mishap, after going missing on ice floes for 16 months, I could certainly complete the Minnis Bay Duathlon. It was the fourth dyke that did for me - chest high in icy, cold water. I clawed my way out - my hands were now wet and done for.

I got back in a total time of 2 hours 17 minutes - my brother had dutifully waited. Thanet Road Runners gave me a sweat shirt with: 'Thanet's toughest event'

It was a fine line between crying and laughing. We headed back to Faversham for a pint in the Old Wine Vaults and fish n' chips in Ossies[highly recommended]

Never, ever again.

Mick Ellsmore,

Retired Accountant,

Retired Duathlon Participant

Canterbury 50th parkrun



Various Harriers 'outed' at the 50th edition of Canterbury parkrun as Hawaii Five 'O' lookalikes - 'book em all Dano and throw away the key'!

Expert advice shared recently on facebook between members.....one of the benefits of being signed up to Harriers facebook

[Dave Bowden](#) Before every endurance event and long training session I've always eaten traditional porridge oats (not the chopped up refined version) with semi-skimmed milk. blueberries and sometimes Manuka honey or maple syrup. Perfect slow release carbs. To supplement one carb. gel (caffeine) 10 minutes before the start and normal gels every 40 minutes or so whilst running. Ironman triathlon is a different nutrition strategy but I have used high5 products for fuel and recovery for the last 3 years. The gels are completely natural, taste OK and can be taken without water. The chocolate recovery drink is really nice with coconut milk or semi-skimmed. Socks has to be x-socks. I have run literally thousands of miles in them and never experienced a blister or soreness. I would also highly recommend compression calf guards to prevent injury and compression tights for recovery. Ohh almost forgot - body glide for nips, toes and any other bits you may chafe!

[Jo Gambrill](#) After a race I always drink milk and eat homemade flapjack (which also contains ground almonds for protein), and a walk afterwards definately helps. Yesterday I took Zara swimming after and I did some stretches and mobility exercises in the baby pool and that worked wonders! One question I have actually - when should the last 'long long' run be before race day?

[Thomas Hooley](#) General: everyone is different so never do sthg new on race day without trying it first in training. The results can be catastrophic as the stomach will tend to be more delicate in a race. The following works for me & I don't change it.... 2-2.5h before: porridge, milk. 1h before: banana. During: nuts/raisins/piece of Mars/piece of banana. On trail marathons where time doesn't matter, peanut butter s/wich cut into small quarters. Personally not keen on pure sugar route so I avoid gels & jelly babies. In first half hour after: pint or two of milk ticks pretty much every box; don't delay this. Proper food: protein, carb, veg not too long after that. Sox: X-socks compression sox. No tea or coffee before race as dehydrates. Water/drinks: better to hydrate in the days before the race gradually, not too much before a race. If gels used, caffeine-free such as SIS. Vital to keep moving after race: a good 45 min walk ideal especially if you have a long drive home, or you'll fall out of the car at the end! Over to someone else

[Like · Reply · 1 ·](#)

[Jonathan Blake](#) No caffeine (including tea) for one week before the race. Then on race day make sure a couple of the gels have caffeine....and boom! Just time them to kick in towards the last half of the run. The hardest part of this is giving up coffee and tea for a week. It makes you realise how much it affects you

[Karen Bennett](#) X-socks all the way. Trigger point grid roller has kept me relatively injury free. Nakd bars good for mid run energy when gels are too sickly sweet.

‘Juniors Rule’ - Whitstable junior parkrun.....Jacky MacDonald

parkrun has had a tremendously exciting end of year 2014. Not only were there 4 new senior parkruns, making a total of 12 but 3 junior parkruns have become active in the County with yet more in the pipeline.

Whitstable juniors were first on the scene in Kent on 19th Oct, Gravesend followed on 2nd November and Goudhurst on 16th November.

Junior parkruns are 2km, take place on Sunday mornings and is for 4-14 year olds. The children can run, walk, jog, skip with parents (although parents peel off before the finish funnel), cuddly toys or whatever takes their fancy. No skateboards, skates, scooters, piggybacks or dogs. The course is heavily marshalled because children have to be in sight of a marshal at all times. Event and Run Directors are all DBS checked and undergo child protection courses to ensure children's safety and well being at all times.



Whitstable junior parkrun, as the senior, has a core band of volunteers with four run directors (two of whom are Harriers, Russell Evans and Jacky MacDonald) which means we are only on duty one in four weeks. However, we nearly all turn up when we are available which means practically every Sunday! To see the children enjoying themselves makes that hour whizz by. We also have an official photographer, Judith Hall. All photos are courtesy of Judith (Hallbabe)

The juniors official route is on the grass by the kiosk, running eastwards towards Herne Bay, as far as the second shelter, turning round in front of it, back to the start and then do it all again. That's 500m out and back twice, making it 2km. We have two tail pacers every week because we find there are two rears! Just like the senior parkrun on a Saturday, when the grass is too wet we migrate to the prom and beach.



We had been using the prom but found that with 50 ish excited juniors plus mums, dads, aunts, uncles, grandparents plus siblings we were a huge crowd blocking the pathway for other users and it was becoming a problem. So last week for the first time we used the beach. Everybody was on the beach for the pre run brief (briefer than the senior) and the pre run work out before clambering onto the prom for the start. We thought we would have to help the children up and were there with hands outstretched but the children thought it all good climbing fun and declined but some of the parents who were running needed a bit of a pull!

We are finding that some parents are taking part for their own benefit under the guise of running with their children until the parents get left behind well before the finish! However we are now starting to see some of those mums and dads at the senior parkrun.

There are rewards for the children also. After completing 11 runs (half marathon) they are rewarded with a blue wristband and a downloadable certificate, on completion of 22 a green wristband and certificate and on 50 (ultra marathon) an orange band and certificate. We present the certificates

with the wristbands at the parkrun if the parents wish.



Christine Ann Wellington MBE - who is a former professional triathlete and four-time Ironman Triathlon World Champion has been involved with the formation of junior parkruns. The first junior was in Bushy and was a monthly event. Chrissy took over when there were a few more when parkrun realised that they would need to conform, like the senior ones, to the same pattern. Also being children there was a lot more responsibility



involved.

If you have a child of 4-14 and a spare hour on a Sunday why not bring them along for an event in a safe environment, and encourage the next generation of Canterbury Harrier or olympian even. We start at 9.30, its free but you will need a barcode. Only one barcode is needed even if junior runs at the senior parkrun. Only the one barcode is ever needed for any parkrun in this country or abroad and is the unique identifier.

Happy parkrunning. Jacky xx

Harriers race results from around the world and Kent.....

The Gravesend Floodlit 10K Series - 8th January					
Pos	Name	Cat	Time	Rtg	Notes
2	Adam Stokes	SM30	35:11	76.67	
14	Ian Stokes	VM55	41:47	74.93	1st Vet 55; Club Debut
Country to Capital Ultra - 17th January					
Pos	Name	Cat	Time	Rtg	Notes
255	John Cooper	VM55	9:03:30		
256	Nathan Bradley	SM27	9:03:30		
Mitja Marato Santa Pola Half Marathon - 18th January					
Pos	Name	Cat	Time	Rtg	Notes
1173	Mark Cooper	VM54	1:32:14	73.84	
Disa Gran Canaria Half Marathon 2015 - 25th January					
Pos	Name	Cat	Time	Rtg	Notes
359	Faye Roberts	SF33	1:33:20	70.50	4th Lady
Invicta East Kent Canterbury 10 - 25th January					
Pos	Name	Cat	Time	Rtg	Notes
15	Stephen Hobbs	VM40	1:00:34	75.86	Debut
32	Jacob Hussey	VM48	1:03:18	77.01	PB
34	Yiannis Christodoulou	SM31	1:03:23	70.47	PB
80	David Bowden	VM51	1:07:11	74.30	
89	David Waite	VM46	1:07:31	71.11	PB
118	Mark Cooper	VM54	1:09:07	74.03	
	Francesca Paton-Smith	VF36	1:09:29	71.50	Debut
117	Craig Thomas	VM54	1:09:46	73.34	
142	Paul Lucas	VM44	1:10:08	67.44	PB
					cont.

Invicta East Kent Canterbury 10 - 25th January

Pos	Name	Cat	Time	Rtg	Notes
143	Francis Maude	VM48	1:10:38	69.02	PB
196	Philip Wyard	VM52	1:12:42	69.23	
294	Andy Phillips	VM52	1:14:26	67.61	PB
252	Jennie Gardner	SF34	1:16:03	64.94	Debut
313	Emily Hardy	SF25	1:17:52	63.42	Debut
294	Stuart Melville	SF31	1:17:54	63.39	Debut
303	Ellen Rowe	VF41	1:18:14	66.09	Debut
341	Ross Montgomery	SM28	1:19:09	56.43	Debut
347	Penny Birchall	VF58	1:19:55	75.64	
391	Tony Savage	VM60	1:21:38	66.12	
520	Rupert Williamson	VM52	1:27:00	57.85	
522	Kevin Post	VM50	1:27:00	56.91	
534	Jayne Bennie	SF30	1:27:43	56.30	Debut
602	Jennifer Lucas	VF57	1:31:10	65.63	
679	Karen Bennett	VF42	1:35:29	54.60	
715	Karen Hoult	VF50	1:38:07	56.96	Debut
726	Fiona Craig	VF53	1:39:17	57.91	Debut
730	Jane Elder	VF58	1:39:39	60.66	

Brooks, Serpentine Last Friday of the Month 5K - 30th January

Pos	Name	Cat	Time	Rtg	Notes
50	Alex Horsley	SM37	19:16	68.52	

Ashford 10K - 1st February

Pos	Name	Cat	Time	Rtg	Notes
81	Andy Phillips	VM52	43:31	70;15	PB
92	Bob Davison	Vm60	44:26	73:70	
114	James Taplin	Sm24	45:59	58:66	
127	Fiona Tester	VF39	46:45	66:24	
140	Emily Hardy	SF25	47:16	63.29	Debut
156	Jennie Gardner	SF34	47:58	62.37	
171	Penny Birchall	VF58	48:42	75.61	
251	Kevin Post	VM50	51:44	58.07	
298	Bob Pullen	VM52	53:43	56.85	
303	Dianne August	VF60	53:51	69.84	
418	Karen Hoult	VF50	57:53	58.79	PB
468	Shirley Pullen	VF50	1:01:25	55.40	

Thames Trot Ultra 50 miles - 7th February

Pos	Name	Cat	Time	Rtg	Notes
201	John Cooper	VM55	10:29:31		

The Deal Half Marathon - 8th February

Pos	Name	Cat	Time	Rtg	Notes
16	David Waite	VM46	1:31:35	69.78	PB
186	Sally Silver	VF40	2:06:30	53.86	
					continued

The Headcorn Half - 15th February

Pos	Name	Cat	Time	Rtg	Notes
18	David Bowden	VM51	1:27:17		
36	Mark Cooper	VM54	1:29:37		
37	Faye Roberts	SF33	1:29:55	3rd Lady	
51	Colin Kent	VM49	1:31:59		
132	Jennie Gardner	SF34	1:43:00		
144	Paul O'Keefe	VM44	1:44:35		
145	Andy Farrant	VM58	1:44:42		
150	Ellen Rowe	VF41	1:45:00		
163	Penny Birchall	VF58	1:45:59	1st Vet Lady 55	
335	Jennifer Lucas	VF57	2:02:15		

Tenkterden 5 miles - 15th February

Pos	Name	Cat	Time	Rtg	Notes
26	Andy Phillips	VM52	33:54	70.59	Debut
63	Wendy Smith	VF56	39:16	72.51	
81	Dianne August	VF60	40:57	73.26	
98	Bob Pullen	VM52	42:37	56.14	
105	Anna Fisk	SF34	42:53	55.49	Debut
130	Karen Hoult	VF50	46:12	58.71	Debut
134	Shirley Pullen	VF50	46:55	57.83	
167	Philip Hadler	VM69	51:45	55.42	Debut

Brighton Half Marathon - 22nd February

Pos	Name	Cat	Time	Rtg	Notes
1939	Russell Evans	VM50	1:46:24	61.94	

Lifestyle Kia Tunbridge Wells Half Marathon - 22nd February

Pos	Name	Cat	Time	Rtg	Notes
11	Robbie Higgins	SM39	1:18:28	77.42	Debut
452	Jennie Gardner	SF34	1:43:21	63.67	PB
510	Penny Birchall	VF58	1:45:47	75.92	1st Vet 55-64 Lady

2015 Nationals XC Association Championships (Men) - 21st February

Pos	Name	Cat	Time	Rtg	Notes
1552	Ian Stokes	VM55	1:01:49		

Marathon Day Marathon - 26th February

Pos	Name	Cat	Time	Rtg	Notes
1	Stephen Hobbs	VM40	3:03:30		
57	Matthew Pearce	SM28	3:15:58		

Thanet 20 Mile - 1st March

Pos	Name	Cat	Time	Rtg	Notes
2	Adam Stokes	SM31	2:00:11	78.48	2nd in Kent Champs; PB
25	David Bowden	VM51	2:21:43	73.83	3rd Male Vet 50
41	David Waite	VM46	2:26:05	68.77	
47	Faye Roberts	SF33	2:28:20	69.80	
69	Paul Lucas	VM44	2:37:04	61.63	
106	Jennie Gardner	SF34	2:46:50	62.06	Debut
129	Penny Birchall	VF58	2:49:42	72.25	1st Vet 55 Lady; PB
140	Ellen Rowe	VF42	2:51:44	62.63	Debut
146	Joanne Norrington	SF31	2:52:29	60.03	Debut
237	Jennifer Lucas	VF57	3:30:29	58.32	Debut
257	John Cooper	VM55	3:51:51	46.61	

Lydd Half-Marathon - 8th March

Pos	Name	Cat	Time	Rtg	Notes
3	Robbie Higgins	SM39	1:18:10	77.70	PB
4	Stephen Hobbs	VM40	1:22:00	74.61	Debut
7	Matthew Pearce	SM28	1:23:16	71.64	Debut
22	Yiannis Christodoulou	SM31	1:26:59	68.58	Debut
63	Philip Wyard	VM52	1:35:35	70.09	
73	Mark Cooper	VM54	1:37:29	69.86	
184	Tony Savage	VM60	1:52:46	63.71	
200	Gemma Hiorns	SF34	1:53:53	57.78	Debut
314	Karen Bennett	VF42	2:12:13	52.39	

The Lydd 20 Mile - 8th March

Pos	Name	Cat	Time	Rtg	Notes
3	Thomas Purnell	SM27	2:01:15	77.79	Debut
4	Thomas Millard	SM29	2:01:51	77.40	PB
26	David Bowden	VM51	2:18:23	75.61	PB, 1st Vet 50
45	David Waite	VM46	2:23:53	69.82	PB
57	Paul Lucas	VM44	2:28:23	65.24	
63	Sarah Maguire	VF45	2:30:22	73.94	
105	Jennie Gardner	SF34	2:38:40	65.26	PB
128	Penny Birchall	VF58	2:44:03	74.73	PB
137	Thom Fentem	SM31	2:45:41	56.93	Debut
238	Wendy Osmond	VF49	3:03:11	62.86	PB
296	Sally Silver	VF40	3:15:47	54.49	
323	Jennifer Lucas	VF57	3:25:15	59.80	PB

Sidcup 10 Miles - 8th March					
Pos	Name	Cat	Time	Rtg	Notes
155	Bob Davison	VM60	1:14:39	72.32	
The Gravesend Floodlit 10K Series - 10th March					
Pos	Name	Cat	Time	Rtg	Notes
5	Stephen Hobbs	VM40	38:35	72.22	1st Vet 40; Club Debut
30	Emily Hardy	SF25	46:03	64.97	2nd lady
49	Anna Fisk	SF34	49:55	59.93	
Lidl Breakfast Run - 15th March					
Pos	Name	Cat	Time	Rtg	Notes
157	Joanne Norrington	SF31	2:06:02		
The Canterbury 10K - 15th March					
Pos	Name	Cat	Time	Rtg	Notes
9	Alex Horsley	SM38	38:46		
14	James Scanlon	JM18	40:06		
15	Ian Stokes	VM55	40:50	1st Vet 50 Male	
28	Fiona Tester	VF39	45:32		
107	Karen Hoult	VF50	56:47		
110	Shirley Pullen	VF50	58:22		
Vitality Reading Half Marathon - 22nd March					
Pos	Name	Cat	Time	Rtg	Notes
91	Peter Hogben	SM22	1:12:19	82.48	PB
185	Thomas Millard	SM29	1:16:19	78.16	PB
438	Yiannis Christodoulou	SM31	1:23:32	71.41	PB
1923	Mark Cooper	VM54	1:36:21	70.69	
11429	Tony Savage	VM60	1:54:41	62.64	

Hastings Half-Marathon - 22nd March					
Pos	Name	Cat	Time	Rtg	Notes
133	Faye Roberts	SF33	1:29:35	73.45	PB
148	Colin Kent	VM49	1:30:32	72.23	
563	Andy Farrant	VM58	1:42:36	68.75	
576	Paul O'Keefe	VM44	1:42:51	61.22	Debut
1892	Jennifer Lucas	VF57	2:08:18	61.95	
Brooks Fleet Half Marathon - 22nd March					
Pos	Name	Cat	Time	Rtg	Notes
16	Adam Stokes	SM31	1:14:42	79.85	PB
Liverpool Half Marathon - 29th March					
Pos	Name	Cat	Time	Rtg	Notes
208	Colin Kent	VM49	1:28:09	74.19	PB
The Brooks Paddock Wood Half Marathon - 29th March					
Pos	Name	Cat	Time	Rtg	Notes
15	Adam Stokes	SM31	1:15:55	78.57	
127	David Bowden	VM51	1:27:12	76.20	
203	Mark Cooper	VM54	1:31:43	74.25	
323	Andy Phillips	VM52	1:35:23	70.23	
613	Penny Birchall	VF58	1:45:29	76.13	
1459	Fiona Craig	VF54	2:06:37	60.91	Debut
1501	Karen Hoult	VF50	2:08:11	57.92	
1499	Karen Bennett	VF42	2:08:31	53.90	
Colchester Half Marathon - 29th March					
Pos	Name	Cat	Time	Rtg	Notes
82	James Scanlon	JM18	1:30:21	67.15	PB

Harriers photos that you may have missed or to enjoy again.....







'Harriers Set Sights on Spring Success' - Unfortunately the local press don't always publish our articles in full - so this is one from the end of February that now gets a full airing!.....Adam Stokes

With the cross country season drawing to close following the epic 7 mile mud bath that was the National Championship race at Parliament Hill Fields on Saturday 21st, where Vet 50 Ian Stokes led a one man Canterbury Harriers charge up the famous hill, many at the club now find themselves refocusing their attention on the roads.

With the days drawing out longer so too do the distances tackled by the Harrier's men and women. Sunday 22nd saw 4 runners set down a marker for the year at the half marathon distance, Robbie Higgins currently heading up the club's leaderboard with his 1.18.28 for an 11th place finish at Tunbridge Wells. Also in action at the same race were Jennie Gardner, 1.43.21, and Penny Birchall, who went home with the prize for 1st Vet 55 lady in 1.45.47. A little further afield was Russell Evans who took down the Brighton Half in 1.46.24.

The club's first marathoners of the year, appropriately on marathon day (26.2/26th Feb get it?), were Stephen Hobbs and Matthew Pearce, both of whom braved 5 'out and back' loops of 5.24 miles on Deal seafront in the Marathon Day Marathon. Steve led the field home on his debut at the fabled distance, winning in 3.03.30, with both the Brighton and London Marathons on his busy schedule for April he's certainly set himself a high standard! Hot on his heels on the day was Matthew in 4th place with 3.15.58.

Another with high hopes over 26.2 miles this Spring is Adam Stokes who has one eye fixed firmly on Roy Palmer's 11 year old club record of 2.34.17, a goal he's striving towards at this year's London Marathon on 26th April. Fresh from representing the Royal Navy in Wednesday 25th's Inter Service Cross Country Championship at Blandford Camp, Dorset, where he finished 16th against top class opponents in a race that even 2.17 marathoner Ben Livesey couldn't win, Stokes made a welcome return to his favoured roads at the Ricki Savage Thanet 20- a race also making a return of sorts following a one year absence from the local athletics calender. Despite a vicious headwind that battered runners and sapped the strength from already tired legs throughout the middle section of the course, Stokes proved that he's a man in fine form, storming through the field to take the runner up's spot and Kent County silver medal behind 'gun to tape' winner Tom Collins of Medway & Maidstone AC. Stokes's time of 2.00.12 is a new personal best by 4 and a half minutes and in such tough conditions goes to show that it's 'game on' for the club record.



Adam on his way to second place in the Thanet 20 - and eyeing up the fish menu along the way!

Stokes wasn't the only visitor to the podium that day, 10 other Harriers braved the sea breeze. Helping himself to 3rd placed Vet 50 Dave Bowden, 2.21.44, and with David Waite following in 41st, 2.26.06, the Harriers added the 2nd place male team to their trophy haul. Not to be outdone by their male counterparts the ladies also made frequent visits to the trophy table, Faye Roberts, 2.28.20, Jennie Gardner, 2.46.50, and Penny Birchall, 2.49.42, combined to pick up the prize for first female team, with Penny once again winning the Vet 55 category. Mention should also be made of Paul Lucas, 2.37.04, Ellen Rowe, 2.51.44, Jo Norrington, 2.52.29, Jennifer Lucas, 3.30.29, and John Cooper, 3.51.51, all of whom took on the undulating 20 mile course.

The next long distance challenge for many at the Canterbury club will be Sunday's inaugural Lydd 20, where Greater Manchester Marathon bound duo Tom Millard and Tom Purnell, both of whom are looking to crack the elite 2.45 barrier, will put their legs and lungs to the test- watch this space..!

Ed's Note: Please see the latest race results to see how the Lydd 20 worked out...

2015 Ultra Running.....John Cooper

I got into Ultra Marathons back in 2001 when I decided to train for the original London to Brighton Road Race which was from Big Ben to Brighton Marina (56 miles). The reason for me stepping up in distance was because I had ran 50 miles and needed a new challenge to see how far I could push myself. Having then completed this race 3 times I decided to see if I could run further. I was aware of a race called the Grand Union Canal Race that was held over the bank holiday weekend at the end of May. I had a few friends that had completed this race, including Rob Goodwin a previous winner of the race and Peter Johnson who is the record holder for the most finishes 12 times in the last 13 years. I also has a friend Steve Suttle that had attempted the race a number of times failing to finish on every occasion with his best effort seeing him retire at 123 miles. In 2010 my wife Rose and I lost a close friend who was the same age as us to Cancer. It was this that made be decide to enter the GUCR and raise money for Cancer Research in his memory. My incentive to finish the race was not only to raise the money but to also achieve something that Steve hadn't managed to do, as he was a much quicker and more talented runner that I am.



So in 2011 I entered and completed the GUCR for the first time in a time of 41 hours. Looking back I realised that I had not done enough training and did not know what to expect. The only thing I was certain of before the race is that the it would hurt. On completing the race and removing my shoes I discovered that the entire soles of both feet were just one large blister, which did not hurt until my shoes were removed. I ended up losing all the skin o n both feet and was unable to walk properly for about a week. Knowing what to expect I decided to enter the 2012 race. My preparation was better however heavy rain from the start of the race, over the entire weekend ruined what I was hoping would be a much improved time. I ran well during the race and on reaching 98 miles in just over 24 hours I was unfortunate to lose my

footing and slip backwards down a grass bank, twisting awkwardly as I did so. On trying to stand up I was unable to place my right foot onto the ground. I had to retire from the race and was taken to Stoke Mandeville Hospital where it was discovered that I had torn my thigh muscle and spent 6 weeks on crutches. My stamina was such that despite this I managed to complete a Marathon 13 weeks after the injury.

I decided that due to the injury I would not run further than a Marathon for a couple of years. I did however continue my association with Ultra distance running and in 2013 and 2014 acted as the GUCR race directors right hand man from 430am on the Saturday morning until 4am on Monday morning when the race is over and the finish area cleared up. In 2014 I even managed to run the last 13 miles as the back marker with the last finisher despite not having had any sleep. It was after the 2014 race that I decided that the time was right to attempt the race again in order to put the demons of not finishing to bed. So I worked out my training schedule which includes 6 Ultras before the GUCR in May.

After 2 years of not running any Ultras, I decided that 2015 was the time to try and bury the demons of failing to complete my 2nd Grand Union Canal Run back in 2012.

January 17th saw me complete my first Ultra of the year when I ran the Country to Capital Race with Nathan Bradley from Wendover, Berkshire to Little Venice in London. The first half of the course was cross country and at approx. 23 miles into the run it joined the Grand Union Canal Path for the final 22 miles. The run started at 0830 outside the Shoulder of Mutton Public House near to Wendover train station. As the runners lined up at the start the snow started to fall which it did on and off for approx. 4 hours, on occasions becoming almost blizzard like. The underfoot conditions went from being frozen to becoming very wet and slippery due to the amount of rain in previous days, leaving some country lanes flooded. On reaching the Grand Union Canal Path the path was wet and on turning left onto the Paddington Arm the grass verge was flooded and extremely muddy making it difficult to get any grip.

Nathan and I ran the race together and both finished in 9 hours 3 minutes 30 seconds in 255th place.

On Saturday 7th February I took part in the Thames Trot Ultra from Oxford to Henley-On-Thames, a distance of 50 miles. The course was predominately trail paths through beautiful picturesque countryside following the River Thames back towards London. The weather was perfect for running unlike the underfoot conditions. The race started at 0830 on a dry but chilly winter morning with the ground being frozen until late morning. As the day warmed up the ground froze and became very slippery and muddy underfoot making it very difficult to get any grip in order to run. The change in conditions meant that many of the runners were reduced to walking large sections of the route in order to avoid slipping over. Due to the difficult



underfoot conditions it took me longer than I had hoped to reach the last check point. On leaving check point 5 it was getting dark and I like many others had to run with a head torch. Only 10 k to go from this point and I was wrong to think it would get easier. The last 10k was along a narrow winding trail from Sonning to the finish at Henley. This trail was not only narrow but on your left was a fence keeping you off the farmers fields, to the right was a continual row of trees close to the waters edge. Due to the recent rainfall and the river having flooded the pathway in recent weeks the trail was not only slippery but was heavily rutted making it impossible to see a smooth pathway in which to run due to time of day and there being no daylight left. For safety reasons many competitors chose to walk this pathway and only managed to run the last 3k of the course. There were 259 finishers out of a total of 320 starters, some of which withdrew before check point 1 at 10 miles.

My finishing time was 10 hours 29 minutes 31 seconds and I finished 201st overall and 23rd Vet 50.

Saturday 28th February saw me run my 3rd Ultra event in 2015 when I took part in the Moonlight Challenge starting at 1800 hours, at Brook Farm Brook Lane Reculver. The total distance was 33.1 miles made up of five laps of 6.62 miles. The course was a figure of 8 crossing not only the railway line but the Thanet Way on each lap. The running surface was a mixture of very wet and muddy tracks, concrete farm access roads and a dark country road. The weather was cold, windy and light rain throughout the entire event. There were 35 entries this year but only 27 people made the start line of which only 12 people managed to complete the full distance of 33.1 miles. The small number of runners added to the difficulty it meant that you would be running long stretches of the course in the dark without sight of any other runners around you, especially as the race progressed and runners started to retire from the race. Canterbury Harriers were represented by two runners who both completed the full details, Russell Evans who finished at 0142am in a time of 7 hours 42 minutes in 12th place and myself who finished at 0053 in 6 hours 53 minutes in 10th place. The hot soup at the end of the race was much appreciated to help you warm up once you had finished. Having arrived home, I managed to get to bed at about 0230am after getting cleaned up. I then managed to get 5 hours sleep before getting up on Sunday morning and making my way to Ramsgate to join 10 fellow Canterbury Harriers in running the Thanet 20 mile race. This was a dry but chilly morning and I knew that my time would be slow. I started at the back of the field as I was tired and my legs felt tight from the night before. The reason I entered this race was so that I could again get use to running a long distance whilst feeling tired. It is proven that one of the best ways to prepare for long distance ultras is to run long back to back training runs on occasions as part of your preparation. I managed to finish in 3 hours 51 minutes which was slightly slower than I had hoped. At the end of the race I felt mentally tired but physically I felt good. The only injuries I appeared to have sustained is two bruised big toes that also have black toe nails which I am expecting to lose in the coming weeks.

As part of my preparation for the GUCR I have also entered the Compton 40 mile (Trail/cross country) on Easter Saturday, The Oxon 40 mile on the Saturday 2nd May and have a planned 60 mile training run sometime in mid April. Since starting my training for the GUCR at the beginning of November 2014 up until the 4th March 2015 I would estimate that I have covered just over 800 miles and still have 3 months to go of my training in which I will probably cover a similar distance again.

400:400 Marathon Attempt - Marathon 54, Canterbury - Saturday 24 October 2015

The Club receive many different requests for assistance or sponsorship throughout the year. We were approached early this year by Ben Smith who will be attempting to run 400 consecutive marathons in 400 days! We are providing a 4 lap course for his Canterbury leg on the 24th October. Thanks to Tom Hooley for suggesting and measuring a route <https://connect.garmin.com/activity/720770698> Nearer the time we will be asking for a small number of members to run the laps with him (you won't need to do the whole thing!). His story is told below:

'My name is Ben Smith, I am 32 years old and currently live in Portishead just outside of Bristol.

Come the 1st September 2015 I will be undertaking one of the biggest challenges of my life which will see me run 400 marathons in 400 consecutive days all around the UK. I will be doing this not only as a personal challenge for me but also to raise £250,000 for 'Ditch the Label', the UK's biggest anti bullying charity based in Brighton (www.ditchthelabel.org)

The 400 marathons will take me to 309 different locations throughout the UK spanning from Lands End all the way to John O Groats and will feature a mixture of organised national marathons including London, Brighton, Bournemouth x 2, Liverpool, Isle of Wright, Manchester, Milton Keynes and Edinburgh. The remaining marathons will take place in towns and cities throughout the UK and will consist of 26.2 mile routes which will be open to anyone wanting to join me from the local area including your club, Im sure you can guess by now this is where I really need your help and expertise of the local area and as the main running club in the area below. I was wondering if you would be so kind to help me plan a 26.2 mile route which can be featured on my website and which I will follow on the day below?

This project has been a year in the planning, both myself and 'Ditch the Label' are working closely on a national and local media campaign which we hope to launch three months before the start of the project along with a social media strategy to help bring awareness of this challenge through use of Facebook, Twitter and the 400:400 challenge website (www.400400challenge.co.uk). Ditch the Label work closely with schools and colleges throughout the country tackling attitudes and opinions towards bullying, I will be visiting schools and colleges in each area during term time to give interactive presentation on bespoke issues each school and college face when it comes to bullying along with providing branded merchandising packs to each school so they are able to fundraise and build awareness around this project and simply get involved.

I was bullied at school for 8 years of my life and this affected me all the way into my adult life and it has only been in the past year I have come to terms with what happened to me. The main objective of this project is not only to raise awareness of bullying but show that positive things can come out of the worst situations. Running for me has been a way to help build my confidence and self esteem, meet some very likeminded people and explore the world. I have just completed stage 1 of my training which saw me run 18 marathons this years all around the world, the people I have met, the stories I have heard and the experiences I have had have all given me the

confidence and strength to move to stage 2 which will begin in February next year and then move on to the major challenge which will start on 1st September 2015.

You can find additional information and updates on the progress of this challenge by visiting my facebook page and twitter feed at the following links.

Facebook: 400:400 challenge

Twitter: @400400challenge

If it is at all possible, please would you share these with your club runners via your running facebook site, twitter feed or website. All the awareness we can generate would be helpful and the more people we can get involved in each marathon would be amazing. I would really like to involve your club in this journey, even if its just helping to supply a route for the day or getting some of your runners to join me for the marathon in your area'.

Why do we have 'Harrier' in our name?.....By Bob Pullen

I was asked in the pub after the Minnis Bay cross country fixture why so many running clubs had the word 'harrier' in their names. As I didn't know the answer, I undertook some extensive research (OK - I Googled it) in order to find out the reason. The answers are far from conclusive. I do have a favourite from below, but which one rings most true to you?

In the 1830s, English schoolboys developed a game called Hares and Hounds: 'hounds' would chase 'hares' who would leave paper trails through woods and hills for the hounds to follow. A group of Londoners took up the game in 1867 as a way to stay in shape and adopted the name Harriers. Since then, the term has become a nickname for cross-country runners. It has also been popularised by the Hash House Harriers - the 'drinking club with a running problem'. This global network of social runners adds their own twist/beer to the old-school game.

British usage from dogs used to hunt rabbits (hares).

Harrier is used in Europe to denote the Hawk which in North America is called the 'Marsh Hawk'. Usually 'Northern Harrier' or 'Hen Harrier' is the name used. That's where the term for the 'Harrier Jet' comes from. So a Harrier is something which pursues something else, usually in flight it would seem.

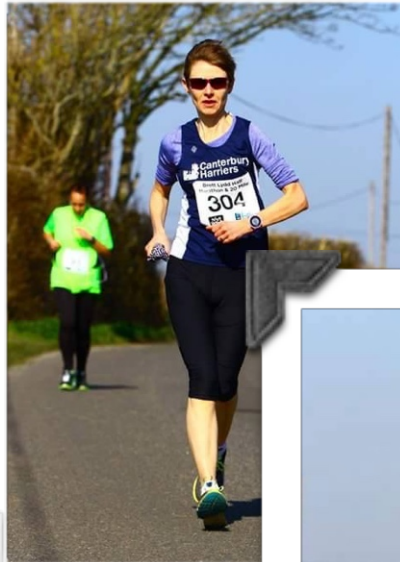
Harrier is the modern English spelling of the noun derivative harriere which became hairier in about the mid-19th century. This was indicative of the fashions of the age where 'hirsute was cute.' In mid-Victorian Britain it was considered manly for professional runners to sport a bushy beard and moustache. Beards coated in spit and sweat were seen as a sign of fertility and frequently lead to women in the crowd fainting as their heroes trotted by. The phrase 'look at the gob on that' initially referred to the runners mouth, but was later used so lovingly to describe the spit which had congealed around the participants mouth. Sadly with the introduction of the safety razor in 1875 bearded runners became a disappearing breed. However, in the 1970's there was a minor resurgence in the 'harriered' look popularised by runners such as Lasse 'hairy dog' Viren and 'furry' Steve Ovett. However, this proved to be a false start, although it is still possible to see the occasional examples in local road races, particularly at the back of the field.

Harriers photos that you may have missed or to enjoy again....









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. 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 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 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 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 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



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

Holiday Retreat - special rates for members...

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

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.

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And Finally.....

Hope you have enjoyed reading the Spring 2015 Harrier. Very best wishes to all members doing a spring marathon - may the weather be with you; or for getting over an injury that never seems to clear up.



If you would like to contribute an article, memoir, anecdote, race review, running funny or anything running related please send to peter.yarlett@gmail.com or see Peter at Birley's.

The end
THE END