



# The Harrier

The newsletter of the Canterbury Harriers



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## WINTER WELCOME

Greetings to the winter 2015 'The Harrier' with a particularly warm welcome to all new club members. Seasons greetings and all the very best wishes for an injury free and successful running year in 2015. It's that time to set new goals for the year ahead whether it be a straight PB, an age related or specific course PB. There are also new events and distances to try (Ed has the Bewl 15 in mind) or to incorporate a race in a new location. As we know Harriers are keen to travel (Simon Jones for example) and know a thing or two about racing abroad with New York, Berlin, Washington, Rotterdam and Paris all visited last year. Where will you be going this year to race?

## MEMBERSHIP & SUBS FOR 14/15

If you haven't yet renewed your club membership then time is slipping before you get a 'tap on the shoulder' from Andy! The club would appreciate everyone paying their subscription either on-line or cheque. The recent e-mailed final reminder contains the payment details.

At the last count 'our' club has 90 paid-up members (including 5 social and 5 honorary members).

## THE WEATHER

No edition of The Harrier is ever complete without reference to the weather. Early indications are that we

had a very pleasant October and most of November but that rain has been a feature of December. The KFL race conditions at Oxleas Wood at the end of November were definitely on the soft side with constant rain, both leading upto and during the race, determining the muddy ground conditions. Congratulations to members who battled through the mud. The sight of Harriers drying their posterior parts in front of the open fire at The Elephant, Faversham was something to behold.

### **WHITSTABLE 10K**

Although winter is with us planning is already taking place for our 2015 edition of the race to be held on Bank Holiday Monday 4th May. It's a long way off but we shall once again be asking you all to be available to assist with our annual premiere event. As your Chairman and Treasure pointed out at the AGM the surplus from the race goes a long way to keeping club funds in surplus.

### **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 also 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 emphasis has, of course, been on x-country recently but Harriers have still managed to squeeze in some road racing or off road events. Particular mention then to

5M - Alex Horsley' Chris Isherwood, Mel Georgiades (Debut); Yiannis Christodoulou, Colin Kent, Adam Stokes (PB);

10K - Tom Purnell, Colin Kent, Dave Waite, Gemma Hiorns, Lea Burnett, pascal Hoberg (PB); Paul O'Keefe, Bob Davison, Chris Isherwood, Mel Georgiades (Debut);

10M - Yiannis Christodoulou, Barry Hopkins, Ellen Rowe Debut); James Scanlon (PB); Faye Roberts (PB); Jenny Lucas (2nd female age category

Marathon - Nathan Bradley & Adam Stokes (PB); Paul Keen, Paul O'Keefe & Tom Millard (Debut); Joyce Shamadje (6th female), Sarah Maguire (1st female);

### **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 presenting 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 to follow.....

## **AGM**

We held our AGM on the 13th of November at Rough Common Village Hall with 45 members attending. It was a mixture of club business in taking stock of the last year and talking about the future. At the AGM conclusion we switched to 'social' mode and enjoyed some very pleasant chat, food, refreshment and a kit sale led by Jo. The AGM minutes are further into the newsletter (many thanks to Tina).

The highlights were to hold our current membership fee at the current level for the year ahead although not ruling out an increase next year; the award of honorary memberships to Joe Hicks and Alastair Telford (the actual wording of the awards is contained within the newsletter); the agreement that members winning a place in the VLM club ballot would withhold their names from the following year's ballot in order to give greater chance to all Harriers; Bob Moreton, Treasurer reported that club finances are on a healthy footing but that we continue to act prudently in all spending decisions; your current Committee was re-elected but with two changes - the addition of Mel Georgiades as runners representative and with long standing committee member Sean Reilly stepping down, but fortunately continuing to actively help support our club website.

Many thanks to Sean for his continued long service with Harriers. Very best wishes were also sent to Gerry who we all hope will soon be fit and healthy and back with us soon.

Thanks to all members who attended.

## **CLUB PRESENTATION EVENING**

Our annual presentation evening held on 6th December at Boughton Golf Course was as usual a fun and celebratory event. Fun because it was a gathering of an excellent spread of club members and a good chance to catch up with everyone. And celebratory because of the awards presented to deserving Harriers who had achieved in events throughout the past year. We also welcomed David Holmes from Demelza who thanked the club for our fundraising efforts on behalf of this much respected local charity. Details of all award winners are included within the newsletter. Well done to all.

The usual draw for the club's VLM places was redundant this year as only three Harriers had received rejection slips for the three places that the club is granted - showing that even 'entering' the event is proving harder each year and we know that loads of Harriers remain keen to do the London. So Jennie Lucas, Sally Silver and Karen Bennett well done for getting an entry rejected(!) and enjoy your London.

## **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 group leader
- Do loop back at the points designated by the run leader
- Actively jog until the back markers have rejoined the group
- 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.

### **KIT**

Jo Norrington is doing 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 Fowlmead KFL we had 41 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.

Joe Thomsett does the same with our our Harriers website. Please support Gemma and Joe by contributing to both media outlets!

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!

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

### **YOUR COMMITTEE**

Your committee met on one occasion since the November AGM. Meetings are usually held on the 2nd Tuesday in the month. The December meeting had a particularly full agenda to consider membership, club finances, coaching & training, the club website, kit, Club championship 10k, planning the Blean KFL X-country and lots more. Comments and suggestions on all matters concerning club matters is always welcome.

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

### **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 Editor, Peter.

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

Thank you to Tina, Roy and Steve for organising the club Xmas presentation dinner.

Thanks also to Roy for hosting 'Roy's garden grotto run' just before Christmas.

The x-country awards presentation will be held on the evening of Thursday 30th April.

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 Barry Hopkins, AGM Minutes, x-country update, training etiquette and Thursday routes, club award winners 2013/14, honorary memberships and Lejog micro pub tour, Harriers Trotters and lots more. Yours in running and a very happy new year - Ed.

### **HARRIERS COMMITTEE 2014/15**

<b>Harriers Committee 2014/15</b>	
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

## L'etap du micropubs.....Bob Pullen

It took us a while to get there, but the l'etap du Micropubs finally took place on Saturday 15 November. For the uninitiated, l'etap is a French term for a cycle tour and micropubs are, as the name suggests, small pubs designed on a minimalist scale, with generally limited opening hours and selling a range of real ale and local ciders straight from the barrel. All have no fruit machines, TVs or other electronic paraphernalia and the proprietors encourage patrons to talk to each other over a jar or two of top-notch ale or cider produced locally. Many are often former shop units which have been converted. There are a disproportionate amount of them in East Kent compared to the rest of the country. See the Micropub Association website for further details: <http://micropubassociation.co.uk>.

The purpose of the 'l'etap' was to celebrate Peter Yarlett's and Tony Savage's fantastic achievement of cycling from Land's End to John O'Groats back in the summer raising some [£1,800] for Demelza. The 'l'etap' involved various Harriers and Whitstable parkrunners, most of them on two wheels.

The starting point for the 'l'etap' was the Bouncing Barrel in Bank Street, Herne Bay. This is named after the bouncing bomb, as epitomised in the Dambusters film, following the development trials which took place in the sea just off Reculver during the Second World War. The Bouncing Barrel was a former carpet shop and some remnants can be found on the wall. This is just as well as the first to arrive were Gary Hovery, Peter Gander, Peter Yarlett, Tony Savage and myself who had all been caught in a massive downpour and our gear proceeded to drip all over the floor. The landlord kindly turned on the radiator to help dry off our gear while we sampled pints of Hophead by the Darkstar Brewing Co and Old Dairy Brewery Red Top. Joe Hicks joined us and was dry as a bone as he had been given a lift.



Next stop was the Firkin Frog at the other end of Herne Bay High Street in Station Road. This was formerly Steve's Kitchen Showroom. We were joined here by Whitstable and Kent parkrun supremo, Jacky MacDonald, and John Cooper. One of the features of most micropubs, with their accent on conversation rather than electronic stimulation, is to ban the use of mobile phones. One of the key features of the Firkin Frog is a charity-raising 'fine' for inadvertent mobile phone use, and sure enough the Help for Heroes tin was duly rattled as soon as my mobile phone went off with a Harrier checking on our whereabouts. The other key feature of the Firkin Frog is that the logo

was designed by one of our group - illustrator Peter Gander - as were a number of posters featured in most of the micropubs giving details of where various microbreweries are located in Kent: <http://www.haveagander.biz/bespoke-maps/4586165589>. A pint of Citra from the Caveman Microbrewery in Swanscombe went down well.

We then bid farewell to Herne Bay and cycled to Tankerton at what seemed like warp speed compared to the outward journey and we hitched up our trusty steeds to cycle racks outside Tesco Express and went to the Tankerton Arms in Tankerton Road. This was one of the first micropubs to open in the country and was formerly a tattoo parlour. It is named in memory of a much more substantial and much missed pub which stood on the top of Tankerton Slopes near the start of the Whitstable 10k. Here we met Marco Keir, Tina Jones and Brian Forbes-Turner, Marilyn Yarlett and Jacky's husband Mac. Continental race fan, Simon Keeler, also joined us off the bus from Canterbury. Joe rejoined us after walking all the way from Herne Bay. The frankly pythonesque Yellow Zinger from the Hop Fuzz microbrewery was one of four different beers that were enjoyed by the assembled crew. In common with former shop units, only one unisex toilet exists and in the Tankerton Arms, an arrangement of different lights show whether or not the toilet is occupied (red, amber and green - I'll leave you to figure it out). To augment this, a cap placed on a stag's head rises and falls as if by magic when the toilet door is opened and closed.



Next stop was fish and chips with the parties splitting up to visit Ossie's and Seychelles Fish Bars at either end of Tankerton Road for a sit down fish, chip and mushy pea supper and a refreshing cup of tea.

Back onto our bikes and off to The Black Dog in Whitstable High Street as day turned to night. The Black Dog was formerly Elliot's coffee shop and has been completely revamped. We met up with John Hartley and Bob Moreton here on route to a quiz evening. The interior of the Black Dog is somewhat difficult to describe - but if I was only allowed to pick one word it would have to be 'bohemian'. The toilet is a sight to behold. A shrine to Led Zeppelin's Jimmy Page, it features a soil pipe labelled with a MasterBrew sign. I don't think the Elephant at Faversham could outdo this. The Black Dog offered the fullest choice of beers with Darkstar's Hophead a permanent fixture plus Kent Brewery's Cobnut and Beyond the Pale ales, Brighton Bier 'no name stout' and Good Lord porter from Goody Ales of nearby Herne village. The Goody Ales microbrewery is very rare in that the head brewer is female.

Finally, we moved onto our last stop - the very recently opened Handsome Sam in Canterbury Road - the 75<sup>th</sup> micropub to open in the country. This former second hand furniture shop is simply gargantuan in comparison with all of the micropubs we had previously visited. It is little surprise that we bump into fellow Harrier Jeremy Lissamore and Maria as he is a notorious frequenter of micropubs and we enjoy a Dartford Wobbler from the Millis microbrewery at South Darenth before we all wobbled off home.

A thoroughly enjoyable day with great company and not a tambourine in sight. Plans are afoot to run a similar social event but based around the not inconsiderable number of micropubs in Thanet next spring. Watch this space!

**Eds Note:** Tony and Peter thank Bob for organising the L'etap du micropubs and club members for donating to the Demelza charitable good cause..

## Canterbury Harriers Awards 2013-2014

Very many congratulations to all Harriers club award winners for their performances during 2013/14.



The Canterbury Harriers Christmas Party and Awards Ceremony on Saturday 6 December was a great success and entertaining evening for all who attended. A few photographs from the event are included and more can be seen on the Canterbury Harriers Facebook page. The awards winners are:

Jennie Gardner	Senior Female - 5K
Abigail Mackinnon-Austin	Senior Female - 10K
Anna Fisk:	Senior Female - 10M
Faye Roberts:	Senior Female - Half M, Marathon
Fiona Tester:	V35 Female - 5K, Half M
Jennifer Benson:	V35 Female - 5M, 10M
Francesca Paton-Smith:	V35 Female - 10K
Joyce Shamedje:	V35 Female - Marathon
Wendy Osmond:	V45 Female - 5K, 5M, 10M
Sarah Maguire:	V45 Female - 10K, Half M
Penny Birchall:	V55 Female - 5K, 10M
Jane Elder:	V55 Female - 5M
Barbara Wenman:	V55 Female - 10K, Half M, Marathon
Thomas Purnell:	Senior Male - 5K, 10K
Peter Hogben:	Senior Male - 5M, 10M
Simon Jones:	Senior Male - Half M
Adam Stokes:	Senior Male - 20M, Marathon

Stephen Hobbs:	V40 Male - 5K
Neil Armitage:	V40 Male - 5M
Colin Kent:	V40 Male - 10K
Jason Paton-Smith:	V40 Male - 10M, Marathon
Jacob Hussey:	V40 Male - Half M
Dave Waite:	V40 Male - 20M
Phil Wyard:	V50 Male - 5K, 5M, Half M, 20M
Adam Cowper-Smith:	V50 Male - 10K, 10M, Marathon
Bob Davison:	V60 Male - 5K, 10K, 10M
Steve Clark:	V60 Male - 5K, 10K, 10M
Mark Wenman:	V60 Male - Half M, Marathon
<b>Canterbury Harriers Awards 2013-2014</b>	
Shirley Pullen	Most Improved Female
Nathan Bradley	Most Improved Male
Tom Millard	Most Outstanding Performance (for his sub 3 hours marathon debut)
Karen Bennett	Mud, Sweat and Tears Award Female (for her epic Endure 24hour event)
Russell Evans	Mud, Sweat and Tears Award Male (for his Menorca 55K Ultra event)
<b>Overall Champions</b>	
Penny Birchall	Canterbury Harriers 2013-2014 Female Champion
Sarah Maguire	Canterbury Harriers 2013-2014 Female Championship Runner-up
Thomas Purnell	Canterbury Harriers 2013-2014 Male Champion:
Simon Jones	Canterbury Harriers 2013-2014 Male Championship Runner-up



## A Harriers Candid Camera Moment at Swanley KFL....with suggested captions



From l to r - 'an innocent Dartford runner' - followed by Nathan Bradley - Peter Yarlett - John Cooper

**'Contact lens crisis on finishing line'**

**'Audition for the back of the pantomime horse'.**

**'My cat gets this treatment from our dog'.**

**'If we keep our heads down we wont be charged a Dartford toll'.**

**'Didn't know you were a skier John?'.**

**'The push me - pull you trio win the team prize'.**

**'Somebody dropped some money?'.**

## Spotlight on .....Barry Hopkins

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

I am a relatively new runner, having only taken it up in 2010, when I went to a running club to have a go! I wanted to give it a try, but didn't want to race just do some training and get involved in the sport. I grew up watching the Olympics, and loved it - the 400m was always my favourite track event - I remember watching Roger Black, and then Iwan Thomas and Mark Richardson on the TV and being so excited and inspired by their performances. Since starting I haven't looked back - I really enjoy the atmosphere in the running community and since switching to Canterbury Harriers at the end of the Summer last year it's been even better - what a great club we have!

### What is your favourite training session?

Having been a track runner until Autumn last year - in fact this time last year I had only ever done one 10k and never anything further - you would think 400 or 800 reps at Wincheap, but no I actually enjoy either hills or St. Stephen's for interval training the most - depends on my mood as well - doesn't it always! The tempo runs on a Thursday are really great, I know so much more of Canterbury and the surrounding area since joining. We are really lucky to have so many great places to run in this area.



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

I love the Olympics and Rugby in particular. I remember thinking I had no idea what I would watch on TV when London 2012 finished. I just think it's an amazing event, so many sports from so many countries. I am passionate about Rugby Union too. Love the 6 Nations tournament, and follow the Heineken Cup (now re-named of course). Many of my family are Irish, so for me it's Ireland in the 6 Nations and Munster in European Rugby. I did get the amazing opportunity to go to the Heineken Cup final at the Millennium Stadium as a guest of Heineken to see Munster v Toulouse in the final. The atmosphere was absolutely amazing - I think 60,000 were Munster supporters at least. When we were singing the Fields of Athenry (the traditional Munster song) you couldn't hear yourself - which is definitely a good thing where my singing is concerned!! - and Munster won!!

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

Running is always a tough one to balance with work commitments. Although I run my own business, it still difficult to at times to slot everything in. I try to be fairly disciplined, and have found slotting runs in during the day is almost impossible so it usually has to be at the end of a working day. I am lucky that part of my work is organising running events, so I usually run the routes doing risk assessments and testing routes, which is a nice benefit! The only down side to this can be that some weekends when I want to be running I am working at an event - but you can't have it all!

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

Lots of miles like most of us, backed up by strength and conditioning work at the gym.



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

My all-time favourite distance is 400m on the track - but I have absolutely no desire to run it again! I have enjoyed trying some 10ks in the last year - but have still only done about 6 - as I don't actually race that often. I recently debuted in the 10 mile distance at Thanet. I was surprised how much I enjoyed it - totally different to anything I've done before. A good challenge and I think I learned quite a bit and know I can go quite a bit quicker as well!

In terms of actual races - the Harvel 5 mile is by far my favourite race so far. The atmosphere was absolutely brilliant, the club organising it got everything right, but managed to make it fun and light-hearted. Beer stations as well as water stations and jelly beans, a beer tent and hash after. The MC and commentator was hilarious too

and had everyone laughing. It's not a particularly quick route and wouldn't suit those who just chase PBs on fast courses, but the atmosphere and fun nature of the race more than make up for that for me - I'll definitely be going back in 2015.

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

I was delighted that in my second ever 10k race I managed to go sub-40 mins and so this target was suddenly achieved. However, having tried the 10 mile distance, I am planning to do some more races at this distance, whilst trying to improve my 10k time as well. I'm not someone who lives to race, so although I have a race plan for 2015, it is based on making sure I enjoy my running as much as possible alongside any improvements. I am also planning to try a Half Marathon at some point in 2015 as well. I am very determined to improve my performances and am working hard to make it happen.

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

It's a tough one this. For me it's not particular races that motivate me, but my will to succeed and to achieve my goals. I have worked hard to get where I am, and in both my personal and professional life set myself high goals and am a focused and disciplined person who pushes to do everything to try and make it happen. However, it is so important to make time for laughter as well....

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

A. It's so important to remember to enjoy running. Sometimes we get carried away with the next PB or finishing higher in a race, but unless you enjoy it, what is it all for?! I said from the start I wasn't wanting to race and was doing more as a social pastime and then the bug caught me, and by sticking with it I have seen my times dramatically improve, have entered quite a lot of races and my fitness levels have increased significantly. Improvements don't come easily for me, and I am sure other feel the same about themselves, but by sticking with it I think I am making it happen!

## **2014/15 XC SEASON so far!.....Steve Clark**

The first event of the season was a KCAA Saturday league fixture at Swanley Park on the 11<sup>th</sup> October in which a lonely Steve Hobbs was the only Canterbury Harrier entrant! Steve gave a good account of himself against the counties top runners. And so far with only one more fixture to go on 7<sup>th</sup> February 2015 in this league he has been our sole entrant!

In the Kent Fitness League, we kicked off the season at Knole Park on a lovely autumn day on 19<sup>th</sup> October, there was the usual good turnout of 431 competitors and our squad of 26 was a reasonable turnout but we lacked a few of the faster senior men and ended up in 8<sup>th</sup> Position in the combined League lead home by Tom Purnell in 12<sup>th</sup> place. A poor start for us as historically we are rarely out of the top six of the 18 teams in the competition. The girls did well in their separate Female league with Barb Wenman, Francesca Paton-Smith and Tracy Furminger scoring for the team to put them in 3<sup>rd</sup> place on the day. The next outing was at Swanley on 9<sup>th</sup> November again blessed with good weather, and with the usual very high turnout of almost 500 runners in the field with 29 Harriers taking part. Although slipping back to 6<sup>th</sup> in the female league this time, it was a very good result for us in the main Combined league getting ourselves between the local Dartford clubs in 2<sup>nd</sup> place on the day, lead home this time by Adam Stokes just ahead of Tom Purnell in 7<sup>th</sup> place. Our score of 238 points was very good but Dartford Harriers managed to field an incredibly strong male team with their runners taking the first 4 positions and 6 of the 7 male scorers in the top ten! But it put us up to 4<sup>th</sup> position in the league and the girls stayed in 3<sup>rd</sup> position.

Two weeks later and yet another trip up to the London end of Kent for the 3<sup>rd</sup> fixture at the infamous Oxleas, Plumstead course and at last some proper decent winter cross country weather! Oxleas is a tough muddy course at the best of times but I have never seen it as muddy as this, a virtual quagmire in places! And with a chill rain for our added delight before, during and after the race! I don't know how many runners started the race but there were 384 finishers of which 26 were Harriers! We had a good result again in the Combined league getting ourselves into 3<sup>rd</sup> position, lead home this time by Peter Hogben in 2<sup>nd</sup> place just one second behind the winner! John Matthews (in 20<sup>th</sup> place) was again our V40 scorer as in the previous two fixtures. This result meant we moved up to 3<sup>rd</sup> place in the table. The girls were 7<sup>th</sup> in the Female league and slipped back to 6<sup>th</sup> in the table.

The following weekend found us a bit nearer home for the 4<sup>th</sup> KFL fixture at Fowlmead Park near Deal on 30<sup>th</sup> November. A classic dull, misty winters day but this time dry! There were 343 finishers (a good turnout for an East Kent fixture) on this new 2-lap course on mainly firm (some would say dull!) footpath. We had a brilliant turnout of 41 club members, that is one short of our record and lead home again by Tom Purnell in 4<sup>th</sup> place with Tom Millard not far behind in 9<sup>th</sup> place. It again gave us 3<sup>rd</sup> position on the day in the Combined league to maintain our 3<sup>rd</sup> position in the league table, 4 points clear of Sevenoaks. Our female team bolstered by the appearance of Faye Roberts for the first time this season came

5<sup>th</sup> on the day (just 4 points short of 3<sup>rd</sup> place!) and moved up one position to 5<sup>th</sup> in the table.

The following Saturday saw a few of the Harrier old 'uns turn out for the club at the Kent Veterans Championships held this year at Sparrows Den, West Wickham on a bright but frosty day and some well deserved silverware was well won [Is this good grammar Ed? Ed. Probably not, as usual!]. Barbara Wenman was first girl home in the FV55 category and ably supported by Penny Birchall and Wendy Smith they also took the 1<sup>st</sup> team award repeating what they did last year! A tremendous achievement, well done! For the men our MV50 team fell apart due to sickness but the seriously old MV60 squad got to the starting line and Mark Wenman was first home for us followed by Bob Davison and Peter Yarlett to take the 3<sup>rd</sup> MV60 team award. So a very successful day for the Harriers!

Two weeks later on 20<sup>th</sup> December was the South of Thames Cross Country Championships held this year at Coulsden in Surrey and three Harriers managed to make the journey to compete in this 7+ mile event. Adam Stokes was the first Harrier home in an impressive 48<sup>th</sup> position in a field of 284 runners. Further down the field but giving a good account of themselves were our veteran runners Andy Farrant and Neil Godden.

A week later after all the Christmas festivities we had our last XC event of 2014, the 5<sup>th</sup> KFL fixture at Nursted Court on 28<sup>th</sup> December. A cold, crisp day but still with some very gloopy, shoe sucking mud in places and the usual freezing cold water splash! We had a good turnout of 32 runners lead home in first place by Peter Hogben, the clear winner by almost half a minute to chalk up his first win in the KFL league. Well done Peter, very satisfying after losing out on first place by just one second the last time he turned out at Oxleas! The Dartford clubs as usual were fighting it out for 1<sup>st</sup> and 2<sup>nd</sup> place and we just missed out on 3<sup>rd</sup> place to Sevenoaks on the day, but remain in 3<sup>rd</sup> place in the league 4 points clear them. Faye Roberts (3<sup>rd</sup> female home) lead the Ladies team to 3<sup>rd</sup> place on the day and they moved up to 4<sup>th</sup> position in the league. So a very satisfying end to the year for the club, let's hope we can keep it going in the New Year!

And so into 2015, with the main Kent Championships down at Hythe on the 3<sup>rd</sup> January. We have a promising team of 11 entrants in the men's competition if they get to the starting line after all the seasonal festivities! And with two matches left in the KFL we are still have a chance of some silverware! Still within striking distance of the top two clubs and the next two fixtures are on 'home' ground, being at Minnis Bay (18<sup>th</sup> Jan) just down the road and then our hosted fixture at Blean Woods in early February.

So don't forget your club needs you! Please turn out if you possibly can!

The XC Season Stats sheet follows, where you can see who has done what, when and where for the club so far this season (if you see any errors please let me know!). Congratulations to Chairman and yours truly, at the top of the

appearances table on 6. But there are many who have 4 or 5 appearances to their credit. And congratulations to the 8 club members who have managed to turn out in all five of the KFL fixtures so far, making a strong contribution to the clubs success and 'esprit de corps' with pride of place going to Tom Purnell having scored for the team in all of them!

And finally, a big thanks to all who have turned out for the club so far this season.

So lets hope we can keep the momentum going into the New Year!

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

There are so many benefits:

- 1)The Club will pay all your entry fees to the events listed!
- a)Free lifts usually available to the league events and if we have enough support for the one off, bigger events we can often arrange for a mini bus!
- 3) Club kit 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 **siontificatley** proven that people who do lots of cross country events every season will live (on average) 50 years longer than those who don't!

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

Steve Clark - SUPREME Chief XC Team Manager - AONB etc.

**Eds Note:** Many thanks to Steve for keeping us all organised during the x-country season. He is interviewed each year for the role of x-country manager and somehow he always manages to get the job!



## The Fabulous Tale(Tail?) of Cumbrian Fish.....John Hartley

Not a lot people are aware that: 'there is only one Lake in the Lake District of Cumbria' (unless you have been in the company of Steve Clark for far too long!)

Quirky, I know, but this Lake is Bassenthwaite Lake.....and all of the others are Meres and Waters.

Another little known fact is: 'there are 214 different species of fish that are unique to this part of England'. One of my distant ancestors - Jonathan Randolph - refers to these



Landed my Loughrigg on the banks of Grasmere

specimen in his fly fishing book, in which he nets, or in the vernacular, bags, all 214. Following in JR's footsteps, I have now bagged these unparalleled fish from the one and only Lake, and the surrounding Meres and Waters.

The species can broadly be classified into seven groupings, characterised by their shape and colour, ie, **Pikes** are large, pointed types that are black and grey in colour, with 24 varieties; **Dodds** are also large, more rounded in shape, predominantly grey, and 9 varieties; **Crags** are sharp-fronted with tapered tails, black/grey heads and green backs and tails, 30 varieties; **Sides** are a long type with tapering tails, largely green in colour, with 6 varieties; **Riggs** are long with sharp features, a mixture of grey and greens, and 7 varieties; **Knotts** are short with sharp characteristics, generally black at the front, with green sides, and 9 varieties; the remaining group - **Miscellany** - is significantly larger, at 129 varieties, but without any main distinguishing features.



**Grasmere - one of the locations for netting Loughrigg, Silver Howe and Heron Pike**

Another unusual aspect of these Cumbrian fish is the local names used to identify them. My great grandfather had an influence in adopting these nicknames. Linked to the groupings above, I should like to illustrate with a selection of examples. From the Pike group, there is the **Fleetwith Pike**, caught at Buttermere, and the **Grisedale Pike** from Derwentwater, or alternatively, Crummock Water. **Eagle Crag** and **Sergeant's Crag** were caught from Thirlmere. The Dodds were at a range of locations; e.g. **Glenridding Dodd** from Ullswater, **Middle Dodd** from Windermere, and **The Dodd** from Bassenthwaite Lake. From the Sides group, there is **White Side**, and **Hart Side**. I was fortunate in bagging these Sides, as I managed to catch **Stybarrow Dodd**, **Watson's Dodd** and **Great Dodd** on the same fishing trip. I netted **Whin Rigg** from West Water, in the fairly remote western part of the Lake District. Then from Haweswater, I bagged **Shipman Knotts**. The Miscellany group have the most bizarre names. For example, **Barf**, **Binsey** and **Great Cockup**, all from Bassenthwaite Lake; I think I have identified these correctly, although Clarkie was involved with the planning of this trip. As all the Lakes were visited over a period of two years, I'll mention a few other varieties from the remaining sites. From Loweswater, there was **Burnbank**, **Gavel**, **Hen Comb** and **Blake**. From Ennerdale Water there was **Great Borne** and **High Stile**. **Wetherlam**, **Grey Friar** and **Swirl How** were from Coniston Water, and **Silver How** and **Loughrigg** from Grasmere.

It is rumoured that these interesting species of fish, and their strange names, may be used for the identification of Cumbrian geographical features. I hope you are not gullible to these suggestions, but hold true to their real origins and grant my sentimental attachment to the pioneering work of my fishing ancestor.

**Ed's Note:** Sounds like a fishy story from John; I do know he has climbed all the Wainwright Fells over the last two years. Quite a challenging training programme! Well done John.

## **THE AWARD OF HONORARY MEMBERSHIPS**

Honorary memberships were awarded at the November AGM to Joe and Alistair. As Chairman Peter said 'honorary memberships are not awarded without a great deal of thought. Indeed previously over the past 21 years only three honorary memberships had been awarded. Both Joe and Alistair deserve their awards for long and dedicated service to Harriers'. Below is the wording read out at the AGM:

### **JOE HICKS**

"Canterbury Harriers was initially formed in 1993 by a small group of ex Invicta East Kent athletes and from 1993 to 1997 built up a solid membership base including a thriving junior section.

During this time the although the club had a constitution and a basic committee structure its activities and its income was effectively run and controlled at that time by one individual. Concerns were increasingly raised over a lack of organisation and in particular with regard to the recording of income and the possible abuse of club income and funds.

A small group of original members led by Joe Hicks proposed the setting up of a properly organised club committee structure with AGMs to address the issues of accountability.



This was met by an aggressive reaction from the chief protagonist which led to him being banned permanently from the club training base. I should add that this was along time ago and that person is definitely not part of Harriers today.

At this point Canterbury Harriers was in a difficult and precarious position and could have folded at any time. We had the support of the members but had lost access to club funds and club kit and needed a thorough reorganisation.

An EGM of members was held as a result of which Joe was appointed Chairman and he took on the difficult job of conducting a thorough and in depth investigation into the clubs activities and finances and trying to regain control of those finances. He eventually submitted a comprehensive report for members and in particular through liaison with banks and suppliers was able to re-establish the clubs credibility with them.

Joe continued as Chairman for the next two years and also took on the job of producing the Harriers Newsletter after the club reorganised. Throughout his time with the club he has continued to give loyal, unbroken and unstinting support in a range of activities including race set up and marshalling and not least organisation of pub runs. For all that we are delighted to give Joe honorary membership of Harriers”.

### **Alistair Telford**

“Alistair joined the Harriers in 1998 and at a very early stage demonstrated his commitment to the club by taking over the role of Editor of the Harriers Newsletter from Joe Hicks and continued in this role for a number of years. At a time when running clubs were just starting to set up their own websites Alastair volunteered in 2001 to do the necessary for the Harriers. Using his considerable computer skills he not only set up the website itself but incorporated into it the results and league tables formats which are fairly unique in the UK and which enables all of us members to see our own results and league table positions and those of fellow members immediately after the results have been logged.

On behalf of the club Alastair also volunteered to set up a comprehensive database system for the Kent Fitness League, incorporated into our website, which gives comprehensive updates on KFL races and team and individual league positions and of course is still in use today.

Since then Alastair has continued to manage the club website and the KFL database working quietly in the background on systems updates, maintenance and routine domain renewals. Whenever an issue or a problem is reported to him he quickly and without any fuss does the necessary work to resolve the problem.

Alastair also maintains the Whitstable 10K race website again working in the background to ensure that this delivers an effective support to all race administration. Alastair over many years has also done sterling service for the club by providing his expertise on club race days in computerising results sheets and providing quick and accessible results on the day for category winners and via the website for all competitors. For all that Alastair has done and continues to do we are delighted to give him honorary membership of Harriers”.

# Gallery 1 - Photos that you may have missed or to enjoy again...



# More photos that you may have missed or to enjoy again...





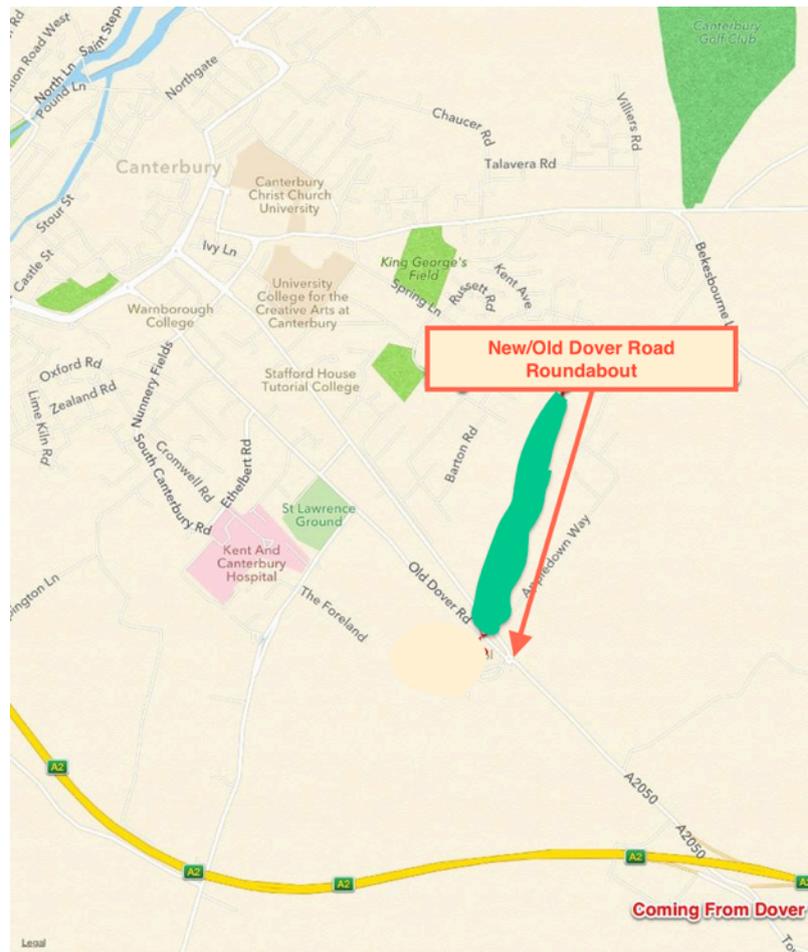
## Thursday Evening Autumn/Winter Routes

The Club Coaching Team is keen that members know the autumn/winter Thursday evening routes. This is so that unnecessary time isn't taken up with explaining the routes in detail each time. Also, should anyone need to get back to Birley's, for example, through injury they can do so with confidence in knowing where they are!

It would therefore be helpful if members could get to know the main four routes as set out below. Many thanks - your Coaching Team

### Route A - Old Dover Road Roundabout Run

Birleys - St Stephens Road - St Stephens Court - Footpath to St. Stephens Footpath - **Footpath across Beverly Meadow** - St. Stephens Road - **past Ye Olde Beverlie** - left into Beaconsfield Road - Forty Acres Road - Whitstable Road - London Road - **passing Pilgrims Hospice** - Underpass to Rheims Way - Rheims Way - **pass Aldi supermarket** - Underpass to Castle Street - Castle Row - City Wall - Pin Hill Footbridge to **Canterbury East Station** - through **kissing gate** along Footpath to Lansdown Road - Nunnery Fields - South Canterbury Road - **Hospital** - **through back of hospital** to Nackington Road -



Junction with Old Dover Road - Up to top of Old Dover Road roundabout - down New Dover Road - St Augustines Road - **Footpath alongside Canterbury College** - Spring Lane - **Longport** passing **Christ Church University** - cross A28 by crossing - Burgate (Optional start last mile fast) **passing the Thomas Ingoldsby Wetherspoon pub** - Cathedral - **rear of Kings school** - St Radigunds **passing The Dolphin public House** - The Causeway - Station Road West - **Under Railway Bridge** - Footpath to St. Stephens Court - St Stephens Road - Birleys (A = 7.35m approx).

**Route B - Broad Oak/Hospital Run**

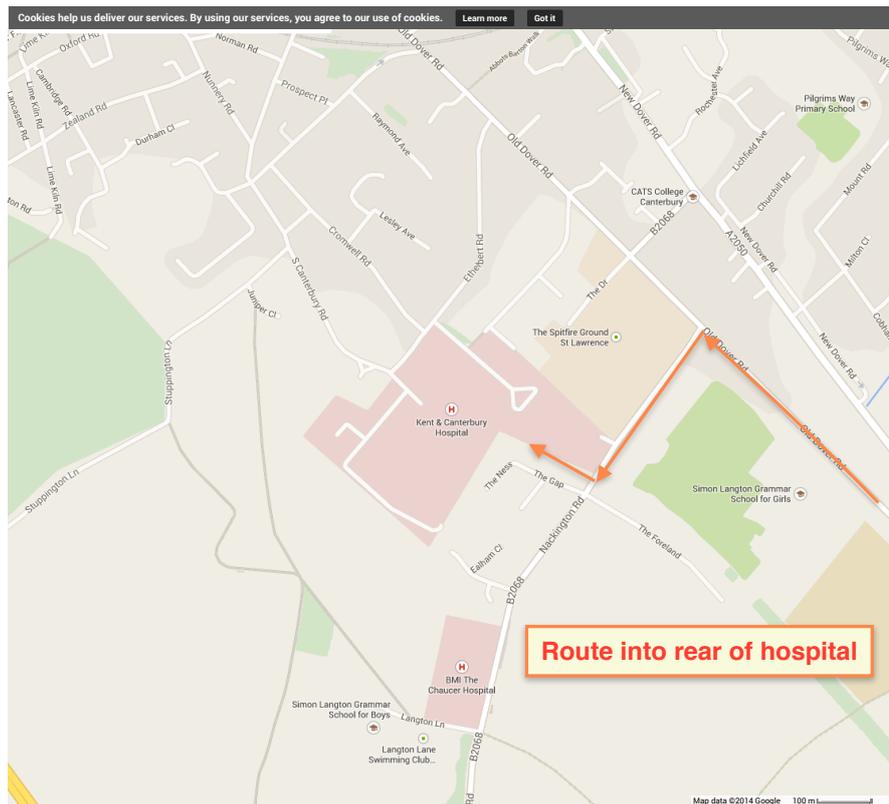
Birleys - St.Stephens Road - **Broad Oak Road right hand side** - Vauxhall Road - Sturry Road - **cross Sturry Road** - Reed Avenue - Dickens Avenue - Shelley Avenue - Forrester Close - Brymore Road - Military Road - Council Offices - Chaucer Road - **Law Courts** - **alleyway into St Martins Road** - North Holmes Road - Littlebourne Road- Spring Lane - **Footpath alongside Canterbury College (Pilgrims walk)** - St Augustine Road - New Dover Road - **St Lawrence Road (Bat and ball PH)** - Up Old Dover Road - Nackington Road - Back of Cricket ground - **Through rear of Hospital** - South Canterbury Road - Nunnery Road - Oxford Road - Guildford Road Footpath to Hollowmede - **right into Hollow Lane** - Wincheap - **cross A28 into Cow Lane** - Simmonds Road - Wincheap - Underpass to Castle Street - Rosemary Lane - Stour Street (start optional last mile fast) - St Peters Street - St Peters Lane - Causeway - Station Road West - Under Railway Bridge - Footpath to St.Stephens Court - St Stephens Road - Birleys (B = 7.5m approx).



**Front view of Kent & Canterbury Hospital**

**Route C - Old Prison Run**

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

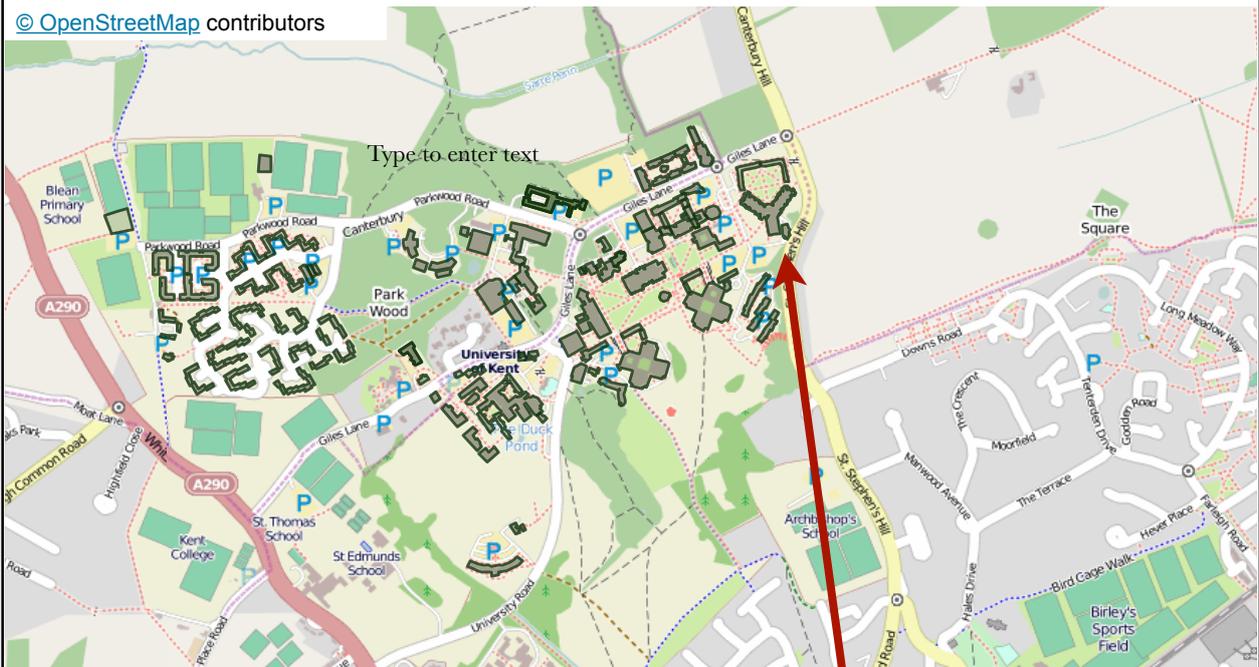


**Overview of hospital site**

**Route D - Kent University Run**

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

© OpenStreetMap contributors



**Footpath Steps to University Campus**

## Parkrun - A word of warning....a tongue in cheek message from a parkrun website

For those who have started parkrun more recently, a word in your shell-like. For all the joys and wonderfulness of our Saturday morning buzz, be warned, it's a gateway drug. It's only a harmless 5k, you think, but before long someone in the café will whisper in your ear, 'why not try a 10k'. Then you're in with a bad group and, before you know it, joining an organised gang where brazen pushers, or 'coaches' as they coyly call them, will entice you to ever more dangerous kicks.



First it's the degradingly filthy 'XC' then an innocent-looking member will suggest a deadly 'M'. You try a half to start with but, even as you're sampling it, and the hit is coursing through your veins, you know in your heart you won't be satisfied until you've experienced the full-blown thing. Some among us have sunk to depths of unimagined depravity going as far as two 'M's, one straight after the other and, I've heard it told, there are poor blighted souls who've been seen wandering the woods and shadowlands in the middle of the night unashamedly seeking new thrills. We're all doomed.

## 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 Hiorns is our Facebook Administrator.

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

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

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

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

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

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

**CANTERBURY HARRIERS AGM MINUTES****13<sup>th</sup> November 2014****Present:**

Peter Yarlett	Chairman
Steve Clark	Coach
Roy Gooderson	Admin. Officer
Bob Moreton	Treasurer
Andy Farrant	Membership Secretary
Mark Wenman	Runners Rep
Yiannis Christodolou	Runners Rep
Joe Thomsett	Runners Rep
Tina Jones	Club Secretary

There were approximately 40 other members present.

1. Welcome

Peter welcomed all present and went on to explain the relevant points for the meeting. There would be food served after the meeting giving people a chance to socialise.

2. Apologies: Gerry Reilly, Sean Reilly, Russell Evans, Gareth Coult, Penny Birchall, Dianne August,3. Matters Arising from the Minutes of the 2013 AGM

No matters arose from the last meeting.

4. Chairman's Annual Report for 2013-2014

I'd like to say a few words to give an overview of the club over the last 12 months. Although it's actually 14 months this time as we had an earlier than usual AGM last year.

Since we are a running club it's only right to start with your achievements - a whole host of PB's and Debuts made at wide range of distances. Also it would seem that Harriers like to travel to all sorts of exotic and not so exotic locations.

For example on the 28th September we had runners at Folkestone in the half M, at the Berlin Marathon, Ealing half M and the Loch Ness Marathon. Then on the 5th October we had runners at the Sittingbourne Striders 10 miles and also at the Bournemouth, Chester and Jersey Marathons. We've also had runners during the past year in New York, Paris, Rotterdam, Washington and even Milton Keynes

We also have a small band that enjoy doing Ultras and we also have Sally doing no end of marathons.

That's not counting those that regularly do the various parkruns that weekends. Talking of which we have a very close association with all local parkruns.

Your Committee is currently proposing a 10k club championship for all age groups. This is likely to mean choosing a local 10k event which we would all then enter.

Last season we won the women's team award as part of the KFL and the over 60s gents in the summer relays and more commonly now place in various local road race team awards. A number of you have also tried your hands at track racing. We also had competitors in a number of triathlons and duathlons.

I'm sure that we are all very grateful to Yiannis and Mel for keeping our results updated on the club website and for regular press reporting of our achievements.

To finish on the athletic front I would also like to commiserate with those of you suffering from long term injuries - it really is frustrating

However none of these achievements would be possible without your own hard training, but especially the excellent work and dedication of our Coaching team who, organised by Gerry, ensure that we have regular core sessions for 52 weeks of the year. It's no mean feat to manage upwards of 50 athletes at training evenings and to get sessions underway with efficiency and purpose. Indeed your coaching team met on Tuesday evening to go through a number of coaching related matters.

I would also mention those that regularly lead Thursday night sessions, including particularly mention Gary who leads Improvers most weeks.

On behalf of the coaching team I need to impress the importance of runners looping back on Thursday night social runs to ensure that runners are not tailed off. Your coaches will be giving this instruction each week and all members are asked to cooperate.

During the year we've also made fitness assessment opportunities available through Christ Church university with Phil Anthony and I hope that you might like to find out more about what this involves.

Membership - 183 members overall made up of 171 running members, 9 social members and 3 honorary members. That number may be slightly lower as we won't have an accurate update until after this year's subs have been paid. We have a notional max number of active members set at 200.

Our move to Birley's took place last year and continues to prove to be an excellent venue providing a dedicated location with parking and showers. The subs increase last year still represents excellent value when comparisons are made with other clubs and the costs of other sporting activities. Bob to say more about our finances later in the meeting in his treasurers report.

I like to use the phrase 'Team Canterbury Harriers' to embody the spirit of our club when we come together to work on and deliver particular activities. For example the Whitstable 10k and Blean x-country, the summer relay in Canterbury with social, man on the run, and organising Parkrun recently at Whitstable.

Just a further word about on a couple of these events.

The Whitstable 10k is our very prestigious annual race and I would like to thank John Hartley for his year round efforts in delivering this event for the club. No longer has one raced finished then planning starts for the next year. There is no doubt that organising such events has got more complex involving liaison with and satisfying many agencies and statutory bodies. I should also like to thank all those members who take leading roles in managing the event and for all of the club for turning out on the day as marshals. Don't forget to get 4th May next year into your diaries.

I should also like to thank Roy for race directing our annual Blean KFL cross country race. That is on 8th Feb next year.

We also have Harriers Ambitions - 'To identify Canterbury Harriers ambitions for 2014 that further the Club's ethos of promoting competition, social events and the development of club spirit and identity'. I've touched on many of these points, but others include:

Communications, Charity, social events; and to 'create a warm, positive and welcoming club atmosphere to members and new members alike, irrespective of anyones fitness level and ability'.

And very Finally, your hard working committee: much to modest to talk about themselves. We meet monthly: main areas of responsibility:

Tina (secretary and presentation dinner), Yiannis/Mel (results and press) Joe/Sean (website), Jenny/Jo (kit), Roy (all manner of admin, practical tasks & Blean cross country, Le Touquet), Bob (finances), Steve (x-country/summer relays/trophies), Mark (Whitstable 10k entries), Andy (Membership) and Gerry (coaching). So on your behalf I should like to thank them all.

#### 5. Treasurer's Report

Bob had distributed copies of the Club's expenditure and income based on the likely accounts for 2014/15. The accounts have not yet been audited but will be in the very near future.

All is looking healthy with club accounts.

There is a deficit of £3,257 but this is not a reflection of overspending by the club. It has arisen in the main from the payments to Birleys for last year being made in this financial year as well as the payment made for this year. Hence the coaching heading has spent £9,729. The next financial year will only incur one such payment.

There has also been a significant investment in equipment to update bibs, signage etc.

Our business reserve account is now holding £8,246.

The good news is that the Whitstable 10K generated a net profit of £6,473 compared to £4,800 the previous year.

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

#### 5.1 Proposal

Following careful consideration by the committee it was recommended that the annual subscription fee for 2014/15 should remain unchanged at £40. This excludes the cost of EAA registration which is being raised from £10 to £12. All agreed to this proposal.

#### 6. Election of Committee

Sean has now decided to stand down from the Committee as our webmaster. Joe Thomsett has very kindly agreed to take on this very important job for us for which Peter thanked him. Peter will see Sean and thank him for all he has done over the years as a Committee member.

Mel Georgiades elected to fill the place we now have on the Committee, she was voted in unanimously!

Happily the rest of the Committee members have agreed to stand for another year, Peter thanked each one for their commitment to the club.

#### 7. Proposal

Any Harrier winning a place in the annual London Marathon ballot should not seek to take part in the following year's ballot.

All present agreed.

#### 8. Proposal

The committee had put forward a proposal that two members, Joe Hicks and Alistair Telford should receive honorary club membership in recognition of their long service to Canterbury Harriers.

**Joe** was responsible together with a small group of original members in the forming of Canterbury Harriers. He was Chairman for two years during which

guided the club through difficult beginnings establishing it into the thriving club it is today. He also produced the Harriers newsletter once the club was properly established. He has continued to give loyal, unbroken and unstinting support to the club.

**Alistair** joined the club in 1998 and took over the role of editor of the newsletter from Joe, this he continued to produce for a number of years. He was also responsible for setting up the website for Canterbury Harriers which is an absolutely fantastic system. He is always on hand to fix any website problems. He also set up the KFL system for all the clubs.

This proposal was eagerly agreed by those present.

Unfortunately neither Joe nor Alistair were present to receive framed certificates.

#### 9. A.O.B

The following points were raised:

The online payment system was working well. Members just need to make sure they identify what the payment is for. An e-mail will be sent out to all members regarding this and codes to be used.

John Minchin queried whether or not we were registered with the charities commission.

Further training for the coaching team.

Maybe have a social evening to invite someone to talk about the need for stretching and how to implement this properly. Also maybe invite Phil Antony to talk about the opportunity to take part in research investigation at Christchurch.

Bob Pullen raised the issue that we no longer have a local 20 mile race as a build up to marathon training. Thanet Roadrunners have decided to no longer host this race which they usually organise each March. Maybe we could team up with them to organise this quite important event for marathoners.

Perhaps a message could be put on facebook by anyone wishing to form a group for regular Sunday runs. Maybe groups in geographical areas could be formed. It is really up to individuals to organize these.

Next social event will be on 21<sup>st</sup> December which is the annual Christmas run to start from Roy's house. There will be mulled wine and nibbles afterwards.

Roy thanked Peter with a round of applause for the great job he does producing the quarterly newsletter.

#### 10. Close of AGM

There being no further business, Peter thank all those present for their attendance and invited them for refreshments, sale of club kit and presentation evening tickets.

## Race Results from Around the World and Kent.....

<b>9th Folkestone Rotary Half Marathon 2014 - 28th September</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
42	Craig Thomas	VM53	1:37:27	69.32	
56	Colin Kent	VM49	1:40:55	64.80	
81	Jennie Gardner	SF34	1:45:07	62.60	Debut
134	Fiona Tester	VF38	1:52:29	59.61	
209	Anna Fisk	SF33	2:00:04	54.80	
298	Jennifer Lucas	VF57	2:15:39	58.59	
393	Alex Davis	VF40	2:37:15	43.33	PB
<b>Tonbridge Half Marathon - 28th September</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
15	Thomas Purnell	SM27	1:20:20	74.25	
165	Neil Armitage	VM42	1:39:04	62.65	
<b>Bmw Berlin Marathon - 28th September</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
	Nathan Bradley	SM27	3:48:21	55.54	PB
<b>Ealing Half Marathon - 28th September</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
359	Mark Cooper	VM53	1:34:47	71.27	
2095	Paul Keen	SM36	1:57:50	50.62	Debut
<b>Baxters Loch Ness Marathon - 28th September</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
1349	Wendy Smith	VF56	4:21:53	62.73	
<b>Sittingbourne Striders Chas Ryman Memorial 10 Mile Race - 5th October</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
38	Bob Davison	VM60	1:13:37	73.32	
88	Tony Savage	VM60	1:24:24	63.96	
<b>Bournemouth Marathon - 5th October</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
14	Thomas Millard	SM29	2:51:50	73.81	Debut
86	Joyce Shamedje	VF40	3:14:53	73.11	5th Lady
<b>Mbna Chester Marathon - 5th October</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
1063	John Cooper	VM55	3:57:44	60.88	

<b>The Fowlmead Challenge - 11th October</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
	Sally Silver	VF40	5:01:15		
	Russell Evans	VM50	5:45:44		
<b>Royal Parks Foundation Half Marathon in Aid of the Brooke - 12th October</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
107	Tracy Furminger	VF42	1:37:00	Debut	
	Wendy Osmond	VF48	1:56:52		
	Jane Elder	VF58	2:11:28		
<b>Givaudan Ashford 10K - 12th October</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
3	Thomas Purnell	SM27	34:45	77.62	PB
27	Peter Hogben	SM22	37:27	72.02	
73	Yiannis Christodoulou	SM31	40:03	67.35	
78	Colin Kent	VM49	40:17	73.97	PB
451	David Waite	VM46	40:22	72.15	PB
163	Paul O'Keefe	VM43	43:22	65.68	Debut
173	Bob Davison	VM60	43:37	75.10	Debut
192	Chris Isherwood	SM28	44:10	61.07	Debut
207	Oliver Brown	JM19	44:42	60.82	
212	Fiona Tester	VF38	44:49	68.54	
331	Tony Savage	VM60	47:57	68.32	
338	Gemma Hiorns	SF33	49:36	60.32	PB
554	Jennifer Lucas	VF57	54:23	67.00	
566	Melanie Georgiades	SF23	54:53	54.51	Debut
623	Bob Pullen	VM52	56:20	54.20	
718	Shirley Pullen	VF50	59:53	56.82	
749	Lea Burnett	VF44	1:01:56	52.10	PB
<b>Royal Parks Ultra 50Km - 12th October</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
122	Thomas Hooley	VM58	4:56:48		

**Chelmsford Park Marathon - 19th October**

Pos	Name	Cat	Time	Rtg	Notes
573	Sally Silver	VF40	4:37:10		

**Capital Runners Richmond Park 10K - 26th October**

Pos	Name	Cat	Time	Rtg	Notes
24	Barbara Wenman	VF56	44:32	80.97	
31	Mark Wenman	VM60	45:51	71.42	
69	Pascal Hoberg	VM44	48:36	59.02	PB

**Marine Corps Marathon - 26th October**

Pos	Name	Cat	Time	Rtg	Notes
26	Adam Stokes	SM30	2:41:24	78.58	PB

**BUPA Great South Run - 26th October**

Pos	Name	Cat	Time	Rtg	Notes
3789	Anna Fisk	SF34	1:24:25	58.50	

**Dublin Marathon - 27th October**

Pos	Name	Cat	Time	Rtg	Notes
1445	Faye Roberts	SF32	3:26:55	67.10	
4021	Paul O'Keefe	VM44	3:56:27	56.13	Debut

**Deal 5 Miler - 2nd November**

Pos	Name	Cat	Time	Rtg	Notes
26	Alex Horsley	SM37	31:33	68.89	Debut
30	Yiannis Christodoulou	SM31	32:06	66.81	PB
32	Colin Kent	VM49	32:54	72.17	PB
49	Chris Isherwood	SM28	35:10	60.99	Debut
68	John Cooper	VM55	38:04	65.49	
112	Melanie Georgiades	SF23	43:59	54.10	Debut
114	Jennifer Lucas	VF57	44:18	64.23	

**New York Marathon - 2nd November**

Pos	Name	Cat	Time	Rtg	Notes
20660	Neil Godden	VM60	4:01:22	62.71	

**Greenwich Park 10K - 9th November**

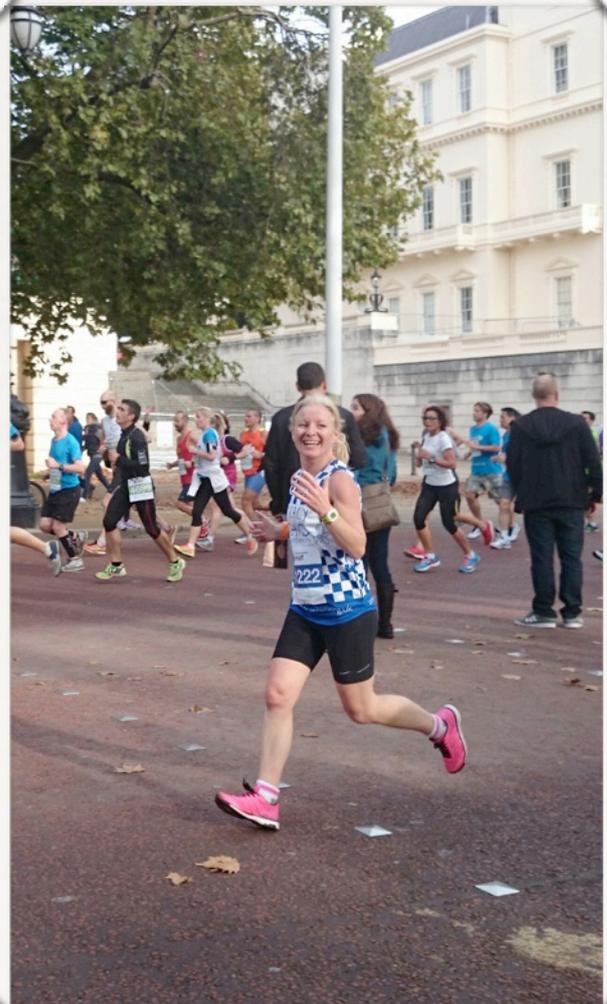
Pos	Name	Cat	Time	Rtg	Notes
28	Mark Cooper	VM53	42:56	71.71	

<b>The 666 (6.66mile) - 16th November</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
21	Colin Kent	VM49	56:14		
40	Paul Keen	SM36	1:01:08		
50	Andy Farrant	VM58	1:03:02		
56	Neil Godden	VM60	1:03:23		
<b>Brooks Brighton 10K - 16th November</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
47	Tom Millard	SM29	34:54	77.29	PB
<b>Gosport Half Marathon - 16th November</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
335	Mark Cooper	VM53	1:33:15	72.43	
<b>Saxon Shore Marathon - 30th November</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
2	Sarah Maguire	VF45	3:20:55	1st Lady	
<b>Thanet Roadrunners Ac Alan Green Memorial 10 Mile Race - 7th December</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
9	Yiannis Christodoulou	SM31	1:05:14	68.47	Debut
20	Barry Hopkins	SM35	1:08:36	65.11	Debut
21	James Scanlon	JM18	1:08:48	65.96	PB
22	Mark Cooper	VM53	1:08:56	73.61	
25	Faye Roberts	SF32	1:09:21	71.21	1st Lady
30	Gareth Coult	SM34	1:10:41	63.19	
105	Ellen Rowe	VF41	1:23:27	61.96	Debut
160	Jennifer Lucas	VF57	1:35:00	62.98	2nd Lady 55-64

<b>Capital Runners Richmond Park Christmas 10K - 14th December</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
10	Mark Cooper	VM53	40:55	75.24	
<b>Kent Christmas Cracker 5M - 21st December</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
2	Adam Stokes	SM30	25:30		
6	Stephen Hobbs	VM40	28:35		
11	Mark Cooper	VM54	30:34		
28	Paul O'Keefe	VM44	33:40		
42	John Cooper	VM55	35:52		
<b>The 40th Saltwood Boxing Day Run - 26th December</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
177	Bethany Burnett	SF21	26:58		
296	Dianne August	VF60	31:18		
494	Lea Burnett	VF45	37:47		
577	Fiona Craig	VF40	41:29		
<b>Ribble Valley 10K - 28th December</b>					
<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>	<b>Rtg</b>	<b>Notes</b>
40	Adam Stokes	SM30	33:21	80.88	<b>PB</b>

## Gallery 2 - Photos that you may have missed or to enjoy again...







# Club Kit Corner.....Jo Norrington



**Full zip hoodie**



**Hoodie rear**



**Hoodie**



**Ladies tech T-shirt**



**Long sleeve cotton**



**Long sleeve technical**



**Mens tech T-shirt**



**Mens vest**

**Kit prices are as follows:**

- Hoody (unisex) £17
- 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)



### **rgelectronics**

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

Contact details:

Roy Gooderson

66 Oxford St

Whitstable

Kent

CT51DG

01227 262319

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

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

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

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

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

Sports massage and indian head massage, £10 per session for members. Fully qualified, insured and member of The Sports Massage Association. Tired legs after a race or training session? Massage can really help in the recovery process! Call or text Jo on 07708545021.

### **Steve's Reynolds Maintenance**

All house and garden maintenance

01227 361112 or 07951754926

<p><b>CK Roofing</b> 30 + Years Experience</p>  <p>VAT No. 195 958 340</p>	<p><b>Colin Kent</b> Roofing Contractor</p> <p>Snowdrop Cottage Lower Lees Road Old Wives Lees Canterbury</p> <p>01227 738132 07989 476204 <a href="mailto:colinkentek1@gmail.com">colinkentek1@gmail.com</a></p>
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**And Finally.....**

**Hope you have enjoyed reading the Winter 2015 Harrier. Very best wishes to you all for future running or multi-event; or for getting over an injury that never seems to clear up. Good luck with continued winter training and commiserations to those not making the start line with a current injury. You'll be back soon.....**

**All the very best for the running new year!**



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

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