



The Harrier

The newsletter of the Canterbury Harriers

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CHAIRMAN'S WINTER WELCOME

Dear Harriers,

I'm very pleased to be introducing the latest edition of The Harrier. Many thanks to Mel for her editorial skills in providing us with this issue.

We currently have 179 members made up of 166 running members, 5 honorary members and 8 social members. I hope that newer members are enjoying membership with us and enjoying regular training. For newer readers my introduction picks up on key happenings in club activity over the last 3 months or so and gives me the opportunity to give a chairmans flavour to club life - social, running news and events etc - particularly to members who are unable to get to training as regularly as they might wish to where news and views are shared.

As I write it's Sunday afternoon and I've just competed along with 44 other Harriers in the first of the season's Kent Fitness League events held in Knole Park. This is a magnificent turnout and is a club record participation for the number of Harriers running in a single cross country event. I haven't yet had time to see the full results but do look on the club website for our individual placings and the team result. It was a real boost to see so many new members taking part as well some longer standing members all enjoying the competition and being part of Team Canterbury Harriers. Thank you also to our supporters in the form of Jane, Mel and Brian who we appreciate coming along to shout us on. As customary, a large number of us rehydrated in The Elephant, Faversham afterwards where we enjoyed refreshments and food. I should add that returning to The Elephant is an open invitation to all Harriers following the KFL races that are held to the north of Canterbury and usually involve a trip up the A2. Driving to and from Knole Park I was reminded of the favourable Autumn we've had as shown in the extraordinary variety of coloured leaves attractively on display. Long may it last.

Another big happening since our last newsletter issue was the tremendous 'Team Canterbury Harriers' turnout for our second club championship 10K held in conjunction with the Ashford 10K on Sunday 6th October. Our turnout of 48 finishers was the highest number of Harriers finishing in the same race - ever! There were 22 PB's so very many congratulations to all finishers and all PB'ers! Individually, Jenny Benson ran a superb race winning the overall female first place prize and was also part of the winning female team prize with Jo Norrington and Jennie Gardner. Tina Jones was third vet in her age category with Simon Jones finishing 6th overall in the mens race. For the record those achieving a PB were: Simon Jones, Paul Knight, Jacob Hussey, Ian Pearson, Adam Easton, Dean Bradshaw, Thom Fentem, Jethro Kimber, Stuart Marchant, Paul Elderton, Jo Norrington, Tom Hooley, Mike Densen, Jennie Gardner, Fiona Tester, Mark Duffy, Mel Christodoulou, Geoff Burston, Jon Vann, Richard Hudson, Briony Care, Phil Hadler. Debuts were made by Jon Blunt, Rupert Speding, Caroline Wetherill, James Cane, Emma McCabe, Glenn Wilson, Catriona Caltart, Joanna Mansar, Sammy Jo Foster and Kieran Jessup.

Many Harriers ran in road and off-road events and what is particularly welcoming is the large number of high placings in the various age groups and the team results that follow. A special mention to the following Harriers for their results since July for running a PB, making a debut or winning a race award:

5K - Nicola Charlton and Sarah Maguire (1st Females); Mel Christodoulou (3rd Female and PB); Sean Maguire (3rd Male).

5k track - James Scanlan, Wim Van Vuuren, Richard Hudson (PB's)

5m - Tom Millard (2nd Male); Mel Christodoulou (PB); Steve Hobbs (1st V40); Ian Stokes (1st V50); Nicola Charlton (1st V40).

7k approx - Tom Millard (1st Male).

10K - Ana Simmonds, Adam Easton, Alex Horsley, Mike Danson, Paul Knight, Paul Elderton (all PB's); Nicola Charlton (PB, 1st & 3rd Female), Paul Knight, Ian Pearson, Leisa Foad, Jethro Kimber (all debuts); Fiona Tester (3rd Female and 1st V40); Steve Hobbs (1st V40); Jacob Hussey (PB and 1st V40).



10M - Stephen Tugwell, Jennie Gardner, Fiona Tester, Jo Norrington (all PBS); Debbie Parris, Daren Parris, Lawrence Hamilton-Hopkins (Debuts).

1/2M - Lee Wells, Jon Vann, Joanna Mansar,, Adam Easton, Dean Bradshaw, Mark Duffy, Leisa Foad, Lawrence Hamilton-Hopkins (all Debuts); Paul Elderton, Alex Horsley, Wim Van Vuuren, Fiona Tester (all PBs); Tom Millard (1st Male); Simon Jones (2nd Male).

Marathon - Steve Hobbs (1st V40); Sarah Maguire (2nd Female and 1st V45); Mike Denson, Mike Mawby (both PBs); Tom Millard (2:32:19 Berlin).

30 Miles - Jennie Lucas

31.40 Miles - Tom Hooley

125 Miles - Matthew Pearce

Please do continue to send Yiannis your race results for inclusion in our excellent race results website. Please ask if this is new to you.....

There will have been some disappointed Harriers following the places allocation for the 2017 VLM marathon. I know many of you look at the "London" as a key aim in your athletic careers. However all is not lost. Each year the club receives two guaranteed places (depending on the number of our members registered with EA) in the coming year's London Marathon and a draw is held at the Club Presentation evening to allocate the places. To qualify for the draw you must have been a first claim members of the club for a minimum of six months by the date of the draw and renewed your First Claim membership of the club for 2016-2017 by the date of the draw. Also, you should have received an official rejection slip or e-mail and are currently affiliated to England Athletics. Members who were successful in the club draw for the 2016 marathon are not eligible for the 2017 draw. If you are eligible and wish to participate in the draw please get your rejection slip to Gerry Reilly well before the date of the draw on the 3rd December. Good luck!

The other option is of course to try an alternative spring marathon, perhaps even on the same day as the London. There is a good choice of UK marathons in April as far apart as Manchester, Stratford-upon-Avon, Exmoor, Brighton, Blackpool, Bungay, Boston and closer at home in Walmer!

Our AGM was held at the beginning of October and perhaps disappointedly the attendance was lower than other years. We take this as a sign that members are happy with the club organisation, our regular communications to you and the speedy way that we respond to matters as they arise. Many thanks for all those attending and to Tina and Brian for the sumptuous buffet afterwards.

In reviewing the past year at the AGM I took pleasure on behalf of the club in giving thanks to your hardworking committee in carrying out the wide range of tasks that makes our club tick. I was also pleased to thank Jo Norrington, Alastair Telford and John Cooper for their support to the club for the various tasks they carry out - kit, website and KFL junior runners respectively. Well done all.

Following a full year's trial enabling King's school pupils aged under 16 to be club members a formal change to our club constitution was approved at the AGM. The wording of the revised constitution now allows King's pupils to join our club whilst having all appropriate safeguarding measures in place. We look forward to this relationship flourishing with oversight by the committee and Mike Mawby, Harriers member and King's teacher with additional responsibility for school x-country.

Bob Moreton, club Treasurer, presented the year's accounts and confirmed that our finances are in a healthy position. This is mainly due to the surplus achieved from the Whitstable 10K that provides the bedrock of our financial strength - approximately 60% of club income. However, Bob rightly reminded the meeting that should the current sponsorship arrangements for the race change then we might not enjoy the same ability to provide the wide range of club benefits currently on offer. Club fees remain the same as the past three years and were due from 1st October - a club email was circulated at the beginning of October and please refer to that for



payment details.

Which brings me rather neatly to the Whitstable 10K. Arrangements for next year's Whitstable 10K are underway with many of the pre-race authorisations already requested. The tempo of planning will increase in the new year combined with the start of race entries. We are still at the stage of finding a replacement for John Hartley who is stepping down as race director after the 2017 race. It is not too late for anyone to consider putting themselves forward for this role. The race organisation is supported by an immaculately kept race manual and John has said himself that he is around to offer support to the new race director. Next year's date is Monday 1st May 2017 so all members are kindly requested to leave this date free for giving race day help.

On the 27th July 1993 a small band of runners met to found Canterbury harriers. We are very pleased that they did and three of the group remain as active club members - Roy Gooderson, Bob Davison and Joe Hicks. If my maths is right that makes 2018 our 25th anniversary. Although still some way ahead a small group are already thinking and planning how we might celebrate this important date. Early thoughts are a summer club social family day (with past members as well) as close to our founding date as possible, a commemorative booklet covering our first 25 years, a celebration t-shirt and 2018 club calendar. In addition it should be possible to 'theme' some of our regular social occasions with the number 25! Thanks to Roy Gooderson, Jenny Benson, Jo Norrington, Daren Parris, Gemma Jeffrey and Leisa Foad for getting this ideas off the ground. Please give them your further ideas and support in what will be a big year for Harriers.

Communication between club members and committee are important to us so please do sign up for Harriers Facebook if you've yet to do so. Also please look out for club emails in your in-box and if these aren't coming through raise the problem with a committee member.

Do also please support Mel in producing the newsletter by contributing your account of races you've run, reviews of running gear and equipment, and anything else running related. Speak to her if you're unsure about contributing an item.

Jo Norrington does a great job as kit manager in coming up with fresh ideas for new kit. Club members should be worn when racing, indeed for most events club kit is a necessity as part of race recording. It's also good for team morale to see a good turnout of Harriers in full kit. as it was at the Ashford 10k. 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, by cheque or cash. The kit page on our website has been redesigned to make ordering easier and has a straight link to Jo's email. In this newsletter is a copy of the website page giving details of the kit and cost.

I always like to finish by thanking members who have made a special effort over the latest period. So here goes and apologies if I've missed anyone out..

Our coaches for their unstinting efforts

Mel for this latest newsletter.

Mel again for her regular newspaper reports.

Yiannis for excellence on Harriers results.

Roy for organising the logistics of the AGM and Tina and Brian for the buffet.

All committee members for their fantastic work over the past 12 months.

Events reminder:

8th November (after training) - nutrition talk and club championship 10K awards

3rd December - Harriers presentation evening (see Tina for tickets)

18th December - Roy's Santa Xmas run and social (further details to follow)

Yours in running and no injuries please!

Peter



NEW MEMBER: KIERAN JESSUP

What is your story about how you got into running?

I got into running after working with Yiannis for a couple of months; he was trying to persuade me to come along to a session or two to see if I would like it but I was unsure as my perception of running clubs was that they were all elitist and I may be out of my depth. I'm pleased to say that this wasn't the case and everyone at the club was extremely welcoming.

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

I've always been interested in sports and I played Cricket and Football before taking up running and I still play Cricket now. With running that's all about I have time for!

What is your favourite training session?

My favourite training sessions are the long runs on Thursdays; it's great to be able to get to know other members of the club whilst running and the summer routes are especially beautiful.

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

The most beautiful spot, or at least the most beautiful view, for me is the unobstructed view of Canterbury Cathedral that we are met with just as we come out of the woods and in to the open fields at the back of Broad Oak heading towards the train tracks and the back of the Junior King's School. Most other views of the Cathedral in and around Canterbury are obstructed by one thing or another but having a clear view looking down towards it from the hill really is a wonderful sight.

How do you manage work life and running?

It's quite easy to manage my work life with running with the sessions beginning at seven o'clock, I know other running clubs which begin at six o'clock and that's usually around the time I arrive home from work. I'm also lucky in that I get to leave my work at work so it doesn't really get in the way of running. I always try to go three times a week and I make time for running as I enjoy it so much

What shoes do you run in?

I run in Adidas Adistar boosts.



What is your favourite post run snack?

My favourite post run snack is a banana, I usually have one about half an hour before too.

What other sports are you interested in watching?

I'm interested in watching most sports, but especially Cricket, Football and Rugby.

What is a typical week's training for you?

A typical week's training for me is the two Harriers sessions and then one more run over the weekend; this is usually around 6 miles, but sometimes this may just be a parkrun, depending on my plans for the weekend.

What are your favourite races and distances?

Well I've only competed in one event so far, the Ashford 10K, and I enjoyed that immensely. I've got the Deal 5 miler in November and the Canterbury 10 miler in January so I'm looking forward to testing myself over those distances.

What are your future goals and ambitions?

The only goals I have for my running is to keep enjoying it and to keep going, as I know how beneficial it is to run on a regular basis.

How do you keep motivated to run?

I really enjoy running so it's easy to be motivated, but living with my twin brother helps as we motivate one another and remind each other that we probably should go in order to run off the beer we drank over the weekend!

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

Keep being a friendly, welcoming club! - It's my favourite thing about the club and it's why I recommend it to friends!

CROSS COUNTRY RECIPE OF THE YEAR: JO NORRINGTONS FLAP JACKS

150g butter, 125g light brown muscovado sugar, 2 tbsp golden syrup. Heat these on a pan. Then add to the dry ingredients: 200g oats. Put in a tin and bake in oven about 25 min 150 degree. I sometimes add coconut oil and put in less butter. I put in more than 200 g oats and I also add linseed, ground almonds and mixed dried fruit. The darker the sugar the more rich flavour you get. Happy experimenting!

SPOTLIGHT: DAREN PARRIS



What is your story about how you got into running?

I used to be a keen athlete at school, running for the school athletic teams and cross country. I also did long jump and high jump. As with many pursuits of youth, I lost interest at 16-17 and didn't pick it up again until 3 years ago. Mainly to join in with Deborah rather than spectate, but also to improve my fitness. Looming middle age is a great motivator to get off you back side and make an effort to improve yourself.

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

After I left school I played squash for a few years with a work colleague. I was also a keen junior golfer and carried this interest in to adult life. I still play golf as regularly as time allows and I am a member at Faversham Golf club. I love to be out on a beautiful course with nothing to think about other than trying to master the game. I've been trying for the best part of 30 years...the fight continues.

How do you manage work life and running?

I am fortunate to own my own established business which allows me the freedom to take part in a lot of events. I have a great team to support me.

What is your favourite training session?

Elliot Hills. Maybe sadistic, but I have really found these sessions have improved strength and stamina. I also enjoy the social runs.



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

Antigua in January this year. Hot and steamy but utterly stunning, Sheffield parkrun comes a close second...The Yorkshire municipal gardens are spectacular.

What shoes do you run in?

Adidas sequence boost. I am changing now though to HOKA. I've heard great reports from all that have them. It seems they suit fast, medium and slower paced runners alike.

What is your favourite post run snack?

Whey protein chocolate shake, flapjack or anything cake related. Tina's Rocky road is always welcome. My one fatal weakness is Bournville dark chocolate.

What other sports are you interested in watching?

Love the Rugby coverage, particularly the 6 nations. Golf and tennis.

What is a typical week's training for you?

Tuesday, Thursday sessions with Harriers. Parkrun virtually every week and I try to get one other run in when I can.

What are your favourite races and distances?

10k and half marathon.

What are your future goals and ambitions?

To improve my times for all distances. 2017 will be my first sub 22 min 5 k (since I was 16 years old...although I have no hope of sub 17 mins from those days). My first sub 45 min 10k and my first sub 1 hr 40 half. I am also in training for the Brighton Marathon in April.

How do you keep motivated to run?

Avoiding the dreaded middle aged spread.

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

Above all enjoy yourself. Without enjoying yourself there is no point. Also try not to measure yourself by comparing your performance to other peoples. You are you, and improving what you can achieve is all you should be concerned with. It can be pretty demotivating to watch people disappearing in to the far distance and thinking you should be keeping up with them. Just always do you best and keep the determination to succeed and the improvements will come.



THE ALTERNATIVE MARATHON



As I looked out of the car window I spotted an elderly gentleman standing outside a tattooist shop, wearing black glitter platform shoes and matching hat. I turned to Karen and said "Welcome to Blackpool".

We made our way to the Rose Hotel and Spa which would be our bolt hole for the weekend. In the reception area there was a notice stating that the hotel prized itself on a speedy and warm welcome. After ten minutes of waiting we were finally shown to our room.

Not the best, but a room overlooking the sea and with a lift situated just outside our door (which would prove useful!).

After unpacking we decided to visit the expo and pick up our numbers. On the way we passed lots of coaches and began to think the event was going to be bigger than we had imagined. We were soon put right when we found out that the other highlight of the weekend was that there was a coach rally in town! The expo turned out to be a small hut with a couple of people dishing out the envelopes.

Realisation of the distance we would be running, hit home looking at the views from our trip to the top of Blackpool tower. We gave the Where's Wally hen party a miss and made sure we ate plenty and went to bed early.

I woke at 3.30, hearing noise outside. They were putting up barriers for the run. A mixture of nerves and excitement took over. No more sleep for me. Our plan was to start the marathon together (that way Karen would start off slower than normal giving her some energy for the latter miles). We stayed together for the first six miles, then Karen was off. Due to a quick toilet stop I was able to catch her up at mile 10. It was at this point we met Billy from Lancaster. Billy had run a marathon to get to Blackpool and would be running one to get home the following day. Karen sped up and I spent the remaining miles with Billy who chatted to me, on and off, for the rest of the marathon (it was a one way conversation as I didn't have any breath to speak to him!). When I felt I was dipping I listened to what he was saying (although cannot remember anything now).

Secretly I was just hoping to finish before the cut off time. We were both chuffed to firstly run the whole way and also with our times (Karen 04:57:36 and Shirley 05:03:27).

We can thoroughly recommend Blackpool marathon which consists of two laps taking in all the sights (Blackpool tower, Pleasure Beach) on the way. It is mainly flat and ideal for supporters who can hop on and off the tram, which runs along most of the course.

The icing on the cake for a brilliant weekend was our trip to Pleasure Beach the following day. Karen got to ride in Wallace and Gromit's slipper and I got to go on Revolution and complete both forwards and backwards loop the loop!

Karen Hoult and Shirley Pullen



A well deserved post marathon drink!



SPORT COMPANY DISCOUNTS AVAILABLE TO HARRIERS

The Running Outlet 10%

Andrew Buckley – 10% off

www.moremile.co.uk 30% off code: CanterburyHarriers

www.startfitness.co.uk 10% off code: CanterburyHSF10

Doms Ease Oil - Discount code is: canterbury harriers at checkout www.domseaseoil.co.uk

LE TOUQUET 10K – SAMEDI 6 AOUT 2016

By Bob Pullen

You might want to enhance your enjoyment of this article by pouring a little glass of something and clicking on this link to put you in the mood: <https://www.youtube.com/watch?v=fztkUuun17g>. If it takes you longer than four minutes and twelve seconds to read, simply click on it again. You can never have too much Charles Trenet.



The annual trip to Le Touquet on the northern French Cote de Opale (opal coast) is always a highlight of the Harriers annual running calendar but 2016 was particularly special as it was Roy Gooderson's 25th consecutive participation in the event. This, coupled with a later start time of 7pm to alleviate congestion in the town for a major equestrian event, meant that it was also a good excuse to stay overnight on the Saturday to enjoy all that Le Touquet has to offer rather than fighting against the traffic to get out of the town in order to catch a late ferry back the same day. Three Harriers, including Roy, opted to stay in the palatial Hotel Westminster while the rest of the group of nine stayed in more modest accommodation in the centre of town as did a friendly group of runners from Maidenhead AC who we kept bumping into.

The Hotel Westminster occupies a central presence on the main thoroughfare to the town centre and seafront and I am happy to say that our hired mini-bus fitted in beautifully with the upmarket surroundings and luxury cars including a Bentley and an Aston Martin.



Following a quick supermarket dash for supplies on the outskirts of Boulogne we arrived in Le Touquet early afternoon. The lobby of the Hotel Westminster contained signed photographs of the great and the good who had stayed there over the years including this one of a pre-James Bond era Roger Moore. We wondered if he had raised more than just an eyebrow on this occasion and if he had run the event like us, he too might have felt quite stiff afterwards, especially if he did the semi.

Roger Moore and friend – “What a pleasure – Bravo!”

After we had checked in, we made our way to the ‘inscriptions’ hall to collect our ‘dossards’ and meet Roy’s main contact from the race organisation – Michel Vandoren. He explained what would be happening just before the start of the race and he kindly agreed to look after a couple of bottles of not champagne for us to have at the finish (it looked like champagne, it tasted like champagne, but because it was made outside of the

champagne region in France it couldn’t be called champagne).

Following the Nice and atrocities in other parts of France, security was understandably tight and there was no baggage drop. As well a big police presence, there were also some civil guard members patrolling the start/finish area armed with assault rifles. The local newspaper carried a story about the cancellation of the centuries old Braderie de Lille flea market over terrorism fears. It was sobering to think that all public events in France such as this have the shadow of Nice hanging over them.

Le Touquet has long branded itself as ‘Paris-Plage’ (Paris Beach) and indeed a lot of the property owners and visitors are made up of well-to-do Parisians which means the town is fairly upmarket with a huge array of chic boutiques, casinos and hotels. It is also a major tourist destination with lots of events and the major water park – [Aqualud](#) – who are one of the main 10k and semi-marathon

sponsors. As we didn't have to dash about trying to get ready for the normal 4pm start, we were able to leisurely take in the ambience of the town, have a swim and a coffee, and in at least one instance a crafty pre-race beer.

We all met up at the race start and Michel handed over a lovely inscribed glass plaque to Roy marking his 25th consecutive running of the 10k race. Roy was also proud to be wearing race number '25'. Michel also announced that Roy had been made an ambassador for the race by the town's mayor which is about one of the highest honours they could bestow. So from now on we must address Roy as 'His Excellency' and either bow or curtesy as appropriate. Double entendres involving references to the 'Ambassador's Balls' are strictly off limits.



With Marco's careful tuition, Roy had memorised the phrase "enjoy the race and have a good run" in French. Ironically for someone who makes a living from being an expert on audio visual electronic equipment, the radio microphone Roy was given to make his response kept going out of range so that he sounded like Norman Collier doing his ['faulty microphone'](#) routine. To make matters worse, the race official kept getting Michel to walk onto the start

mat to get nearer to the van containing the PA receiver, but every time Roy was handed the mic he was told to move away from the mat in case he inadvertently triggered the starting sequence for the race with the chip on his shoe. As a result only the repeated words "merci", "bonne" and "courir" were all that could be heard of Roy's speech.

Roy and most of the Harriers got given prime starting positions at the head of the race. The race got away at 7pm on the dot and took an alternative route through the town centre via the market area rather than through the busy shopping streets. These streets were much wider and avoided the inevitable crush where there are usually a few collisions and tumbles. The later starting time also meant it was appreciably cooler, though still warm for the initial part of the route along the seafront and alongside the sand dunes. The route also avoided the 'wiffy' equestrian centre and by 7.30pm the tree-lined avenues through the forest were almost completely shaded from the sun. Really nice running conditions, a great and friendly atmosphere and fantastic support.

We met up again at the finish after being de-chipped and collecting our goody bags to pop open the not champagne and walk back to our hotels for a shower before heading out for a pre-booked meal and a few well deserved beers in a town centre brasserie. Following that we paid a visit to a couple of other bars to sample the local brews before heading back to our hotels in the early hours following a fruitless search for tarte tatin.

The weather the following day was not great so we opted to stop off in Wimereaux, Herne Bay's twin town, for a walk along the prom and lunch before returning to Calais for the ferry home. Happily we successfully sourced some tarte tatin and another dish that could best be described as cheese soup. Following a slight delay at the busy customs post we managed to get on an earlier

ferry before the conditions in the channel got too choppy. Even so the ferry took a good 20 minutes to finally dock after entering Dover harbour. Having completed all of his driving duties for the weekend, Roy had a couple of bottles of his favourite tippie, Manns Brown Ale specially brought over from England, on the journey back.

All in all a great weekend made all the better by Roy's 25th consecutive participation in the event. All those who went were grateful to Roy for booking the minibus and making all of the necessary arrangements for the event. Whether the race reverts to 4pm or not, I think the overnight stay in Le Touquet has made us all realise what we have been missing all these years we have been going to this event.



Name	Chip time	Position
Steve Clark	00:46:26	359
Bob Davison	00:47:24	404
Marco Keir	00:49:12	491
Joe Hicks	00:49:46	530
Andy Farrant	00:48:17	561
Roy Gooderson	00:52:07	651
Peter Yarlett	00:52:08	653
Neil Godden	00:51:41	738
Bob Pullen	01:01:58	1364

1643 finishers.



25 YEARS GONE!

By Roy Gooderson

Thanks to Bob for the separate write up on my Le Touquet 25th Anniversary visit.

So let's start at the beginning, which in the case of the Le Touquet 10K for me was 1992,

Which pre dates the Harriers formation. It was great this year that amongst the group of pals that raced was Bob Davison and Joe Hicks who, with me, were Invicta members back in those days. They were also there in 1994 when I ran my all time p.b. of 38.09, a rare occasion when I beat Joe and our first chairman Jim Maguire but not Bob who was in view ahead running alongside Bonny Appleby our foremost lady runner back then. In the early days Le Touquet was an even bigger race than today, with a lot more English runners. Mike Gratton used to take sometimes 2 coaches as part of his running tours and Aylesham Runners and Folkestone AC would also take coaches. I can also remember chatting to Veronique Merot who was born in France but later moved to the UK and became a British Olympic runner twice holding the UK Marathon record, on the second occasion this stood for 13 years until broken by Paula Radcliffe. In these early years the race had more elite front runners, I remember seeing 1983 London Marathon winner Mike Gratton passing 10K in the 20K race in 30.32 to finish only about 12th!

For me personally I think the biggest achievement was beating injury every year, especially during the years I was on pain medication for my severe heel pain. Even last year I pulled a calf muscle at a pub run 3 weeks before the race. With help of Andrew Buckley I managed to get to the start line having not run a single step since the Pub Run. I did a very pedestrian run but still crossed the finish line.

For the many years I organised the coach for Harriers the logistics were always fun, trying to get over 40 people to the right places at the right times was always a challenge especially once they had re-hydrated on the way back (hello Steve). We were joined by many friends from Thanet, Dover, Invicta and Folkestone over the years. Even this year Caroline and Andy from Folkestone were trying to get there and hopefully will return next time.

Over the years we made many stops en route such as swimming at Wimeraux, but perhaps the most memorable was sitting outside a bar in Boulogne Old Town and witnessing a full Napoleonic battle re-enactment, costumes canons and all!

It was moments like that, being with so many friends over the quarter of a century that made it so special!

P.S. Over the years Gerry and I would be in contact with many helpful people at Touquet Opale Athletisme to gain race entries etc. the most prominent being Michel Vandoren who this year kindly presented me with my glass trophy on the start line. I sent him an e mail the Tuesday after the race thanking him for the special day, he replied on Wednesday. The email stated that records had shown that no French runner had matched my total, he was glad that they had made it special for me and inviting me back for number 26. Some days later I received an e mail from his colleague Lucette stating that he had sadly died of a heart attack 2 days after his last e mail. It was unexpected by all, I naturally sent our condolences, he was a hard working club official and will be much missed!



TRANS ALPINE RACE – OR 7 DAYS OF HELL IN THE ALPS

By Simon Jones

I was never really someone who was that bothered about doing crazy long runs or ultra-races, It always seemed to be some strange activity that other slightly mad folk seemed to enjoy or maybe more accurately, endure. The thought of running anything over 90 minutes always felt like a challenge to my very short attention span, but last year when I was travelling through Canada with my girlfriend, her cousin Kevin, a mountain trail runner, asked whether I fancied doing a 2 man race called the trans alpine run. I think the freedom of the road had warped my mind slightly, and it wasn't for another year so I thought yeah why not, how hard can it be, few miles in the mountains – no problem.

Cut forward 6 months or so and Kevin contacted me saying it was time to pay quite a large chunk of euros to enter the race – I thought at this point I should actually check out the website, 10 minutes later feeling a little unwell and sweating slightly from the brow I realise that I had signed up to 155 miles over 7 days climbing over 16,000 meters between Germany, Austria and Italy – hmmm started thinking that I'm probably going to need to train for this.

So over the next 5 months or so I decided to ignore all conventional wisdom that the best way to train for the hills was to “erm” run on hills (what do so called ‘experts’ know anyway) and proceeded to run lots of miles on the flat – what could possibly go wrong. In my mind I was still just expecting a kind of hilly Saxon Shore Relay, I really should have thought this through a bit more.

The race kicked off in the famous ski resort of Garmisch, a pretty town surrounded by scary looking mountains. Never mind I thought, I'm sure we will be heading through the valleys. My girlfriend would be transporting our gear between the various towns and villages we would be staying in across the week – I think she thought it seemed like a lot easy option than running it.

At the pre-race start party the night before the race start we had had a traditional German oompalumpa band (not sure that's the official name), and a marching out of national flags of all the athletes to put us in the mood for a week of running through the Alps.

Day One and I am struck by just how many runners there are (over 600 in total) and how big a race this is – with camera crews and helicopters covering the race. I don't think I had understood how big this form of racing was in this part of the world. The course for the day is billed as a fairly gentle 35k and 2,000 meters climbing which worries me deeply – we head off to the blaring sounds of AC/DC's "Highway to Hell" and proceed to hitting the mountains *across* the German-Austrian border past the village of Ehrwald to the finish in Lermoos. It doesn't take me long to realise I haven't really done the right training for this – the first steep descent leaves my quads shaking and sore, I also seem to be the only runner without walking poles prompting a strapping local chap to observe that the English seem not to like poles, didn't have the energy for a witty response. Needless to say I bought some poles for day Two. We get to the end of day One tired but in one piece, somewhere in the middle of the pack. The one thing that got me through were my running partner and the fuel stops every 10 kilometres topping up fluids and serving all sorts of local meat, cheese and cakes. In the evening, and every evening we would be treated to a pasta party which was an opportunity to mix with all the other competitors and eat lots of pasta – never thought I would get so bored of pasta.

Day Two heralds more "highway to hell" and was a similar kind of distance and ascent to day one covering some glorious trails between Lermoos and Imst through the high Fernpass. We were going well until, true to form, I took the wrong turning in the middle of a forest and we got lost losing around ½ an hour. I could blame the signage but no one else had any problems – didn't stop me moaning about it though. Legs struggled the whole day but head down got to the finish in one piece.



Day Three – more AC/DC, now starting to hate this song – this was going to be the make or break day a killer stage, 52 kilometres, 3,100 meters of ascent from the Imst Valley to the foot of the glaciated Ötztaler Range at the far end of famed Pitz Valley reaching altitudes toward 3000 meters. Things start horribly as Kevin's shins have swollen overnight and he has to pull out after 4k, it's going to be a long day and I'm starting from the back of the field. I keep going on my own up through mountain top passes, clinging to rock

elevations at some points of the day and clambering over boulders, this really isn't the Wingham 10k. At this point my hip flexor is in serious trouble and I can't lift my right leg more than a few inches, me left knee is giving up so it's a slow slog despite the beautiful views. I decide not to check my watch all day and as I hit the last food station I think I have only been running for 5 hours – the last 4k is on road so I think sod it and go flat out, this will be the only real flat section of the day and despite being way down the field manage the fastest time in this section. Unfortunately, when I hit the finish line I see I have been running for 9hrs 30 mins - harsh day, exhausted – cold bath then sleep.

Kevin's injured shins don't improve so I'm going alone for the rest of the race, which means we are out of the official competition. Days Four and Five of course kick off with what I now believe to be the worst song in history, the course covers around 60k and 4,500 meters over the 2 days ascending out of the Pitz Valley by way of beautiful Riffel Lake to an elevation of nearly 3,000 meters, across a glacier section Timmelsjoch, at 2,474 m the highest non-technical pass across the High Divide from Austria to Italy stopping in Sölden at the end of day Four and into St. Leonhard in pastoral Passeier Valley, a proper little Alpine town at the end of day five. I don't recall much from these days and wasn't sure how far I would get with my hip problems, I focus on keeping my head down and trying not to hurt too much. I'm on my own but plenty of friendly competitors from a multitude of countries across the globe offer encouragement along the way, some even ask if I want to join their team for the day which was really generous – my body seems to have found a way with dealing with a multitude of niggles and holds together okay despite me sliding off the trail four times over these 2 days.



Day six and we hit the southern Alps with Alpine meadows, precipitous peaks and colourful lakes hemlining the trails with the Dolomites as a backdrop – it's a 35 k day with 2,300m climbing – I keep it steady and for the first time actually believe I can finish and start enjoying the beautiful scenery – we end in Sarnthein – I treat myself to a few beers.

As I head into the final day I actually feel alright – my only major issue aside from AC/DC being a dodgy right knee. The day starts with a long 15 km ascent into the high country of the Sarntaler Alps, with the landmark peaks of the Dolomites always in sight, the course eventually drops into Brixen. Early in the stage my right quad muscle pulls in reaction to my dodgy knee, its going to be a struggle – I take a good dose of Ibuprofen and push on.

I get to the last 7k in good time but know the last 7k is a steep technical never-ending descent of 1,500 meters into the historic town of Brixen and the finish. I struggle down the hill and am struggling a lot but to be honest if I had to I would roll down the hill to the finish, I hit Brixen and despite the pain manage to sprint the last 400 meters. I finish in a total time, for the week, of over 40 hours – quite a long way behind the leaders who finish in under 30 hours but just happy to have got to the end. There were a lot of tears shed at the finish line in front of the cameras but not from me as that's not the British way, I give a quick nod and a wave to spectators which is plenty enough emotion for me – job's done where's my beer.

It was a crazy long week of attrition climbing/running. Whilst I really enjoyed it and was chuffed to get to the end I hadn't appreciated this was effectively a different sport and thought I could just rock up and compete because I could run a decent 10k. I was pretty naïve and I was lucky to make it to the finish. I was sorry my running partner had had to drop out, this was really his sort of running and he would have done a far better job of getting through the mountains than I did and probably



appreciated the quality of the trails more than me. I actually cheered whenever I saw we had a section of road to run on which was the opposite of most of the competitors.

For anyone considering competing in this race, the scenery and the quality of trails, through the mountains, was phenomenal and the race well organised with a great atmosphere. My only advice would be that to run in the mountains you need to train in the mountains otherwise you spend half the week like I did, worried about falling off the mountain. I'm not sure if I'd do this again – unless of course someone asks and I have had a pint or 2 😊.

ROY'S XMAS RUN 2016

The event would include the usual mulled wine, bonfire, mince pies etc. with an off road run from 14 Lovell Rd. Rough Common CT2 9DG at 10.00am Sunday 18th December.

Many thanks,
Roy Gooderson

CLUB CHAMPIONSHIPS

The Club Championships has proven to be a bit hit with the club and is only in its 2nd year. Thanks to the committee for helping with this and hopefully we can have more club runners in the race next year.

Despite the wet conditions there was a record turnout of 48 Harriers for the annual Club Championship Race run as part of the Givaudan Ashford 10K on Sunday 9th October (the biggest number of Harriers in any race since the club's formation in 1993.) Jenny Benson was first lady in the overall race and along with Jo Norrington and Jennie Gardner claimed the ladies team prize for the Harriers on the day. Tina Jones also had a great run finishing 3rd overall in the ladies V60 category There were 10 debuts over the distance and a massive 22 PB's. Well done to everyone and thank you for supporting the event. Full details of the results can be found in the results section on the club website.

Award Winners

Mens

1st, 2nd 3rd	Simon Jones	Paul Knight	Jacob Hussey
30-39 1st, 2nd, 3rd	Ian Pearson	Dean Bradshaw	Thom Fenterm
Vet 40-49 1st, 2nd, 3rd	Adam Elston	Mike Denson	Glen Wilson
Vet 50-59 1st, 2nd, 3rd	Andy Philips	Jon Blunt	John Cooper

Vet 60+ 1st, 2nd, 3rd Thomas Hooley Andy Farrant Bob Davidson
Vet 70+ 1st Philip Hadler

Lady's

1st, 2nd, 3rd Jenny Benson Jo Norrington Jennie Gardner
20 to 39, 1st, 2nd, 3rd Melanie Christodoulou Emma McCabe Briony Care
Vet 40, 1st, 2nd, 3rd Fiona Tester Caroline Wetherill Deborah Parris
Vet 50 1st, 2nd, 3rd Theresa Johns Karen Hoult Shirley Pullen
Vet 60 1st, 2nd, Tina Jones Catriona Coltart

By Yiannis

REPRESENTING GB IN MEXICO



The 14th of September came round very quickly and it felt not so long ago when it was June and I took home 2 Bronze Medals.

I was in tapering mode, however preparations didn't go to plan. After the Whitstable Surf and Turf I decided to rest my leg as I was getting a problem when racing and doing speed work which was making it worse. For some reason jogging was fine so I decided to take 9 days rest from running and I still had 6 weeks left until the World Championships. So I decided to do more swimming sessions and realised my running fitness wasn't going to be affected too much. After the 9 days of not running I was back to normal and running fine.

Just before I headed off to Mexico I had five days in Greece for my cousin's wedding, where I ran on a treadmill those days in the hotel. But I decided to shut the windows in the gym there so I could acclimatise for Mexico. It was tough and very hot but good training.

So I raced at the Ocean Tri Aquathlon on Wednesday a week before the World Championships and finished 3rd. At the race itself, I didn't push too hard and found my 5k time was where I wanted it to be; my swim time was around 1 minute slower but I knew that would happen as I wasn't wearing a wetsuit. I finished 3rd and only 50 seconds off the winner, so I was happy as I took it easy and was the only non-wetsuit swimmer. I didn't use a wetsuit as I wanted to get used to swimming without one for the World Championships.

The time came and I was off to Mexico, I was raring to go but I had a slight concern at the back of my mind as I had an Achilles niggle. I arrived in Mexico safely and the first thing I done was check the beach out for training. It was amazing, I have never seen such clear water and white sand; this was paradise. It was even better when swimming in the sea as I could see loads of fish. I had one easy one hour run a few days before the race and it was hot and tough because of the heat.



The day before the race we headed down to the ferry port to Cozumel and found out that there were no early ferries for Wednesday that would get me to the race on time. This sent me into panic mode and I was stressing about it, which didn't help. I then went back to our hotel in Playacar and grabbed my stuff in a rush – my mind was all over the place. I headed to Cozumel and went to the Expo first to register, then I went walking round with my wife looking for a hotel for the night. We managed to find a hotel. The hotel wasn't great but it would do for a night. After we checked into the hotel, I was more relaxed and then it was time to go to the team GB race briefing, have dinner and then sleep.

I woke up on the race day at 5am with the race at 8:50am, I wanted to be wide awake and ready to go. I always race better and train better in the evenings so it was important to be up early. I started to hydrate as it was very hot, roughly 32 degrees. By the time I got to the race I had

drunk over 5 litres of water which I found out later was probably not enough.

I then went and put my stuff in transition and I soon found Alastair Brownlee walk past me; he was racing too. It was a huge honour to be in the same race and transition with him.

The race then started and I started off hard because of the different format of a 2.5k run followed by a 1000 metre swim and 2.5k run again. I was going strong and in 5th place after a mile, however all of a sudden my pace dropped and I started to struggle. I got into transition and felt dazed. My wife usually tells me where I am in transition and I chat back but something wasn't right as I was feeling awful. I proceeded into the sea and found it a struggle to swim the first 500 metres with my shoulders feeling dead. Afterwards I started to feel fine and started to push the swim. I came out into transition and sprinted out onto the run; I then started to find I was struggling and my pace started to slow down. I saw a person collapse near me but the last part of the race was a bit of a blur. I remember the last 100m sprinting and taking a while to move away from the finish.





Overall I finished 28th; I am happy with my performance and the heat did affect me and therefore was not able to perform to my best. This has now given me a new experience and learning curve that I can use to build on next year at the Europeans and World Championships. It seems all the European Athletes suffered as the heat was awful, however I enjoyed the experience and hope to come back even stronger next year.

FIRST CROSS COUNTRY: KNOLES PARK





RUN IN REIMS 2016

By Tim

Whilst many of you took part in the Club Championship running 10k around Ashford on 9th October an intrepid team of four Joe Hicks and Tim Richardson-perks from Canterbury Harriers together with Paul Commons and Ivonne Goetsch from Maidstone Harriers set out to represent Queen and Country competing against 11440 runners in Reims.

Having arranged travel on Euro Tunnel we set off in pouring rain from Folkestone, our car being ably driven by Karen Grieves (Paul's partner and non-running supporter). However the clouds gave way to hazy sunshine about 10km south of Calais and by the time we arrived in Reims in mid afternoon it was bright sunshine. ☺

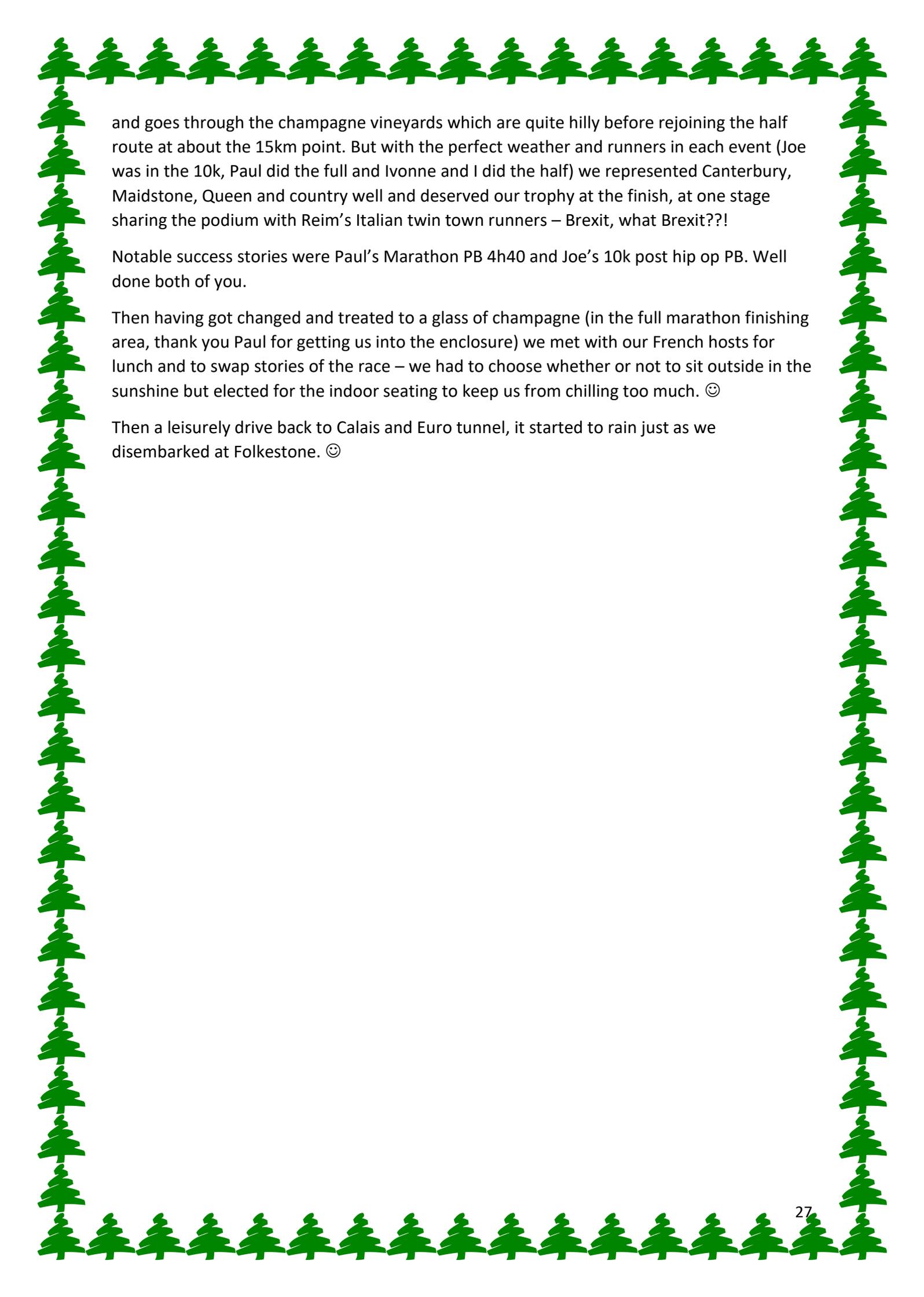
That evening we were well entertained by Patrice Muzart from the Reims Twinning Association and a number of runners from Reims Running Club who also accommodated us in their various homes. Patrice had also organised our race entry (paid for by the RTA) and collected our race numbers and T-Shirts so we were treated like royalty in many respects.

After a goodnight's sleep we set off for the start and arrived in the starting pens just before 830am for the phased start (3 minute intervals between pens but chip timing as usual covered the handicap and enabled us to run smoothly from the off). All except Joe that is who because he was running the 10k started at a more civilised 1130. Almost forgot to mention the running conditions: Cloudless skies, bright sunshine, not too warm but not cold either. In other words perfect, what was it like in Ashford? ☺

Here is proof, a photo of the start



The course runs mainly through the city of Reims and is mildly undulating for the half and 10k runs, certainly PB potential if you're fit. The full breaks away from the half at about 9km



and goes through the champagne vineyards which are quite hilly before rejoining the half route at about the 15km point. But with the perfect weather and runners in each event (Joe was in the 10k, Paul did the full and Ivonne and I did the half) we represented Canterbury, Maidstone, Queen and country well and deserved our trophy at the finish, at one stage sharing the podium with Reim's Italian twin town runners – Brexit, what Brexit??!

Notable success stories were Paul's Marathon PB 4h40 and Joe's 10k post hip op PB. Well done both of you.

Then having got changed and treated to a glass of champagne (in the full marathon finishing area, thank you Paul for getting us into the enclosure) we met with our French hosts for lunch and to swap stories of the race – we had to choose whether or not to sit outside in the sunshine but elected for the indoor seating to keep us from chilling too much. 😊

Then a leisurely drive back to Calais and Euro tunnel, it started to rain just as we disembarked at Folkestone. 😊

EUROPEAN LONG DISTANCE TRIATHLON CHAMPIONSHIPS - DAVE BOWDEN



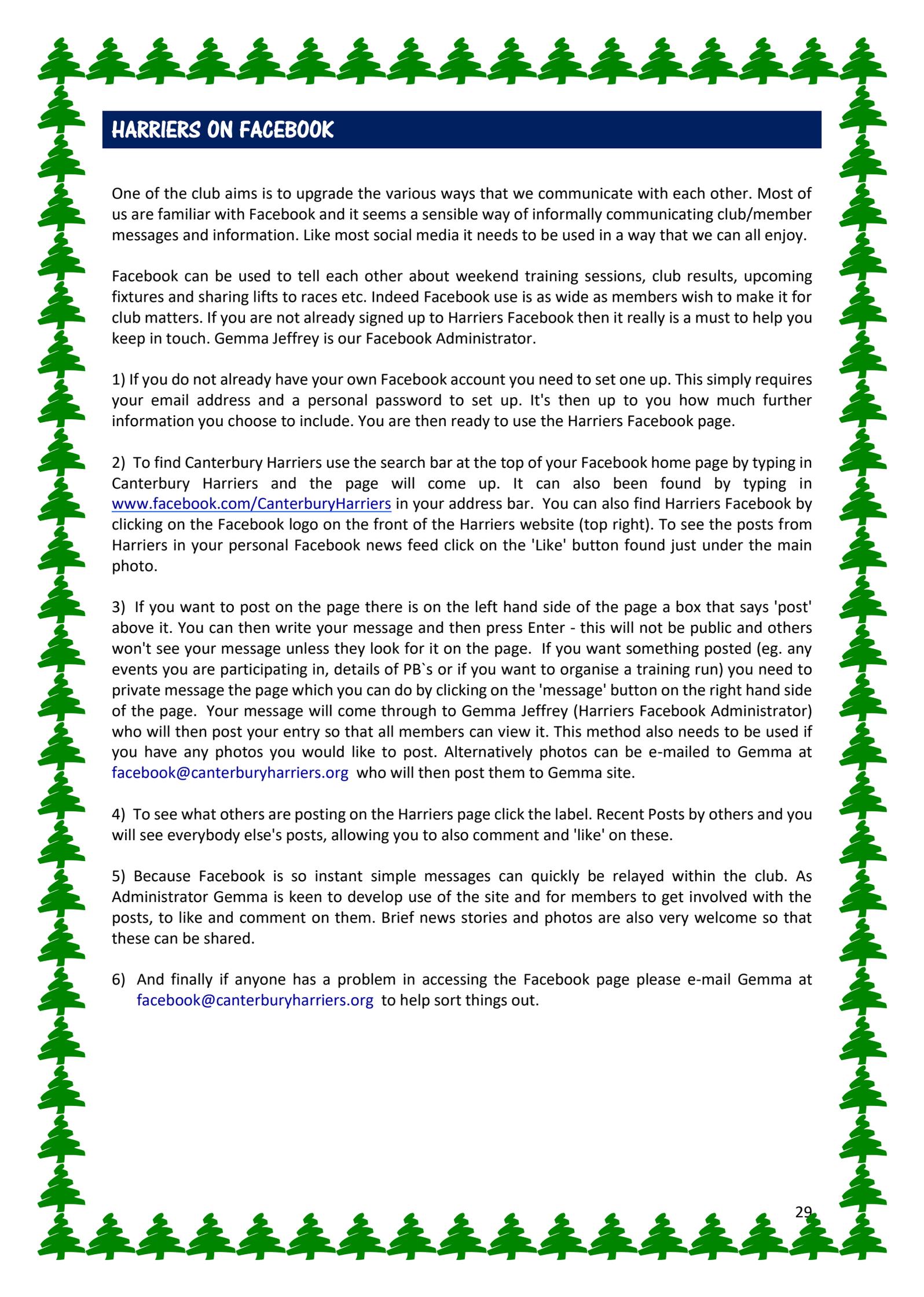
Canterbury Harrier Dave Bowden represented Great Britain at the European Long Distance Triathlon Championships at Poznan, Poland finishing sixth in Europe and the first Brit over the line in his age group.

Dave was delighted with his performance finishing in 10 hrs 3 minutes with 1:05 swim, 5:30 bike and 3:17 which gains him automatic qualification for next years European and World Championships. The event comprises a 2.4km open water swim followed by a 180km bike ride and finishes with a 42.2km run.



Dave said "it was a tough day in 28 degrees with high humidity and a real step-up in class racing with the best in Europe but wearing the GB kit really spurred me on"





HARRIERS ON FACEBOOK

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

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

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

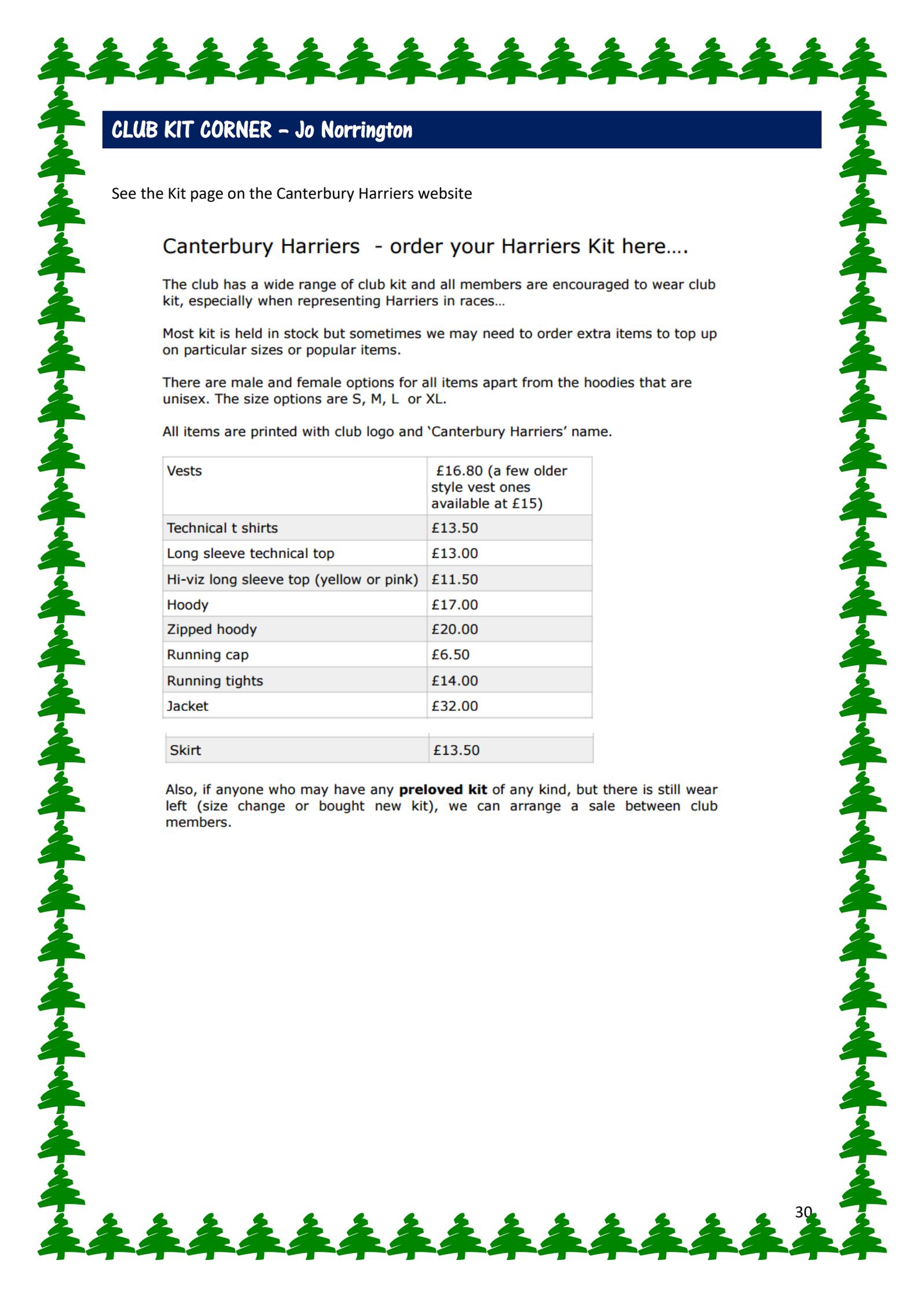
2) To find Canterbury Harriers use the search bar at the top of your Facebook home page by typing in Canterbury Harriers and the page will come up. It can also be found by typing in www.facebook.com/CanterburyHarriers in your address bar. You can also find Harriers Facebook by clicking on the Facebook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

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

See the Kit page on the Canterbury Harriers website

Canterbury Harriers - order your Harriers Kit here....

The club has a wide range of club kit and all members are encouraged to wear club kit, especially when representing Harriers in races...

Most kit is held in stock but sometimes we may need to order extra items to top up on particular sizes or popular items.

There are male and female options for all items apart from the hoodies that are unisex. The size options are S, M, L or XL.

All items are printed with club logo and 'Canterbury Harriers' name.

Vests	£16.80 (a few older style vest ones available at £15)
Technical t shirts	£13.50
Long sleeve technical top	£13.00
Hi-viz long sleeve top (yellow or pink)	£11.50
Hoody	£17.00
Zippered hoody	£20.00
Running cap	£6.50
Running tights	£14.00
Jacket	£32.00
Skirt	£13.50

Also, if anyone who may have any **preloved kit** of any kind, but there is still wear left (size change or bought new kit), we can arrange a sale between club members.



HARRIERS TRADING PAGE

rgelectronics

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

Contact details:

Roy Gooderson

66 Oxford St

Whitstable

Kent

CT51DG

01227 262319

www.rgelectronics.co.uk

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.

Steve's Reynolds Maintenance

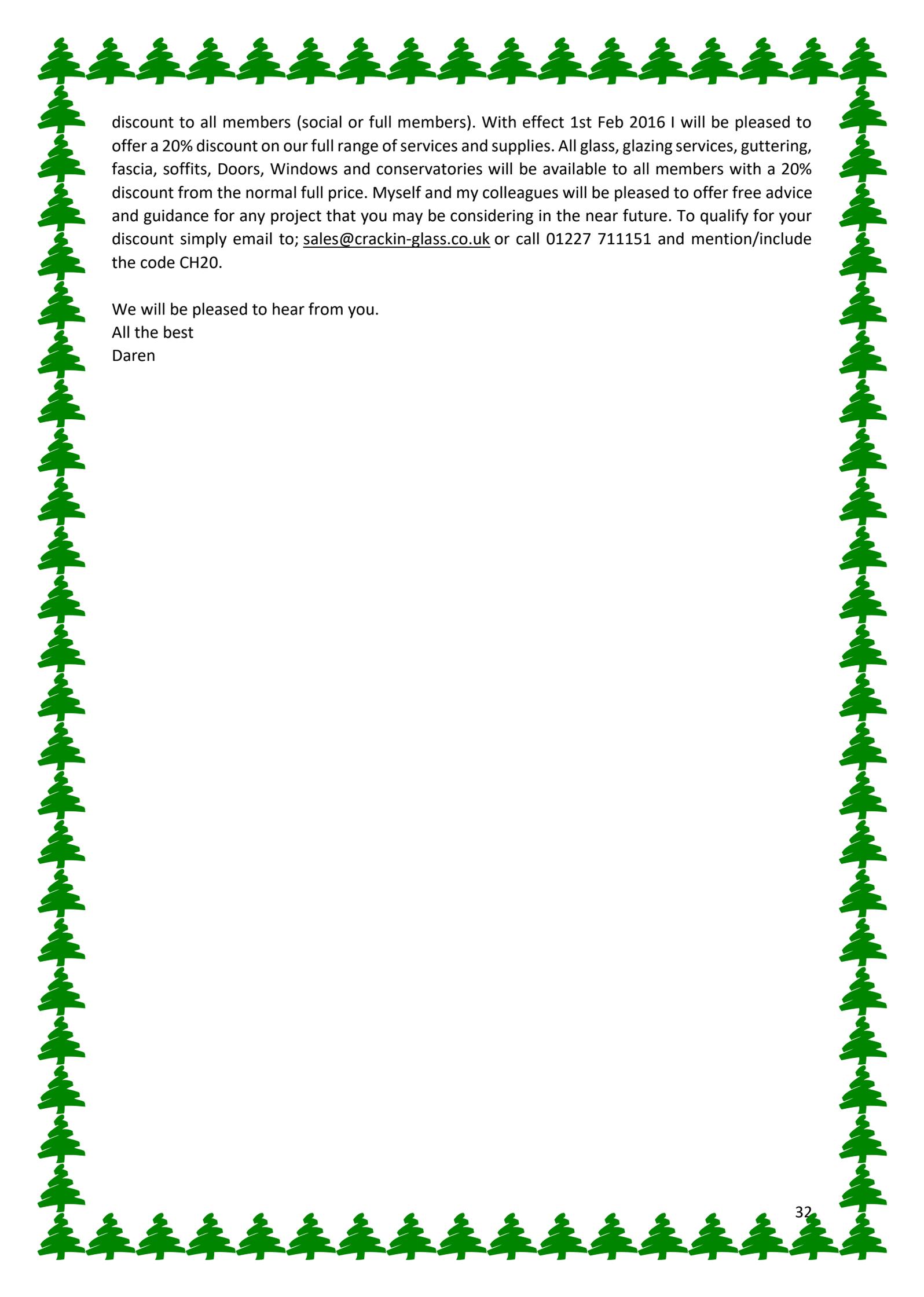
All house and garden maintenance
01227 361112 or 07951754926

Crackin' Glass

Hello to all members.

As you know we Harriers enjoy some 'perks' in the form of corporate discounts and advantages with various suppliers connected or associated to our shared pastime of running. Some of you may already know that I have my own business and this year CRACKIN' GLASS has agreed to a joint sponsorship of the Whitstable 10k event.

This being the case it seemed a natural extension of this arrangement to also offer a 'Harriers'



discount to all members (social or full members). With effect 1st Feb 2016 I will be pleased to offer a 20% discount on our full range of services and supplies. All glass, glazing services, guttering, fascia, soffits, Doors, Windows and conservatories will be available to all members with a 20% discount from the normal full price. Myself and my colleagues will be pleased to offer free advice and guidance for any project that you may be considering in the near future. To qualify for your discount simply email to; sales@crackin-glass.co.uk or call 01227 711151 and mention/include the code CH20.

We will be pleased to hear from you.
All the best
Daren