

The Harrier

The newsletter of the Canterbury Harriers

CONTENTS

CHAIRMAN'S WINTER WELCOME	2
YOUR EDITORS	6
NEW MEMBER: DEBORAH PARRIS	7
TRAINING SPECIAL	9
SPOTLIGHT: GERRY REILLY	15
FICTIONAL RUNNERS	18
SPORT COMPANY DISCOUNTS AVAILABLE TO HARRIERS	19
HARRIERS ON THE MARCH AT CARDIFF HALF - WORLD CHAMPS	20
CROSS COUNTRY PRESENTATION EVENING - PHOTOS	21
SUMMER SESSIONS BEGIN - PHOTOS	22
MARATHONS 2016 - PHOTOS	24
GB ATHLETES 2016 - DAVE BOWDEN AND YIANNIS CHRISTODOULOU	25
INJURY PREVENTION STRATEGIES - ANDREW BUCKLEY	27
UK ATHLETICS COACH IN RUNNING FITNESS – YIANNIS CHRISTODOULOU	29
FINAL CROS COUNTRY OF LAST SEASON	31
ISLE OF MAN EASTER FESTIVAL OF RUNNING 2016	32
REPORTING YOUR RACE RESULTS	34
HARRIERS ON FACEBOOK	35
CLUB KIT CORNER - Jo Norrington	36
HARRIERS TRADING PAGE	38

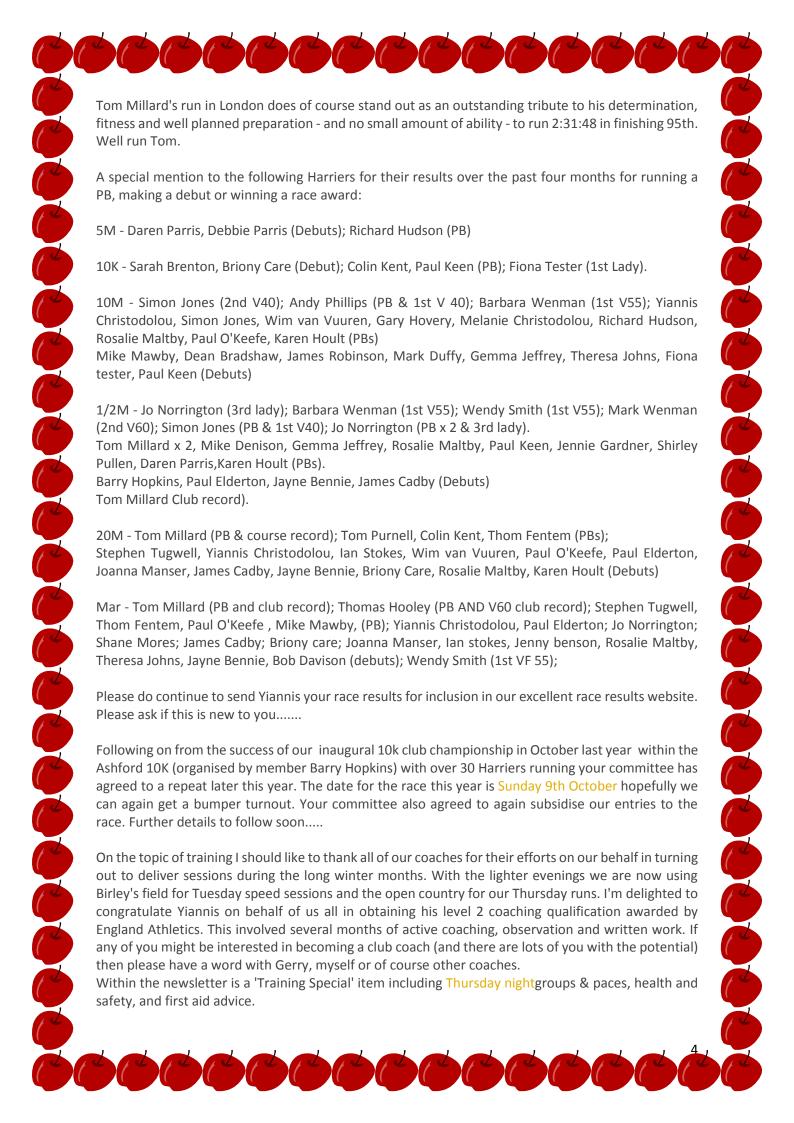
CHAIRMAN'S WINTER WELCOME Dear Harrier, A warm welcome to the latest edition of The Harrier and with thanks to Mel and Tom for their editorial skills and expertise to provide us with this issue. We currently have 152 members made up of 139 running members, 5 honorary members and 8 social members. It's also great to welcome new Harrier members to the club. I hope that you enjoy your membership with us and are already benefitting from regular training sessions. In February about 25 of us attended an excellent talk by Andy Buckley on 'avoiding injuries'. Andy was philosophical in expecting many of us to get injuries simply because running is a sport that has high impact on legs and knees. However, Andy pointed out that there are many actions we can take to avoid injury, including improving posture, strengthening our core, choice and replacement of shoes, cross training and diet. Andy was dubious about the benefits of stretching for club runners and the use of orthotics - but certainly wouldn't rule either out if other actions had been exhausted. Andy also presented a table outlining a gradual approach for returning to running following injury or sickness. Andy has prepared a fuller (and much more professional than mine!) description of his talk which is included in this edition. For the information of newer members Andy runs a local physiotherapist practice based in St Stephens that treats many Harriers and who offers a 10% reduction for Club members. I'm delighted to say that Harriers now has two current Internationals in the their age groups. Dave Bowden is representing GB in June in the ETU European long distance triathlon championships at Poznan and Yiannis Christodolou in the ETU European Aquathon championships in July at Chateauroux. Congratulations to them both for reaching the ultimate standard of competition. We wish them both much success in their respective events. An extended item is inside this newsletter. The summer relays will soon be upon and if you haven't yet caught up with the dates/venues as below. These five events will replace our normal Tuesday club sessions and everyone is encouraged to come along and have a go. All the legs are between 2 and 2.5 miles long and we can enter as many teams as we like, so everyone who turns up will get a run! As an added bonus the club pays the entry fees: Tuesday May 17th at Folkestone starting 19:15 Tuesday May 31st at Minnis Bay starting 19:30 Tuesday June 7th at Ashford starting 19:30 Tuesday June 21st at Samphire Hoe, Dover starting 19:30 Tuesday July 5th at Canterbury starting 19:30 Other dates to look out for are our summer pub runs organised by Andy Farrant. Andy will be circulating a series of Friday night dates to which all members are invited to offer to organise a run from a local pub (with the pub's agreement of course!). Please have a word with Andy if you have an idea for a pub run. For new members, these are social Friday night runs from a local pub followed by food paid for by Harriers. A very engaging quiz night was held in early March (and I still can't believe my table didn't win - yet again). Many thanks to Steve Clark for making the arrangements and Mel Christodolou (plus mum and dad) for organising a sumptuous banquet. Our cross country presentation evening was held on Wednesday 27th April at Rough Common Village Hall. This was a great opportunity to recognise our many marathon runners having competed at a

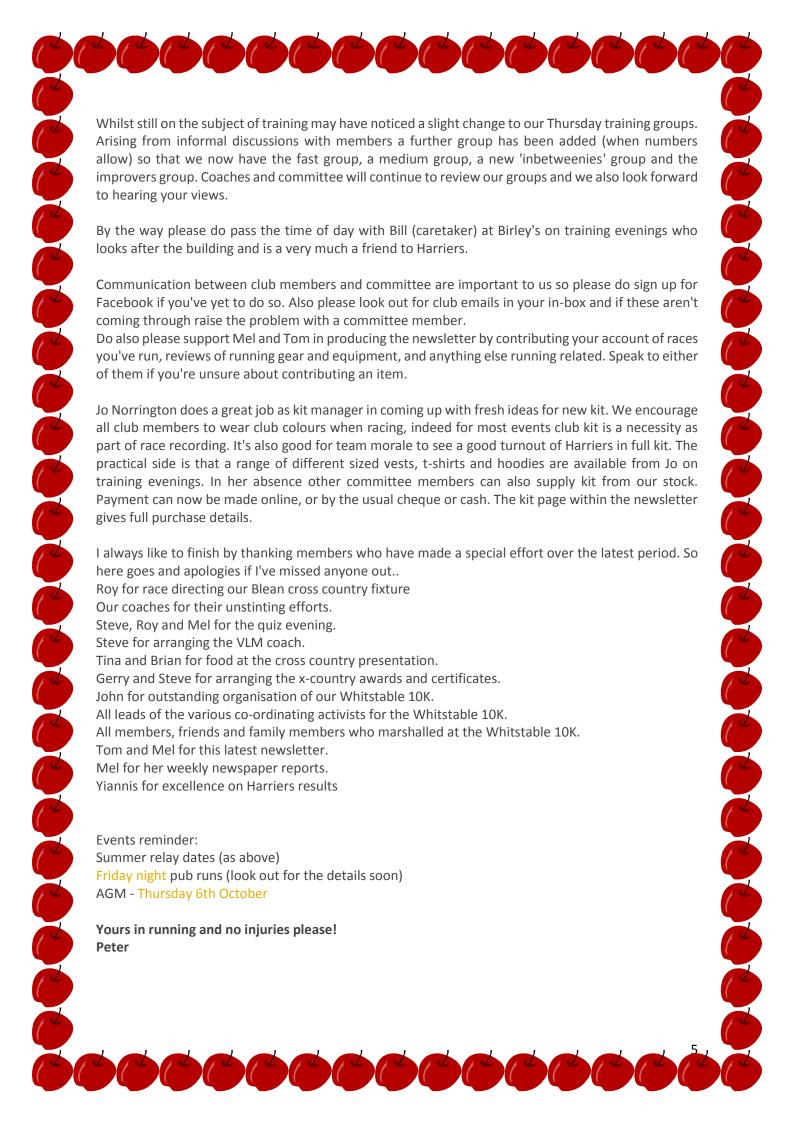
wide range of events over the past 12 months. For many the marathon is the ultimate athletic performance and it's completion a rich reward for many months of training and preparation. The cross country awards showed that we had competed in depth, particularly at the winter series of KFL races. Simon Jones was 4th overall in the race series and Tom Purnell 6th. Barbara Wenman again won the V55 overall KFL award. Well done all. Over 20 of us had competed in six or more races during the season and received a small club award in the form of an embroidered towel. Full details of award winners and some photos are inside this newsletter. You will recall that I emailed all members in December and again in March this year concerning opening membership of our club to a limited number of King's School pupils. In the event six pupils have joined our club and a number took part in championship cross country events which was the principal reason for them seeking membership. Should the committee decide to recommend making King's pupils membership permanent then this will be an item at our AGM on Thursday 6th October. Whitstable 10K - despite the best efforts of Serco in scuppering our well planned parking scheme on the Friday before raceday, the race was once again an excellent example of Harriers on 'full throttle' in terms of teamwork and bringing together all of the meticulous race planning under the leadership of John Hartley. The weather was Even the BBC weather app b shaved itself and we were blessed with a very running friendly day. Excuse the brevity of my reporting race day but in order to meet Eds. deadline for copy I have rapidly summarised what was a really outstanding day and I will give you a fuller account next time. Congratulations to John Hartley for superb race directing, the countless Harriers who lead the various co-ordination teams, and helpers on the days leading up to the race and the day itself. It is great to see so many Harriers entering local road events following the end of the x-country season. What is particularly welcoming is the large number of high placings in the various age groups and the team results that follow. This is high reward for everyones training programmes over the winter period and good news for those undertaking spring marathons. The Easter racing programme saw 45 Harriers competing in a range of events starting with the Folkestone 10 miles on Good Friday with Simon Jones setting a PB and placing 3rd V40. Paul O'Keefe also set a PB. On the Saturday 11 Harriers ran at Whitstable and 2 Harriers at Canterbury parkruns respectively. The big event in March was the IAAF half marathon world championships held in Cardiff with seven Harriers competing and Tom Millard had another exceptional run breaking the club record for the distance with 71:37. Pete Hogben also finished strongly with 75:36 and Mike Mawby 74:69. Mike had the distinction of tripping over the eventual winner on the start line! Jo Norrington, Daren Parris and Karen Hoult all achieved PB's. It was great to see Harriers competing in this world event, underlining the ambitions of Harriers members to race at the highest levels. The weekend wasn't over though with Tom Hooley tacking two races in the Isle of Man and and an excellent club turnout in the university of Kent 10k - with Simon Jones, Tom Purnell and James Scanlon placing 1st, 3rd and 5th respectively. Also running spectacularly was Fiona Tester in winning the female race. Over the recent spring marathon 'season, we have been spoilt for choice in acknowledging performances. At Manchester, Boston, Blackpool, Brighton and London we have had star performances whether in setting club records, personal bests or making debuts, or in 'simply' finishing all have shown grit and determination of the highest order. The marathon is a test of meticulous and dedicated training, leading up to the pain, pride and performance of completing 26.2 miles. Well done

Also a word for those whose plans were knocked sideways by injury or illness who with redoubled

all.

determination will be back to tackle the distance.





YOUR EDITORS

MELANIE CHRISTODOULOU



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

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

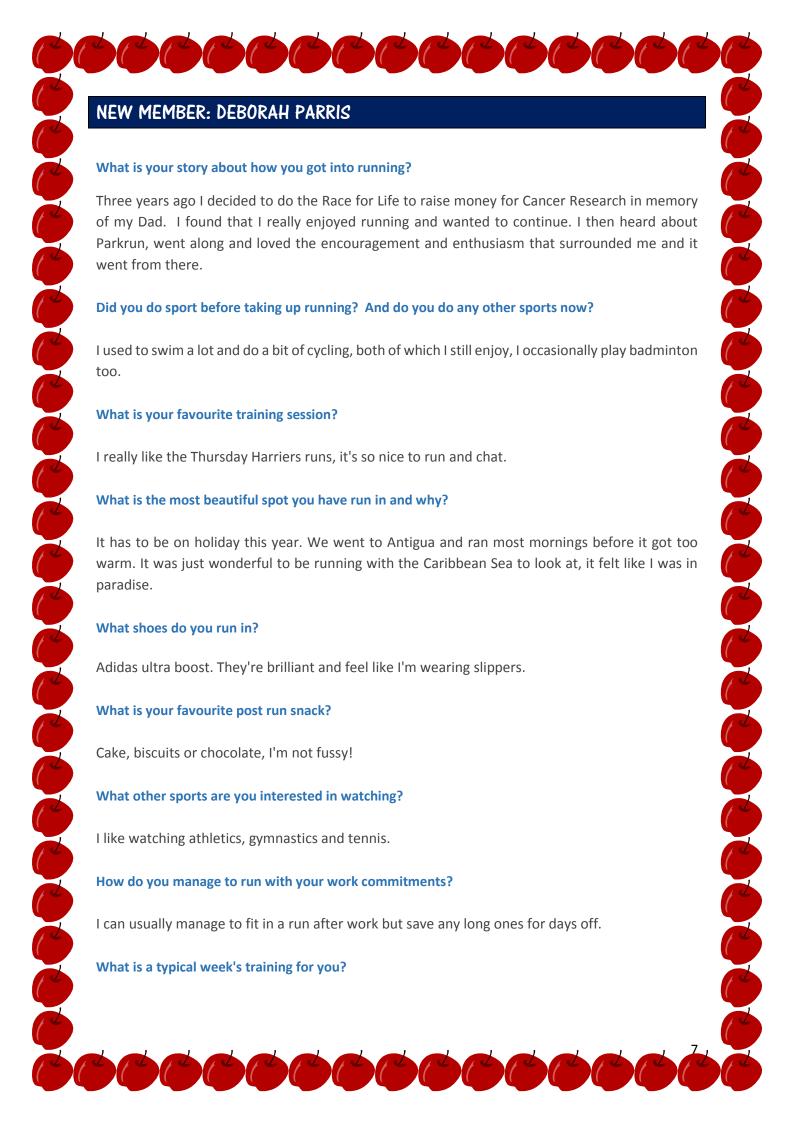
melaniegeorg@hotmail.com

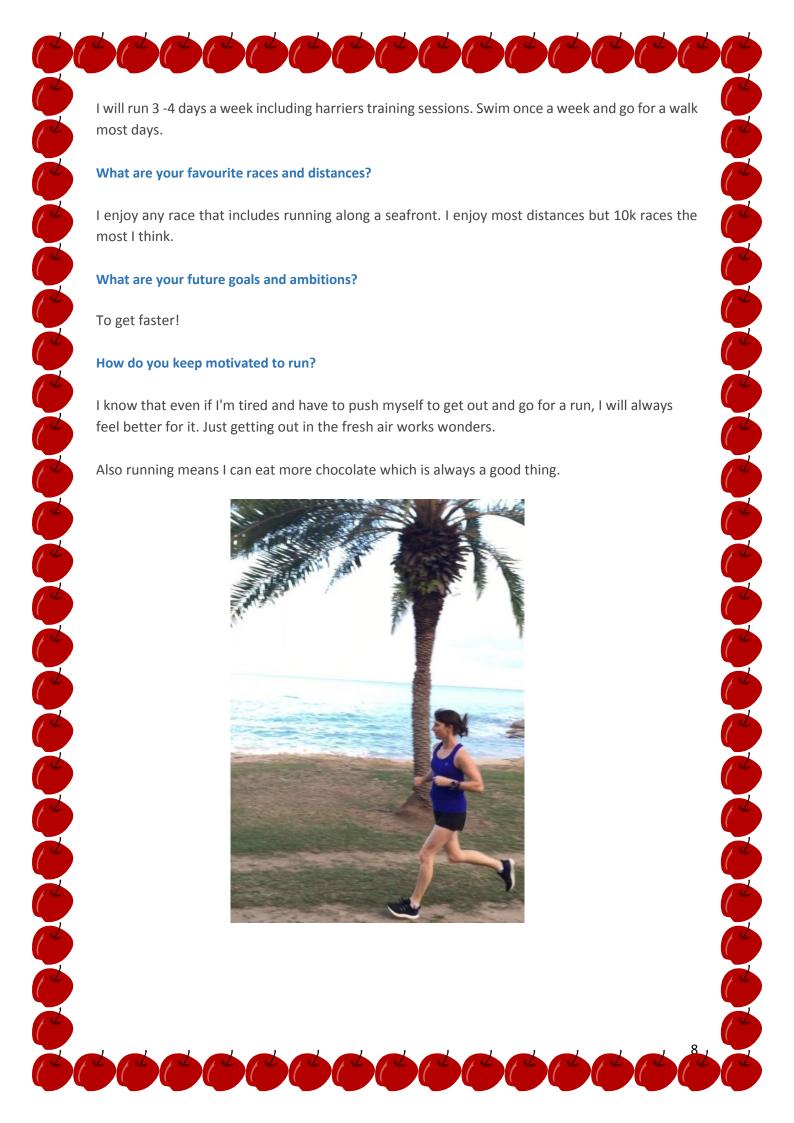
TOM MILLARD



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

tomillard161@yahoo.co.uk





TRAINING SPECIAL We want all Harriers to enjoy and gain fitness from our training club nights, placing the health & safety of members as a key priority. We have therefore prepared this Guide based on our input as coaches and, importantly, feedback to us from your experience as runners. The Guide covers training etiquette, when not to run, first aid, accident reporting, training groups and winter routes. We hope you enjoy the Guide and we look forward to your comments.

Your Coaching Team

Running on Empty







Training Etiquette:

- Please carefully listen to all explanations given, both at the beginning and during club training sessions. This is particularly the case for instructions on routes and health and safety matters. Please do follow the advice given.
- In the darker months wear reflective clothing and/or a light so that you can been seen by motorists.



 When crossing roads as a group be careful and don't 'jump' traffic lights or motorists. Use zebra crossings where these are conveniently placed.



- Always loop back for slower runners when requested to do so by the run leader as we do not want to lose anyone en-route.
- Please be aware of each of our 4 winter routes A D so you can assist newer members who may not be as familiar with them.
- Be aware of runners in the pack who may be some way behind so that they can be given every chance to regroup at the designated points.



General health:

Do not run if you are feeling unwell. It is better to miss a session and get medical advice rather than incurring a long term injury or condition. All

members are responsible for your own health and well being and we would ask that you seek medical advice if a condition is affecting your running.

We recommend to all members the website 'Runners Medical Resource' as providing sensible and appropriate advice when training and racing. It's well worth a read. http://www.runnersmedicalresource.com



First Aid:

When training with the club we consider the following as sound advice for first aid matters:

Coaches will carry a mobile phone in case any incident or injury requires an emergency 999 response. We would ask that as many



members as possible also carry a mobile phone for similar purposes.

If you incur a strain or sprain whilst training and are unable to continue then please ask another member to accompany you back to Birleys. A club first aid box is kept in the club's storage cupboard for emergency use should the injury require this. However do not go beyond your level of competence. It

may be better to summon emergency assistance or attend the local A&E at Canterbury Hospital.

- You will need to ask that evening's coach for the entry access details/ number to Birley's should the security gate need to be opened.
- A number of Club coaches have first aid training but obviously cannot be at every training session or be available for all possible eventualities. We would therefore ask that club members who might also have an up to date first aid qualification take the appropriate action to assist a member. Obviously, do not move the person if there has been a major accident.
- In case of an accident whilst training members might find it helpful to carry on their running clothing a tag having information that would be helpful should an accident occur, including contact details 'ICE' in case

of an incident, reaction to allergies, medication being taken etc.

Happy and safe running everyone.









We encourage all members to join the appropriate group that suits your comfortable training pace. Thursday night runs are not intended to be 'races' so please choose the group that will assist your fitness and enable you to maintain contact with that group. The group leader will regularly check the whereabouts of those in the group and will 'loop back' to enable slower runners to rejoin the group and to catch their breath a little before moving off again. Those members who are running comfortably within the group will take the opportunity to actively jog to whilst slower runners rejoin the group.

As a guide the approximate pace of each of the four groups is:

Improvers @ 9.30 - 10.00 minute pace approximately





In-between group (if numbers permit this group to be formed) @ 9.00 minute pace approximately

Middle Group @ 8.00 - 8.30 minute pace approximately





Fast group @ 6.00 - 6.30 minute pace approximately

Always loop back for slower runners when requested to do so by the run group leader as we do not want to lose anyone on the route.

Do become familiar with our four main winter running routes set out below.

During the summer months we can take advantage of a variety of off-road routes. As a reminder our Winter routes A - D are as below:

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 Dover Road - Nackington Road - Back of Cricket ground - Through 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).



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)

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 -Round Parkwood Estate - Footpath Sports Centre - Giles to University 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 mile fast) - Whitehall Railway Bridge Whitehall Gardens - St. Dunstans -Kirby Lane - Station Road East -Under Railway Bridge - Footpath to St. Stephens Court - St. Stephens (D = 6.5 miles)Road -Birleys approx)

By Peter Yarlett

SPOTLIGHT: GERRY REILLY

What is your story about how you got into running?

I only really got into serious running / training/racing when I joined Canterbury Harriers in 1994. Prior to that it is fair to say that over the years I dabbled off and on. Being built like a whippet as a child I was always running around like a whippet and in a game of football I would usually be the fastest and the one with the most endurance. The problem was that although I would be the first to catch up with the ball I didn't have the foggiest idea what to do with it once I caught up with it. I grew up below a mountain so as a youngster was always running up and down the hills and through the forest below which is why I love running in the hills and though the woods.

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

My main sport has always been golf. I grew up beside a golf course (below the aforementioned mountain) and from a very early age was earning pocket money through caddying and sneaking on to the course in the evening with my single club to play. In my later school years and whilst at university I moved on to professional caddying during the summer breaks and also played the game on a regular basis and to a reasonably low handicap standard. I have been a golf club member for the last 40 odd years , still love the game , and as a coach realise the simple benefits that the "exercise" of golf gives despite the hurtful slanders and libels of Supreme Chief Clark. Over the years however because of my work commitments etc my opportunity to play and in particular practise has been limited. I also used to play squash quite a lot and found it a fantastic way to keep fit.

What is your favourite training session?

300/200/100 reps on the side of Birleys Field – both coaching and doing!

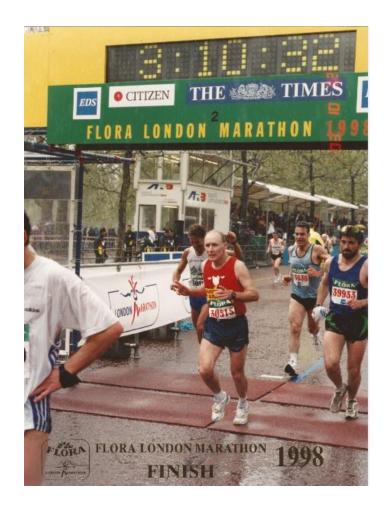
What is the most beautiful spot you have run in and why?

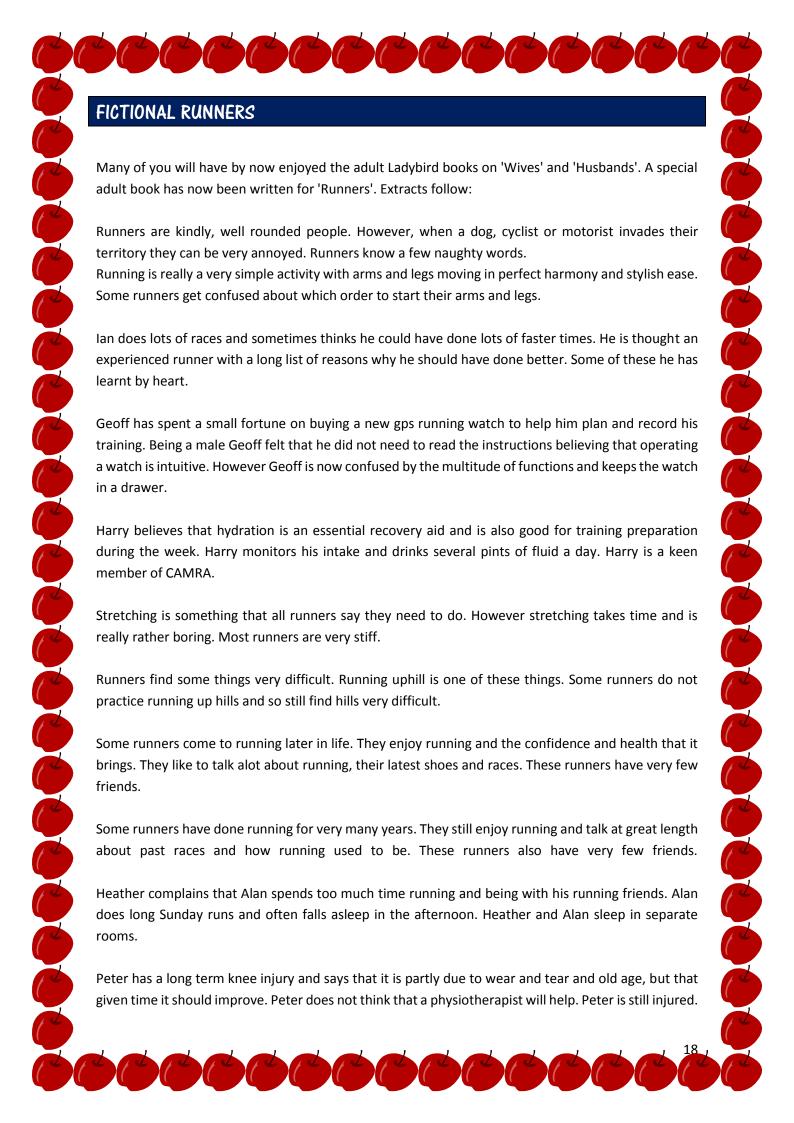
Borrowdale in the Lake District viz starting in the hamlet of Seathwaite over Stockley Bridge and up the valley alongside Grains Gill towards Great End , round by Sprinkling Tarn then Styhead Tarn below Great Gable and back down to alongside Styhead Gill to Stockley Bridge and back to Seathwaite - on a summer evening when there is still plenty of light and the hordes of backpackers have retreated to their B @ B's. A tough and technical 6 miles approx. run but blissfully quiet and beautiful as was the norm no doubt when Coleridge did the same (in his case walking as he would probably be writing poems as he went along).

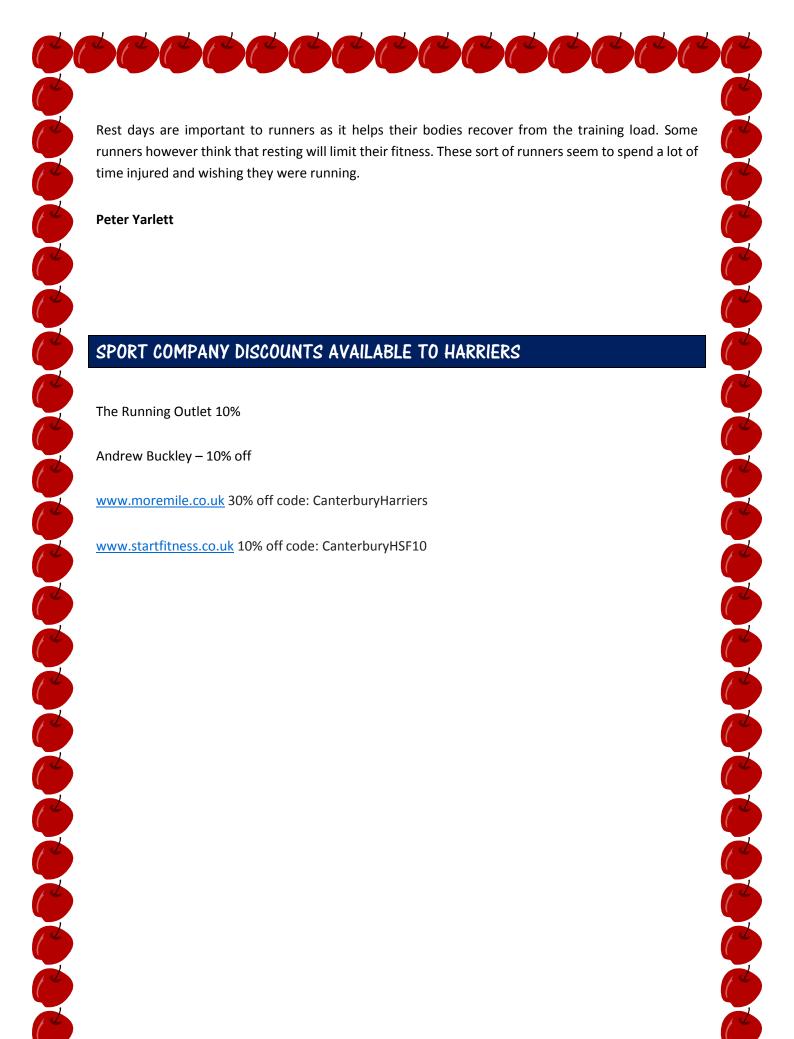
What shoes do you run in? Generally Mizuno or Asics. As I am lightweight and a neutral gait runner I fortunately don't have any issues with the choice of shoes that I use but instinctively will always work on the simple principle of as light as possible with as much cushioning as possible. What is your favourite post run snack? Strangely enough (or not) I find running ,particularly a hard running session, to be an appetite suppressant so I tend to forego the immediate "snack" as such. I have been known however to have an occasional pint of Ruddles beer after a run purely for the restorative nutrient content. What other sports are you interested in watching? Cycling particularly the tough mountain stages (I try not to think of the doping scenario) and triathlon. Perversely I don't really enjoy watching golf with the exception of a few players. The professional game has become ludicrously mechanical. What is a typical week's training for you? Currently depending on health, advanced years and various other commitments (including coaching) around 20 miles running a week with as much off road as possible. I also count the miles of walking and cycling I do (oh yes and the golf) as effectively training. What are your favourite races and distances? I love any cross country racing over any terrain and whatever the gradients or depth of the mud. Absolutely the best form of training and the most enjoyable form of racing out there – whatever your standard. I have also been lucky to do a few Fell races in the Lake District and in Ireland over the years and thoroughly enjoyed and obviously survived them. As for road races the 10K is my favourite and specifically the Brighton 10K is tops for me as it is a flat fast promenade out and back course with a big race atmosphere (hopefully without too much onshore wind on the day). What are your future goals and ambitions? Just to keep training, coaching and occasionally racing with a fantastic club. How do you keep motivated to run? Sounds a little bit glib but I simply think of all those people who would love to be able to run but are unable to do so through accidents of birth, severe illness or severe injuries and consider myself to be very fortunate.

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

Whatever your standard of running think of it as a pleasure, a privilege and a gift and never ever be put off by negative training or racing experiences or temporary injuries – they are all part of the running equation.







HARRIERS ON THE MARCH AT CARDIFF HALF - WORLD CHAMPS

Whilst the world watched the Kenyans and Mo battle it out for the IAAF Half Marathon World Championships a number of Harriers made the trip to join in the mass start. Jo Norrington had organised a team entry and so nine Harriers were entered and raring to go. I made my way down with Pete Hogben and we both discussed having a go at the club record for the half marathon which was in the low 1:12s and had stood for over ten years. Pete should have beaten it in 2015 but turned up at the start at Reading late and missed out by 30 secs while I was in the form of my life knowing a flatter course would take off at least two minutes from an undulating and snowy conditioned PB.

The night before we met up with Mike Mawby and enjoyed an all you can eat world cuisine buffet at Feds in town and watched Batman Vs Superman for a bit of pre-race inspiration. Thankfully the hogmeister doesn't snore so we woke up the next day raring to go for the afternoon start and what an event this was. Waiting over an hour at the elite start we were crowded just behind Geoffrey Kipsang Kamworor. As the gun went off a fellow elite runner tangled with Kamworor and the world champion promptly went crashing to the ground. Pete was off and away already and I managed to squeak round the side, as I looked back at the chaos I could see Mike go crashing over! Kamworor did a Lazarus and was up again in not time and up with the pace setters by the time the first mile had finished, eventually winning comfortably. He is an exceptional runner and will no doubt push Mo all the way at Rio 2016 in the 10,000m.

As the race continued the conditions got harder. Thankfully the hard work had been done by myself and after clocking a 10k PB within the race the last couple of miles into the 40mph headwinds and heavy rain were not enough to stop me from settling a new Harriers record of 1:11:37 and finishing in 37th place in the mass start. Pete was not far behind, running off the back of an injury plagued winter in 1:15 and Mike to his credit dusted himself off to get well under the 1:20 mark. Andy as solid and improving as ever raced well under the 1:30 mark, with Jason and Tracy Furminger coming in under 1:35. Jo Norrington, Daren Paris and Karen Hoult all set PB's (Daren also managed his after hitting a kerb the night before!) to prove that the conditions were no hindrance to a strong team performance.

It was a great weekend despite Cardiff being an absolute nightmare to get to (the M4 is a cruel mistress). Thanks must go to Jo Norrington for highlighting this race to members. Despite it being a 16,000 runner event the organisation was class, accommodation cheap and entertainment in the city excellent. I would recommend this race to other Harriers, there is only one small hill so the course is very fast and takes in some great sites (the parkrun round the back of the Castle is class too!).



<u>Crash start</u>: The moment when the eventual winner crashed to the floor as thousands steam by is caught on TV.

By Tom Millard

CROSS COUNTRY PRESENTATION EVENING - PHOTOS













SUMMER SESSIONS BEGIN - PHOTOS

















MARATHONS 2016 - PHOTOS











GB ATHLETES 2016 - DAVE BOWDEN AND YIANNIS CHRISTODOULOU



YIANNIS CHRISTODOULOU

(1) How did you get into doing aquathons?

Yiannis - I didn't really know anything about aquathon's but decided to try one after our honeymoon. This was due to the fact I didn't have the time to train for Triathlons due to wedding plans etc and I enjoyed it because it suits me as I am a strong swimmer. I really enjoy Aquathon's as I have to push my speed to the limit in both disciplines.

Dave - I played football at southern league, county (Canterbury City, Snowdown) and local level (Tyler Hill) finally hanging my boots up after 26 years with injuries and age getting the better of me. Following a bad ankle injury which was developing into arthritis, an Orthopaedic surgeon told me stop high-impact sport so I took up marathon running. Having completed 1 or 2 marathons I saw an Ironman triathlon on some obscure TV sport programme

which I thought was insane and impossible to do. Being one to challenge myself, I was inspired to compete in a duathlon and then a sprint tri, graduating by event to a full ironman distance.

(2) What training have you been doing?

Yiannis - During my marathon training I continued to swim and go to the gym. I am now going to be swimming 4 times a week, running four times a week and 2 gym sessions a week. I also have a swimming coach that is training me up to the race.

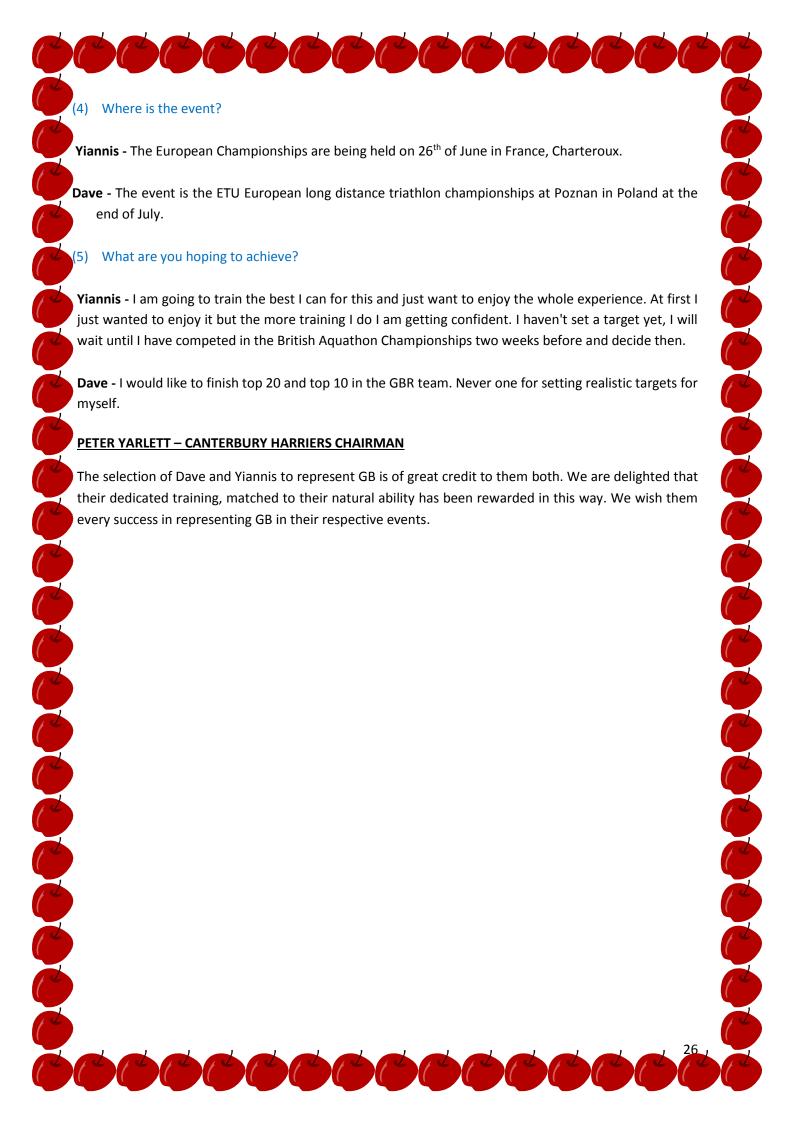
Dave - My peak training weeks consist of approx. 5 hours running, 9 hours cycling, 3 hrs swimming and some strength & conditioning work covering 190m per week.

(3) Was GB a goal or a surprise?

Yiannis - After a couple of races which I placed high in, I then aimed for the GB squad but it was still quite a shock when I got accepted. I never thought it would happen to me.

Dave - GB was an aspiration but after my first age group win it became a goal.

REPORT RE





Risk Factors for running injury

- The incidence of injuries in serious runners (>20 Miles a week) in a year is approximately 34-65%
- Training errors such as duration (high mileage), frequency and intensity e.g. Training at high intensity too often and transitional changes in your program
- Other contributory factors include shoes, surfaces, gender, age, experience and anatomical (e.g. leg length discrepancy)

Most common Injuries

- Calf Tear
- Achilles Tendonitis
- ITB syndrome
- Plantar Fasciitis
- Patella-femoral Joint issues
- Knee Arthritis / Meniscus Degeneration/Tears
- Shin splints

Key areas in running injury prevention

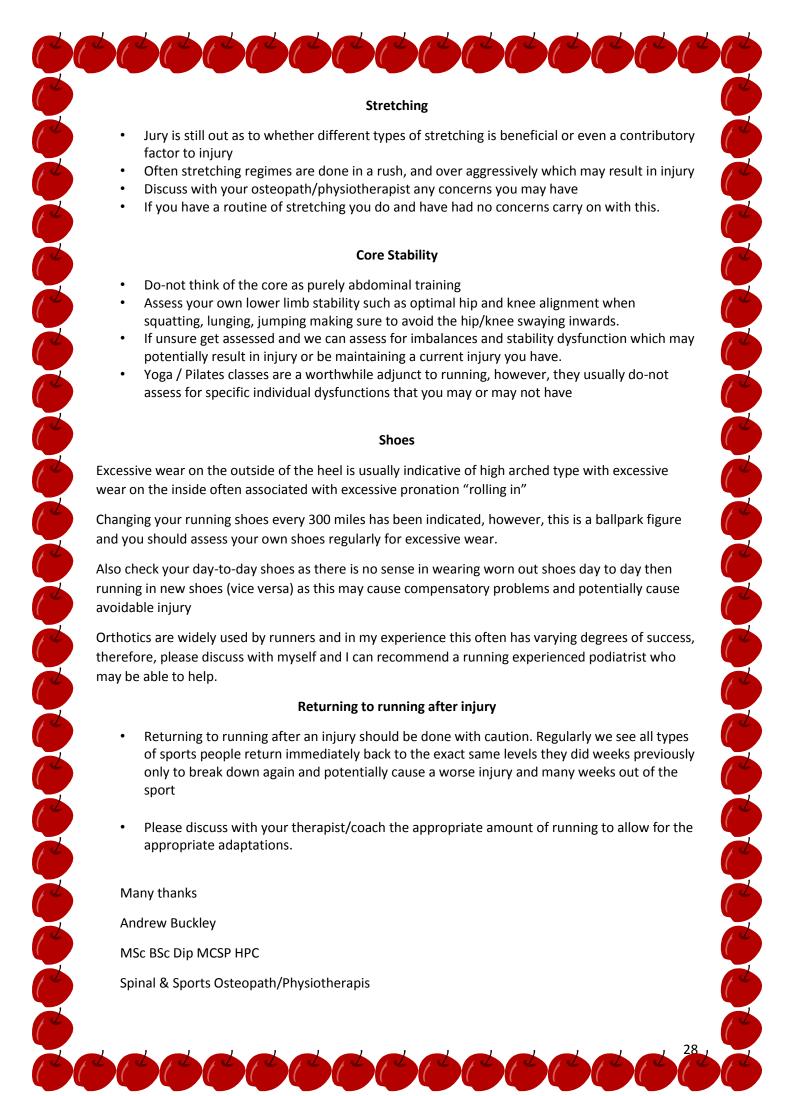
- Training program
- Stretching
- Core stability
- Shoes

Returning to running after injury

Training programs

- Experienced including elite runners often make the mistakes of inexperienced runners in that they often increase the volume and intensity too quickly
- Training should consist of a mixture of hard sessions interspersed with easy sessions and/or Xtrain such a cycle, swim as an alternative to prevent excessive impact.

- Do-not over look recovery days as these are essential for tissue regeneration
- Hard or quality sessions should be appropriately incrementally increased.



UK ATHLETICS COACH IN RUNNING FITNESS - YIANNIS CHRISTODOULOU

As some of you are aware I have been on the UK Athletics Coach in Running Fitness course since October 2015 for the Harriers and I am very thankful and grateful for them putting me on this course. I have just finished and passed everything and this course allowed me to learn a lot which was quite advanced. The course consisted of 3 workbooks, an assessment and 3 workshop days. So what did I learn....A huge amount that I didn't know before. I will go through some things.

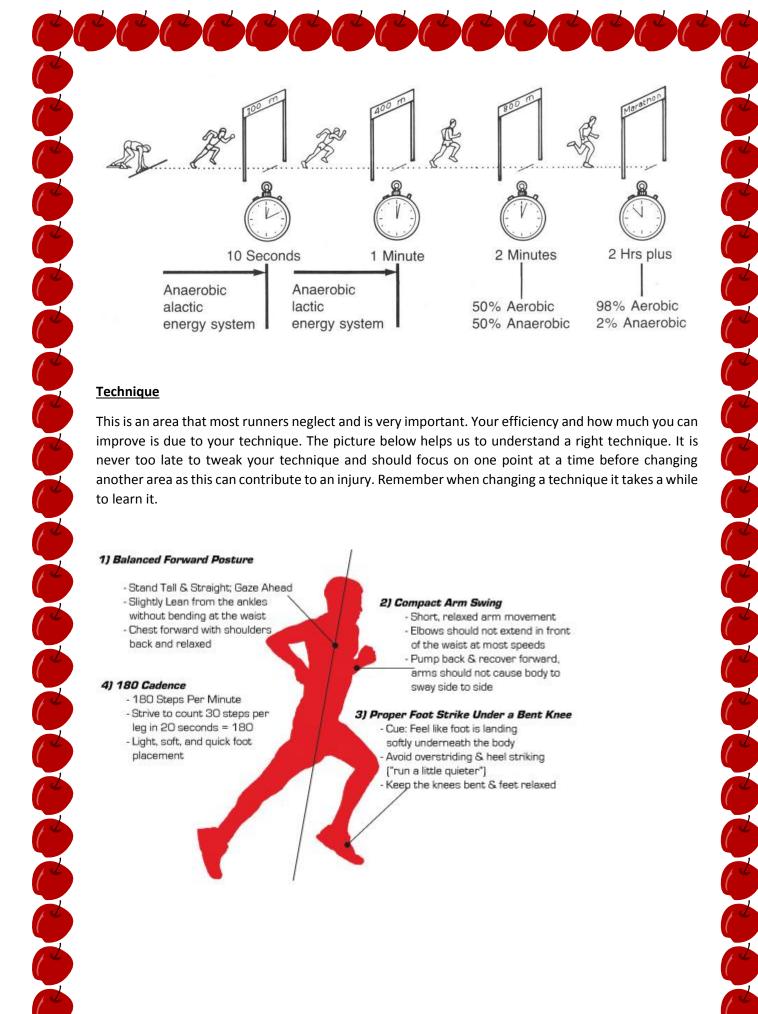
The three workshop/class room days consisted of the following modules:

- (1) Energy systems
- (2) The right training plan for an athlete
- (3) Training cycle
- (4) Tapering
- (5) What workouts work best
- (6) Different training groups fundamentals, foundation, and event group
- (7) Training age
- (8) Training Mesocycle
- (9) Micro plans
- (10)Warming up and cooling down
- (11)Diet plans
- (12) Muscle groups
- (13)Techniques
- (14)Efficiency in running
- (15)Health and Safety
- (16)Types of training
- (17)Sessions plans
- (18)Drills

- (19)Endurance
- (20)Speed training
- (21)Speed endurance
- (22)V02 max
- (23)Athlete profile
- (24)Cross training

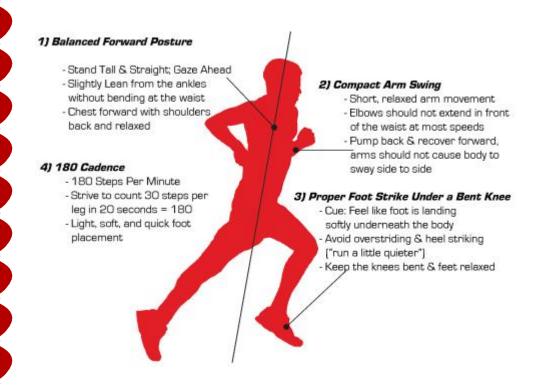
Energy systems

One of the areas I enjoyed was the energy systems and how it is important to make sure you hit all three energy systems in your training. Although long easy runs are important and make you more efficient you still need to hit your V02 max with long fast reps. However you still need to do short reps i.e. 200m which give you that sprint finish at the end of the race. With short reps there is also another huge benefit which should be important in anyone's training and that is what improves your Cadence and that improves your stride efficiency. For example if you improve your stride by 1 cm, then just in a 10k alone you could be saving 100 metres in your legs.



Technique

This is an area that most runners neglect and is very important. Your efficiency and how much you can improve is due to your technique. The picture below helps us to understand a right technique. It is never too late to tweak your technique and should focus on one point at a time before changing another area as this can contribute to an injury. Remember when changing a technique it takes a while to learn it.





One of the most important sections of the course was to take an athlete and improve them; I couldn't pass the course without showing improvement on my athlete. I decided to use Mel and as soon as I started the course I had to work on my athlete. I started by watching her technique, this is something that is always neglected as people don't think about it. I worked on her arms as a result and it took a while to get this perfect as learning a new technique takes a long time. The result of this alone made her more efficient and as a result was knocking off minutes from previous PB's in every distance she ran in. I then had to test Mel's current fitness with a Cooper's test and then reassessed later; I then had to provide a training plan with the different training cycles, core exercises, with the plan working towards a 2 hour half marathon. I passed this section thanks to Mel's commitment to the training and we achieved a time we didn't expect to get near. I have also helped a few other Harriers and they also seem to be running well so that makes me quite happy.

Anyway enough of the boring stuff I am happy to help Harriers out on technique, training plans etc, just have a chat with me at a club night and I would be more than happy to help.

By Yiannis Christodoulou

FINAL CROS COUNTRY OF LAST SEASON



ISLE OF MAN EASTER FESTIVAL OF RUNNING 2016

Lying in the Irish Sea between Ireland and the Lake District, the Isle of Man is not the obvious choice for a holiday, nor is it much known other than for TT races, tax advantages, and its hosting of internees during the second world war. And, like Ireland and the Lake District, its climate involves rain. I can testify to that.

However, for runners there is a big attraction to the island: the annual Manx Easter running festival. Between Good Friday and Easter Day teams descend on Douglas, mainly from British universities fielding current and past students, but also from local clubs such as Manx Harriers; others may enter as discrete teams or as individuals happy to make up a compilation team. Each team must have four runners.

Encouraged by the welcome to events that I have received from my old club, the Cambridge University Hare and Hounds, I decided to take a training risk between a March marathon and 'the' marathon in April, by splitting the seven week gap with a bit of racing to sharpen up my act. CUH&H entered four teams to the festival, yours truly included and feeling honoured to join the 'D' team.

During the weekend there were four main running events: a definitely undulating Good Friday 10k road race in and out of Port Erin; the famous Peel Hill mixed terrain race on Saturday – 3.5 miles for the boys and 2.5 miles for the girls (it's basically cross-country); and on Easter Day the Douglas promenade 5k relay, which is an out and back hard surface race for the four members of each team, running one after the other. The other event is the unofficial long run back from Peel Hill to Douglas on the other side of the island. This involves running along the A1 road – the same road that is used for the TT races. The highway is old-fashioned, with a wide pavement and two-way traffic; the most significant and alarming difference though is that what little traffic there is drives very fast indeed owing to the complete absence of speed restrictions out of town.

Traditionally there is a lot of good natured but very loud banter owing to old rivalries between teams: you have the Wars of the Roses in effect, as Leeds University 'Doss' in yellow battles Manchester University 'Alehouse' in orange, and Edinburgh University – team colour green - meets Glasgow in black. If it was easy Oxford would be there, but it isn't and so they aren't (I'm biased)... while CUH&H teams overload on pink under the name of Cambridge Greyhounds. Add the island's relaxed licensing laws and you begin to wonder if many of the runners will make it to the next day's start. The first race gave a foretaste of this when a leading light of the Manchester Alehouse 'A' team lined up in Port Erin holding a full pint of ale and, judging by what he was saying and how he was trying to say it, he had downed at least ten pints already that day. He still finished his 10k in 37 minutes... I'm not sure whether to be impressed or saddened!

The presence of very fast young runners as team-mates did put me under pressure but as the oldest member of the squad by about thirty years I decided to make that first 10k race count and to give it my best-considered pacing. The outcome (43:30) on a hilly course with a fast field gave me confidence,



as this was just 35 seconds short of my 2012 personal best at Ashford & District on a much flatter route. This was pedestrian compared to most of the runners' times but I still managed to pip one other member of the 'D' team to the post. The following day's hill race saw some of our squad drop out for reasons of injury and I was happy to head into the harsh sidewinds and slippery slopes of Peel Hill without any thoughts of target times. The best bits were at the top where you could feel the wind almost lift you off the ground and propel you forward, and on the way down where I fell in with another Greyhound, Phil

Scard, in the now dirty-looking Chugs Bunny suit, getting loud cheers from the spectators who formed a tunnel for us halfway down the hill. The rest of the day was devoted by most to beer but as my drinking days are more or less over I decided to be serious and so ran the 11 miles from west to east across the island while the youth element walked, crawled, or jogged from pub to pub back along the main road. The wind and hail stung as the weather raged relentlessly in the exposed middle section of the long run. I was grateful for the extra rainproofing I carried in my useful ultra-style harness. In our different ways we all had a great time that day. The last day, Easter Sunday, was set aside for the separate men's and women's 5k relay races and attracted a full turn-out of Greyhounds, who like all younger runners showed a surprisingly good recovery from the antics of the Saturday. Nevertheless, many said afterwards that the combination of three days of racing and the harsh wind gave them slower pacing on the relay than on the 10k; certainly I found the tailwind on the way out and then the headwind on the return made a difference during the race. The last mile was hard but the cheers from the girls in pink helped me keep driving on.

Before flying back home I spent a day on my own round Douglas to get a feel for the place as it normally is, without the running festival. It is definitely a place with an atmosphere of older times: a noticeably northern mixture of ruggedness, good manners, and no fuss. The seafront cafes are very 1950s. My plan is to go back later in the year to do some photography and maybe some hill running; it will be interesting as the weather is so changeable. For running and a great laugh the Easter festival gets my thumbs-up. I am glad to say that not only did a Greyhound, Oliver Fox, win the top money prize for his outstanding running but our 'D' team beat the 'C' team in the 5k relay.

In future the Easter running festival might be a worthy running challenge for Canterbury Harriers, as well as an unusual social opportunity.

By Thomas Hooley

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 <u>PLEASE NOTIFY DETAILS DIRECTLY TO YIANNIS CHRISTODOULOU</u> at <u>yiannis christodoulou@hotmail.co.uk</u> Similarly if you have any queries or corrections with regard to results already entered please contact Yiannis. (Please note the underscore between the first name and surname).

HARRIERS ON FACEBOOK

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

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

- 1) If you do not already have your own Facebook account you need to set one up. This simply requires your email address and a personal password to set up. It's then up to you how much further information you choose to include. You are then ready to use the Harriers Facebook page.
- 2) To find Canterbury Harriers use the search bar at the top of your Facebook home page by typing in Canterbury Harriers and the page will come up. It can also been 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



Full zip hoodie



Hoodie rear



Hoodie



Ladies tech T-shirt



Long sleeve cotton



Long sleeve technical



Mens vest

Kit prices are as follows:

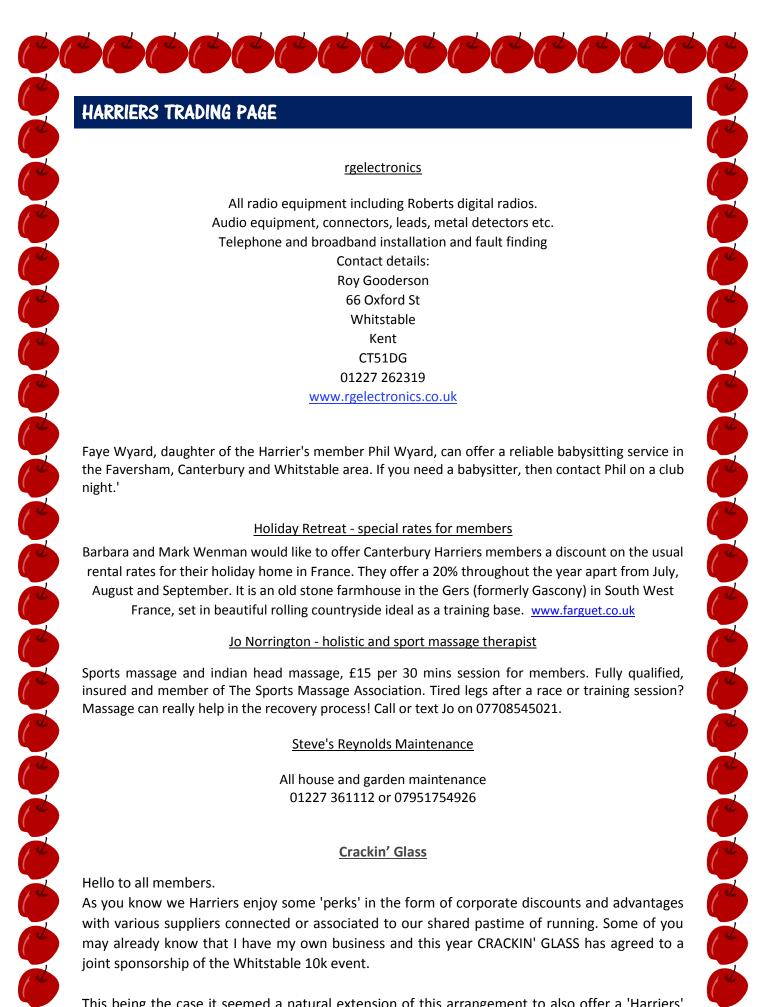
- Hoody (unisex) £17
- Fleece jackets (on request) Non Branded £18/Branded £23
- FUll zip hoody (unisex) £20
- long sleeve tech t shirt £13
- long sleeve cotton t shirt £10
- vest £15

short sleeve tech t shirt £13.50

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

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

To order contact Jo Norrington either at training or to norrington.joanne@gmail.com



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.'

<u>Holiday Retreat - special rates for members</u>

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