



The Harrier

The newsletter of the Canterbury Harriers

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CHAIRMAN'S SPRING WELCOME

Dear Harriers,

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

We currently have 172 members made up of 158 running members, 5 honorary members and 9 social members. I hope that newer members are enjoying membership with us and enjoying regular training with the club. For newer readers my introduction picks up on key happenings in club activity over the last 4 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.

I was very much touched and appreciative of all the very many best wishes conveyed to me following my short hospital stay. I am pleased to say that I'm feeling very good and hope to be able to get back into some exercise in the near future.

A tremendous development in Harriers club life is the international recognition that our members have gained. We are very proud of their achievements and the publicity that it brings. On Thursday 24th August Yiannis Christodoulou and Simon Jones represented GB at the ITU World Aquathlon Championships held in Penticton, Canada. At the same venue on Friday 25th August Dave Bowden represented GB in the long distance World Triathlon Championships. Yiannis finished 6th in his age group whilst Simon was 10th in his age group. Both Yiannis and Simon have prequalified for next year's championship in Denmark. Dave finished 23rd in his event. Well done all three.

Summer racing has taken place most weeks as well as the regular weekly parkrun's that many of us do. It's impossible here to mention everyone's racing results but PB's, debuts and race finish places all deserve a mention. Do look at the Harriers website for our full race results:
1500mts track - Wim Van Vuuren (Debut)

5k - Nicola Charlton (1st female, 2nd female), Jenny Benson (1st female), Fiona Tester (1st female, 2nd female and PB); Sarah Maguire (1st F), Mel Christodoulou (2nd female), Wendy Smith (3rd female), Fiona Craig (1st V55), Lea Burnett (1st V45);
Mike Denton, Wim Van Vuuren, Richard Hudson, Mike Denson (PB); Adam Elston (Debut).

5m - Fiona Tester, Stephen Tugwell, Wim Van Vuuren, Daren Paris, Lea Burnett, Daren Parris, Debbie Parris (PB); Jon Vann, Paul Knight (Debut); Simon Jones (1st V40); Caroline Wetherill (2nd female, 1st V40); Jenny Benson (PB & 1st female), Nicola Charlton (PB & 2nd female).

10K - Alex Horsley (2nd male), Tina Jones (2nd V70); Mark Peacock, Fiona Craig, Debbie Parris x 2, Kieran Jessup x2, Tom Jessup, Gemma Jeffrey, Stephen Tugwell, Mark Peacock, James Cane, Paul Elderton, Lea Burnett, Wim Van Vuuren, Daren Parris, Fiona Tester, Robbie Higgins, Kirsten Hennessy (PB); Nicola Charlton (2nd female x 4; 1st female x 3; 3rd female); Fiona Tester (3rd female, 2nd female), Jo Norrington (3rd female);
Glenn Wilson, Tom Jessup, Krista Hennessy, Emma Greatrix, Jon Solley, Hannah Pilbeam, Will King, Nick Little, Robbie Higgins, Stephanie Bancroft (Debuts);

1/2M - Peter Hogben (1st male); Fiona Craig, Gemma Jeffrey, Debbie Parris (PB); Fiona Tester (3rd female and. PB); Emma Greatrix (1st V45); Caroline Wetherall, Glenn Wilson, Richard Hudson, Rupert Spedding (debuts)

Marathon - Sammy-jo Foster, Paul Thomson (Debuts); Sarah Maguire (3rd female), Sally Silver (ran her 94th marathon)

Distances

29.5M - Jennie Lucas

50M - Sarah Maguire (1st female), Jennie Lucas, Paul Keen (PB);

70.5M - Jennie Lucas

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

The early part of the summer saw the club taking part in the east kent summer relay five race series. For once each race was held in ideal summer evening conditions (although the return home from Dymchurch was made in torrential rain necessitating a pub stop!) with a great turn out by Harriers on each occasion. The culmination was the race hosted by ourselves and Invicta East Kent with thanks to marshals and Tina & Brian for our sumptuous buffet. For the record our overall placing were male - SM A 7th, B - 6th; V40 A 1st, B - 3rd; V50 A - 6th, B - 4th; V60 A - 1st, B 1st & 3rd. Female SF A 5th, B - 5th; V35 A & B both 1st; V45 A & B both 5th; V55 A 2nd. If you haven't yet taken part in the relays then it's a great way next year to put some of your summer speed work training into practice with relay legs averaging 2.5 miles.

This year's Club Championship 10K will be held on Sunday 8th October in conjunction with the Ashford 10k with awards to be made in all age groups. The club subsidises our entries by £6 to encourage as many of us to enter as possible. Last year we had 50 entrants so lets see if we can exceed that number. The thinking behind this is that 10K is a good distance enabling all members to compete at a recognised achievable distance and where 'best on the day' in the various recognised age groups will receive club awards. Club awards for the 10K will be presented at our AGM on Thursday 12th October.

On the topic of coaches let me thank our coaching team for their entirely voluntary efforts on our behalf and for getting us through the summer training months. Do please support our coaches by listening to the training session announcements, including the important topics of safety and routes on Thursday runs. As we enter the autumn/winter training periods do please wear reflective gear and a reflective jacket would be even better! Safety first please.....

New Race Director Emma Pike has stepped into John's shoes for our Whitstable 10k race with John assisting Emma in her initial year. Priscilla Walkington and Glenn Wilson have stepped forward following my recent 'invitation' to further support Emma. We are very much grateful to both Priscilla and Glenn for their future contributions. As well as a t-shirt your race organising team is considering giving a medal to all finishers for our 2018 race so watch this space for further updates.

Talking of t-shirts, hopefully everyone that assisted with this year's race has now received a race t-shirt in recognition of your support but please speak up if not!

And finally, In July I was delighted along with John and Tina to present a cheque for £1000 on behalf of Harriers to Demelza House for Children as part of Harriers support for an important local charity. Representatives from Baileys Nissan and Crackin' Glass our race sponsors were also in attendance.

Our 25th Anniversary takes places during 2018 and a number of celebratory events are planned, including a commemorative t-shirt, family fun day, a brief history of our club and themed events.

This year's club AGM will be held Thursday 12th October at Rough Common Village Hall. The AGM starts at 7.30pm with arrival from 7.15pm. There will not be a club training session that evening. Please do put this date in diaries so that you come along to see how your club is run and how you can get involved to assist with activities. There will be at least one vacancy this year for a runners representative. AGM papers will be distributed later in mid-September to give the running order of our meeting, proposed changes to our club constitution, and a nomination paper for committee roles. At the time of writing there is a vacancy for a Runners Representative so do please consider 'what you might do for your club'....

Also, club fees will be due from 1st October and a notification will shortly be emailed to all members. Please do pay promptly as it helps keeps the clubs balances in order and also saves time for Andy in not having to chase up late payers. Indeed to encourage payment within time there will be a committee proposal at this Year's AGM to seek your agreement to levy a re-joining fee of £10 for members who are more than three months behind with their renewal.

Communication between club members and committee is 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 with me or another 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. The practical side is that a range of different sized vests, t-shirts and hoodies are available from Jo on training evenings. In her absence other committee members can also supply kit from our stock. Payment can now be made online, or by 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.

The Friday summer pub runs organised by Andy and led by individual members have as ever been great fun and once again the weather has been kind to us. The formula is simple - 'pub, social run or walk, food, drink, chat'. An abiding memory is the huge bowl of vegetable curry, roast potatoes, rice and naan bread served to us by Jim at The Elephant, Faversham (where incidentally we will be retiring to after many of the KFL races during the winter).

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.
- Gemma and Gerry for updating fresh news on our website.
- Andy for coordinating the pub runs and members who have led a run
- Tina and Brian for our summer relays end of season buffet

Events reminder:
Harriers AGM Thursday 12th October

Yours in running with no injuries please!
Peter

NEW MEMBER: WILL KING

What is your story about how you got into running?

I'm not promising the most interesting of stories here! I simply wanted to try something different. I'm the first to admit I'm not the most sporty person but I heard from friends how much they enjoyed running with the Harriers- not just the running but also the social chat along the way! I went on a few runs with a friend and it turns out I enjoyed it!

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

As I said, I'm not the most sporty person- I enjoy skiing (it turns out it's quite difficult to find decent ski conditions in Kent!) and I'll frequently attend gym classes- that's about it.



What is your favourite training session?

I enjoy the University route on a Thursday night- after the hard work running up the hill you're rewarded with an easier run back to Birleys.

What is the most beautiful spot you have ran in?

Through the countryside of Lynsted, Kent. There's plenty of unspoiled countryside to enjoy and it makes a nice change from a busy city or town.

How do you manage work life and running?

The good thing about running is you can run anytime, anywhere- I often go out for a quick run after work if I can't make a gym class (okay there have been a few occasions where I've found every excuse in the book not to), otherwise I'll run with the Harriers and on weekends.

What shoes do you run in?

Adidas Ultraboosts

What is your favourite post run snack?

Not so much a snack but I do never shy away from spaghetti bolognese- it seems to have become routine after a Thursday night run...

What other sports are you interested in watching?

Athletics, tennis and skiing.

What is a typical week's training for you?

I prefer to keep my training varied- I'll run on average 2/3 times per week and attend classes at my local gym, which will vary between spin classes, Les Mills Grit and Les Mills Bodypump classes (if you haven't tried them then give them a go!).

What are your favourite races and distances?

I haven't done many races yet but I thoroughly enjoyed the Vitality 10,000 in London- definitely an annual race for me!

What are your future goals and ambitions?

My aim is to keep improving my times but most importantly continue to enjoy running! I would eventually like to run the London Marathon- I think you would all agree its a good challenge!

How do you keep motivated to run?

I don't find it hard to keep motivated because I enjoy it! Plus it also helps burn off all the cake I eat!

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

If there's one thing I've learned recently, you shouldn't push your body to the point where you're doing more harm than good- sometimes the body needs a rest and time to recover.

BAILEYS NISSAN DEAL

Please contact Baileys Nissan direct if you want to follow up on this offer...

As a benefit of Baileys Nissan sponsorship of our Whitstable 10K the 'friends and family' current purchase scheme is available only to Harriers members as set out in the Employee Exclusive details below. The offers are for cars registered up to the end of September as the offers from Nissan change Quarterly.

Anyone interested should identify themselves at the first point of communication with Baileys Nissan so that they can quote on this special offer. Please bear in mind that any quote/purchase is between members and Baileys Nissan and not with Harriers!

TIME TO BECOME A TRIATHLETE – NOT A ONE TRICK PONY

By Dave Bbowden

In July 2013 I started a journey that I'd never imagined would happen. Completing an Ironman triathlon to racing against the the world's best amateur triathletes in the world championships.

The race for me was the culmination of hundreds of hours and thousands of miles of training, often forcing myself when I didn't want to, especially when it come to swimming. I'd concentrated on training for a sub 3 hr marathon at London, keeping my cycling ticking over with Wattbike sessions in the spring only to start riding more in May. Swimming was almost non-existent as I really don't enjoy it, largely because I'm rubbish.

Race day arrived quickly. We flew into Vancouver on the preceding Tuesday, travelling to Penticton on the Thursday. My wife and I were struggling with jet-lag and strangely feeling light headed.

Thursday afternoon it felt cold and there was foot high waves on the lake. Not good.

Friday morning I was up early to watch the start of the Aquathlon and to support two of my friends from our running club who were competing: Simon & Yiannis. At 06:30 it felt bloody cold but no waves. They both performed really well finishing in the top ten. When I went to congratulate them they were shivering it was that chilly.

Later that morning I rode about 28 miles of the course as I wanted to get the climbs in my head. It was steeper and longer than I thought with a 5km climb. In the afternoon it warmed up and I decided to swim. I was asked by a USA AG if I was in the 70-75 AG. I laughed but thought do I look that old – I must be tired.

Saturday consisted of carb loading, kit-bag checking, then treble checking and bike racking. It was 27° C and the weather forecast was predicting 33°C the following day. Bed at 21:30 BUT awake again at 00:30. This is not unusual for me pre-race. My head is full stuff flying around at 90mph; have I put everything I need into my race bags? what do I do if I puncture? what is my carb intake per hour on the bike ? how will I cope with 33° on the run?

The alarm goes off at 04:45. Tea, porridge, electrolytes, Eat Grub bar, several toilet visits and I start to put on my race kit. It's dark and there are hundred of athletes going into T1.

I bump into a few GB triathletes and we exchange nervous banter and good lucks. I add nutrition and hydration to my bike, pump up the tyres to 120psi (I'd let them down overnight by 30% as in previous events they had exploded over night due to the heat). Another toilet trip and I wriggle into my Zone3 Vanquish wetsuit alongside another GB age grouper. We start to discuss mutual concerns about the heat on the run.

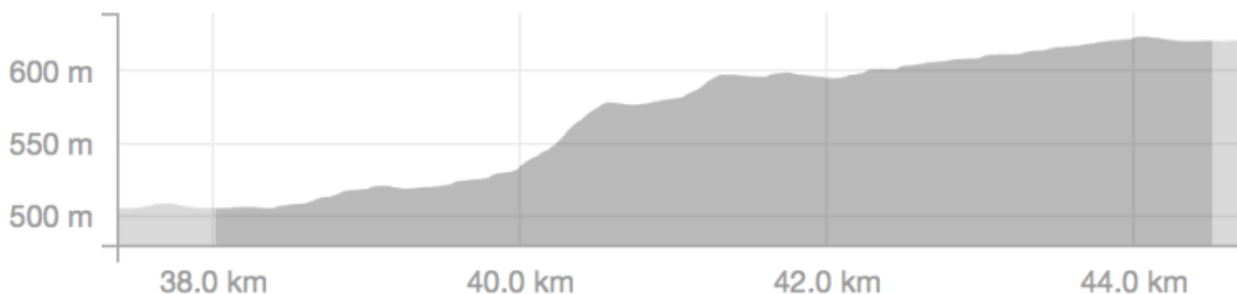
You can see the fear in the eyes!

We are sherpherded through a series of corralls and eventually get onto the beach. A running start is a new experience for me.

The gun goes and we sprint into the water. It is so shallow, everyone is dolphin-diving for 50-70m until it is deep enough to swim. At this point I'm knackered, my heart rate is up and I'm already in the red! Just to add to my woes I swallowed half the lake. It should be empty as this point as Simon told me he swallowed half the lake on Friday. I tried to settle into my rhythm but was gasping for breath and seriously thought I'm going to have to withdraw, I can't swim. I tried to calm myself swimming 100m water-polo style with my head up and eventually I got my heart rate under control and began swimming. At the first turn, eastwards I tried sighting the next turn bouy. The sun was rising above the hills and despite darkened goggles, I couldn't see anything so I just followed the pack. For a shortened swim distance of 3km it seemed to take forever to get close back to shore. I later checked my Garmin and it recorded 3.3km. I finally got out of the water and was helped out of my wetsuit by 'wetsuit rippers' a brilliant idea. Into T1 and away on the bike.



As soon as I got on the bike I was drinking electrolytes to counteract the loss through sweating in the heat and began eating Eat Grub bars for energy. The bike route was pretty congested on the first loop and it was impossible to keep the 12m gap. I subsequently heard a GB triathlete was penalised five minutes for drafting on this section. I'm dumbfounded by how they adjudged he was drafting as I was going passed people and being passed and there an almost continuous line of bikes. First loop complete and back into Penticton, a few short climbs and it is starting to thin out a little. As we left the City the route is stunningly beautiful alongside Skaha Lake and a great section. I was going OK but felt as though I had little power on the flat sections. We turned and discovered on my recce I'd missed out a section. This was the first real uphill section.



I was gaining places on the climbs which was followed by a fast downhill section. There was still a lot of riders together and some of the more tentative riders were creating a hazard for us tucked down aero trying to descend quickly. I was following a Japanese guy going pretty

quickly into a right hand bend when he swerved to his left, at the last second I saw why, a dead cat on the road. I couldn't brake so veered right and just avoided the cat and then swung left to avoid some of the slower riders. After a flat section the big climb appeared.

I had ridden this on the recce so know what to expect; a cat 4 5km climb. At the bottom I dropped into the small front ring, left the rear on a mid gear and started to spin keeping a decent cadence. I was soon out of the saddle but gaining places all the way up without blowing up.

14:38

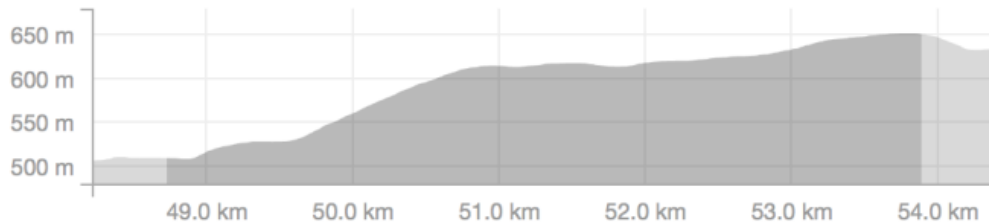
This Effort

14:38

Moving Time

| | |
|-------------------|----------|
| Analyze | Set Goal |
| Compare | |
| Improve your time | |

| | AVG | MAX |
|------------|----------|----------|
| Speed | 21.2km/h | 38.5km/h |
| Cadence | 79 | 109 |
| Heart Rate | 151 bpm | 162 bpm |
| Power | 506W | 758 W |
| VAM | 650 | |
| Elev Diff | 159m | |



The next 9 km's are cycling heaven. I was tucked down flying past people at an average of 44kph.

9:13

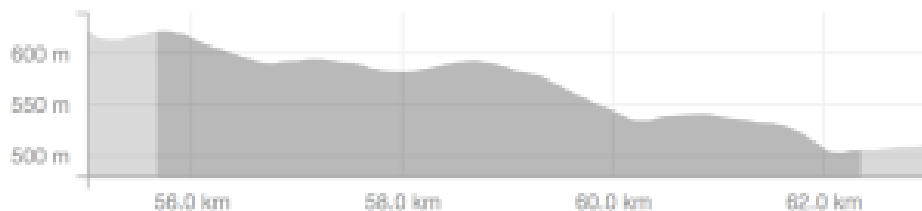
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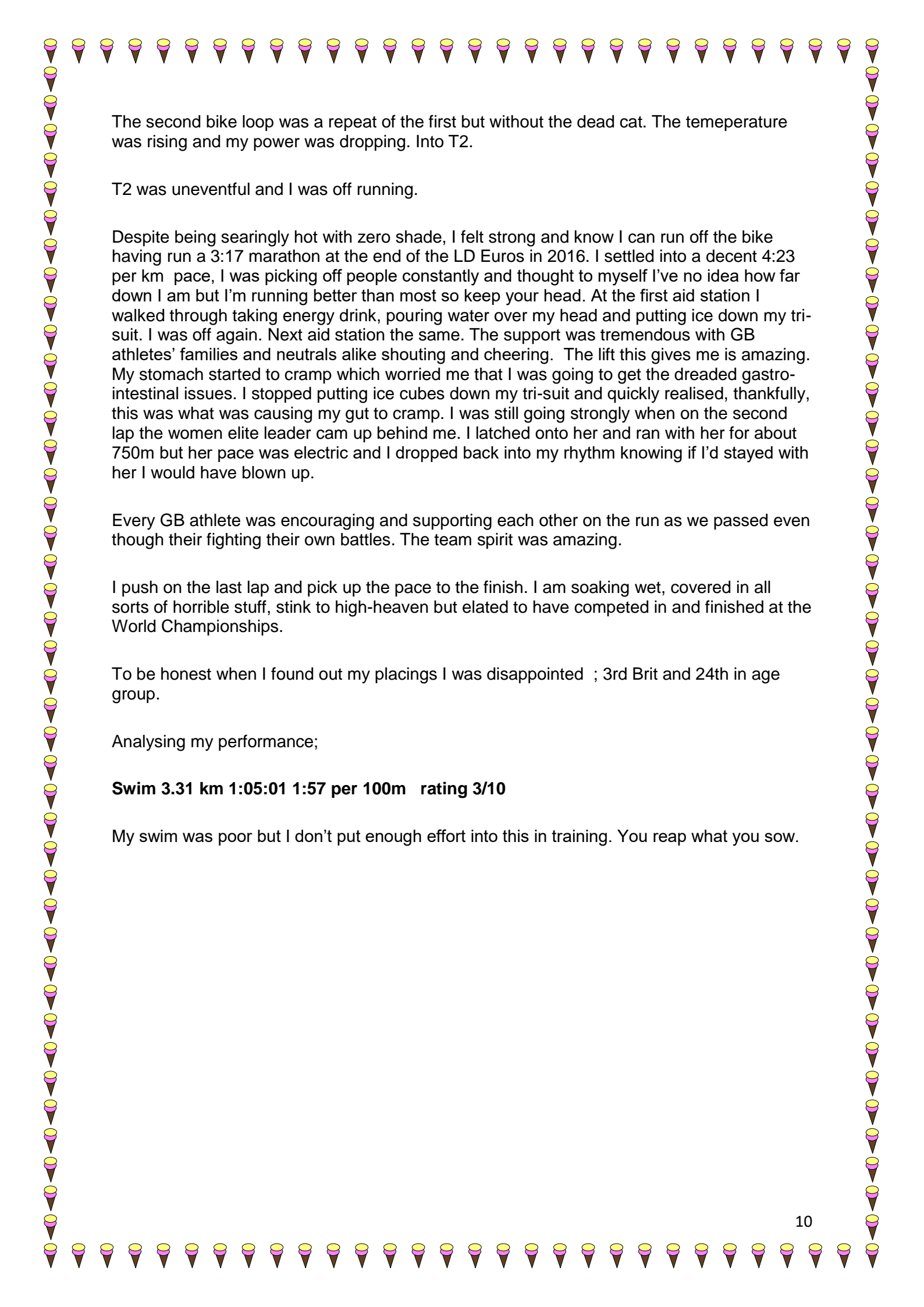
Moving Time

| |
|---------|
| Analyze |
| Compare |

| | AVG | MAX |
|------------|----------|----------|
| Speed | 43.6km/h | 60.5km/h |
| Cadence | 85 | 102 |
| Heart Rate | 141 bpm | 156 bpm |
| Power | 450W | 771 W |
| Elev Diff | 111m | |



Back to into Penticton and onto the second lap. It was now 27° and I was constantly drinking to stay hydrated and fuelled for the run.



The second bike loop was a repeat of the first but without the dead cat. The temperature was rising and my power was dropping. Into T2.

T2 was uneventful and I was off running.

Despite being searingly hot with zero shade, I felt strong and know I can run off the bike having run a 3:17 marathon at the end of the LD Euros in 2016. I settled into a decent 4:23 per km pace, I was picking off people constantly and thought to myself I've no idea how far down I am but I'm running better than most so keep your head. At the first aid station I walked through taking energy drink, pouring water over my head and putting ice down my tri-suit. I was off again. Next aid station the same. The support was tremendous with GB athletes' families and neutrals alike shouting and cheering. The lift this gives me is amazing. My stomach started to cramp which worried me that I was going to get the dreaded gastrointestinal issues. I stopped putting ice cubes down my tri-suit and quickly realised, thankfully, this was what was causing my gut to cramp. I was still going strongly when on the second lap the women elite leader came up behind me. I latched onto her and ran with her for about 750m but her pace was electric and I dropped back into my rhythm knowing if I'd stayed with her I would have blown up.

Every GB athlete was encouraging and supporting each other on the run as we passed even though they were fighting their own battles. The team spirit was amazing.

I push on the last lap and pick up the pace to the finish. I am soaking wet, covered in all sorts of horrible stuff, stink to high-heaven but elated to have competed in and finished at the World Championships.

To be honest when I found out my placings I was disappointed ; 3rd Brit and 24th in age group.

Analysing my performance;

Swim 3.31 km 1:05:01 1:57 per 100m rating 3/10

My swim was poor but I don't put enough effort into this in training. You reap what you sow.

Bike 118km 3:41:40 31.9 kmh rating 6/10

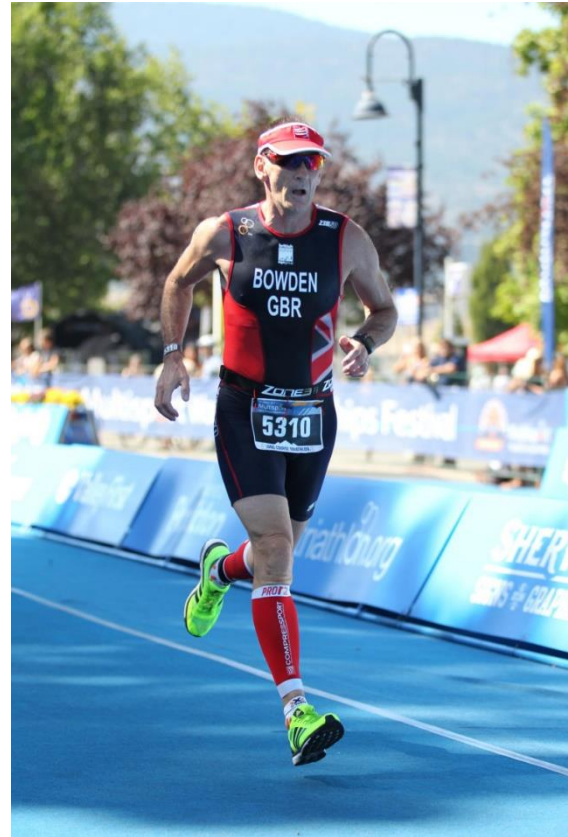
My bike was mixed, strong up and down hills but lacking pace on the flat. I need to stop just getting in the bike miles in training and structure it so I build strength and get faster.

Run 29.7km 2:18:12 4.39 km splits rating 8/10

My run was strong but I rely on this too much and because of the shorter distance I ran out off road. You can't be a one trick pony at this level!

It was an absolute privelege and honour to stand on the start line and race against the best in the world and having reflected a little more, finsihing 24th in the world against some exceptional athletes is not too bad and I will use this to motivate me

Training for next year has started and I will come back faster, stronger and a complete triathlete not a runner who competes in triathlons.



HARRIERS KEY DATES

| Harriers Future Events |
|---|
| Tuesday 19th September - Committee Meeting |
| Sunday, 8th October – Ashford 10k (and club championship) |
| Thursday 12th October - AGM |



SPOTLIGHT: PAUL KEEN

What is your story about how you got into running?

I first started running when I ran a charity race called man on the run around 2005 with some work colleagues. I did a mix of walking and running then tried again a year later and ran all the way.

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

I didn't play any other sports before running but now play ten pin bowling I like to watch sports like triathlon football and cricket.

What is the most beautiful spot you have run in?

My favorite spot running was a 32 mile training run from Guildford out onto the North Downs including Box Hill the views were stunning.

How do you manage work life and running?

I manage work life and training very poorly especially in winter. I usually go out early morning but I'm not really a morning person!

What is your favourite training session?

My favourite Harriers session is the Thursday summer route through Fordwich and back along the golf course I prefer long slow runs in terms of training.

What shoes do you run in?

I am currently using Asics Dynaflytes they are well cushioned but light.

What is your favourite post run snack?

My favourite post run snack is anything quick and easy usually a banana after a training run to start with. After a marathon or ultra it will be a Dominos pizza and beer.

What other sports are you interested in watching?

Other sports I like watching is triathlon cricket and football also occasionally F1



What is a typical week's training for you?

I usually aim to run 40 miles per week which includes a tempo run a long run and a speed session. The rest are easy runs which makes up around half of the mileage. I try to include other training such as body pump spinning or Pilates when time allows.

What are your favourite races and distances?

I prefer longer distances half marathons up to ultra marathons. I travel to Marrakech each year to run the half or marathon it's nice and warm and the scenery is fantastic. I have completed the 50 mile challenge twice it's a smaller field than say the Race to the Stones but it's very friendly and laps allow you to drop out when you wish.

What are your future goals and ambitions?

My goal which I have had for some time is to run a good for age time for the London Marathon currently 3 hours but will go up to 3.15 when I reach 41 which isn't too far away!

How do you keep motivated to run?

Motivation can come and go for me sometimes I run because I feel I need to not because I want to but these days are few and far between. I always feel great after a run and this keeps me going and the friends I have made through running help me out hugely.

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

My advice to other harriers is to enjoy running first and foremost. Have targets but be patient. Also stay on your feet because if you fall over it hurts!



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 – 10% discount code: yiannis10 at checkout www.domseaseoil.co.uk

Get 25% off insoles, use the code BAYIANNIS in the shop. Go to www.enertor.com/home-uk/

THE 24TH CONTI THUNDER RUN – JULY 2017

By Sammy-Jo Foster

On Saturday 22nd July I was joined by 8 Harriers; Paul Elderton, Mike Denson, Glenn Wilson, Caroline Wetherill, Tom Purnell, Rosie Maltby, Paul Keen and Ian Pearson and 1 friend from Deal Tri; Steve Hollands as we took on the 24hr Conti Thunder Run. I thought I'd tell you a bit about my experience.

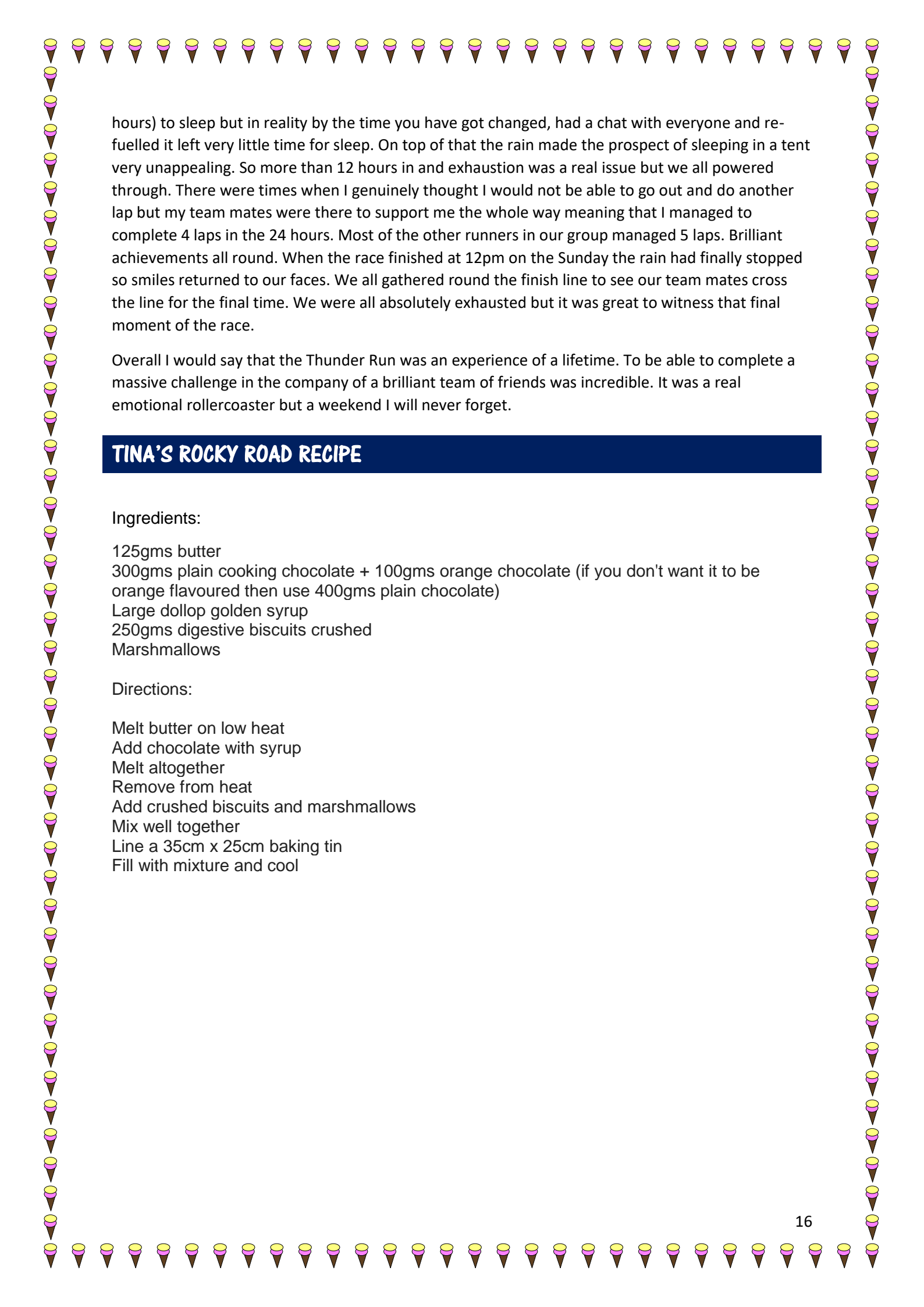
I am sure many of you are wondering how a 24 hour relay race works. I thought exactly the same thing when I first heard about it. It is basically a 6 mile course that you take turns in running, ensuring that one member of your team is running at all times. Your team can take various formats but we ran in two mixed teams of 5 (1 female and 4 males in each team). Others endured the run in smaller teams, pairs or even as solo runners! The race started at 12pm on the Saturday and finished at 12pm on the Sunday with the idea being that your team has to complete as many



laps as they can in that time. Simple right? The race venue is the very beautiful and picturesque Catton Park, Walton on Trent. On the Friday a few members of the team drove up and kindly set up camp for the rest of the team. Each runner had their own tent essentially to store their stuff in, get changed in and sleep in (in theory!). Some of us stayed in a local hotel on the Friday evening. This was my very first experience of camping so I was keen to get a good night of sleep before the race. While other pluckier runners braved it on the campsite and we all convened on Saturday morning.

Spirits were high when the race began at 12pm. The atmosphere at the camp was amazing as everyone prepared for their first lap - people were buzzing around chatting and getting excited. Then as the first runners returned we heard all about their experience of the course, the sections to look out for and handover pen tactics. We had a brilliant system thanks to Paul Elderton's hi-tech blackboard where we could record who was out on the course and a rough estimate of when they were likely to return so that we knew when to be ready in the pen. Then at 3pm the rain came...and just kept on coming. This turned an already technical course into an absolute mud bath! I managed my first lap in road shoes but as runners returned from their second laps it was evident that trail shoes were a necessity. And guess what? I didn't have any trail shoes. Luckily for me fellow team member Paul Keen has the same sized feet so we ended up sharing shoes for the remainder of the race. I like to think the experience has brought us closer. Running in the dark in those conditions was particularly difficult too. It was mandatory for any runners out on the course past 8.20pm to wear a head torch. I had a decent one but I still found the whole 'running in the dark' thing really disorientating.

Leading up to the race I had thought that I would use my time between laps (approximately 4-5



hours) to sleep but in reality by the time you have got changed, had a chat with everyone and re-fuelled it left very little time for sleep. On top of that the rain made the prospect of sleeping in a tent very unappealing. So more than 12 hours in and exhaustion was a real issue but we all powered through. There were times when I genuinely thought I would not be able to go out and do another lap but my team mates were there to support me the whole way meaning that I managed to complete 4 laps in the 24 hours. Most of the other runners in our group managed 5 laps. Brilliant achievements all round. When the race finished at 12pm on the Sunday the rain had finally stopped so smiles returned to our faces. We all gathered round the finish line to see our team mates cross the line for the final time. We were all absolutely exhausted but it was great to witness that final moment of the race.

Overall I would say that the Thunder Run was an experience of a lifetime. To be able to complete a massive challenge in the company of a brilliant team of friends was incredible. It was a real emotional rollercoaster but a weekend I will never forget.

TINA'S ROCKY ROAD RECIPE

Ingredients:

125gms butter
300gms plain cooking chocolate + 100gms orange chocolate (if you don't want it to be orange flavoured then use 400gms plain chocolate)
Large dollop golden syrup
250gms digestive biscuits crushed
Marshmallows

Directions:

Melt butter on low heat
Add chocolate with syrup
Melt altogether
Remove from heat
Add crushed biscuits and marshmallows
Mix well together
Line a 35cm x 25cm baking tin
Fill with mixture and cool

THE FRENCH CONNECTION

Early August saw the Living Leg Ends team off to the Le Touquet 10K, this group was made up of the Ex Chairmen (Marco and Joe) sadly missing Peter who had to drop out, the (new) Hipsters (Steve and Joe) and the Founding Fathers (the 3 original Harriers Bob Joe & myself) catering arrangements (restaurant booking for the evening and beer sampling) was down to Bob P and Andy and Neal also along for the ride. On the way through Dover that well Known Sturry smuggler managed to avoid capture by not showing his passport to P&O or French customs (don't ask!) it could only be Clarkey!

On arrival at Le Touquet we collected our numbers, as the longest running fossil I got race no. 26 for my consecutive years and Clarkey got most of the jars of complimentary fish the rest of us did not fancy. The race numbers had a MVD on the corner to commemorate our old Touquet Opale Athletisme friend Michel who sadly passed away a week after last year's race.

I was recovering from a calf injury so decided to start at the back of the field, a big cheer went up which at the time I assumed was for our friend Michel. The 7.00pm race was in nice warm weather along the coast as usual with everybody getting round OK despite the injured Bob P taunting us with an ice cold lager outside a bar on route.

The evening meal involved a certain amount of rehydration with an isotonic drink (Leffe beer) and saw Steve Hoover up anything put in front of him that lived in a shell.

Our return the next day was somewhat curtailed by a 3 hour delay at Calais, which probably passed quicker for me as I ran into Belgium and French hot rodders heading to same car show I was going to the following weekend. On the boat back further rehydration was naturally needed for the finely tuned athletes, once again a great weekend!

Back in Blighty just a week later, a number of Harriers welcomed another group of French runners, this time from EFSRA the large athletics club in Reims to The Waterfront Club ahead of their trip to London to support club member and World record holder for the 50K race walk Yohann Diniz. The coach trip had been organised by our old Reims Twinning Association friend Patrice who has homes in both Reims and Canterbury. The group were staying at Kent University, so after a quick visit to Whitstable, the coach headed to the University while a small group of Harriers and EFSRA runners ran the Crab and Winkle route to Canterbury. I chatted on the run with club chairman Eric who it turns out is a massive James Bond/Ian Fleming fan at this stage it all got a bit spooky. Although Reims is 170 miles from Le Touquet he was well aware that Fleming was a regular visitor to Le Touquet giving him the idea for his novel Casino Royale. I was then informed that the big cheer at the 10K race was actually for the guest starter Yohann Diniz all the way from Reims. Also Eric informed me that on the very day of our run together some 53 years earlier Ian Fleming died in Canterbury.

The following day our visitors headed to the World Championships in London to witness Diniz become the oldest male competitor in ANY discipline to win a World Championship.

His time for the 50K race walk was 3:33.12 just around a minute off the world record he already holds. If you think race walking is all silly walks remember this calculates to around 7 minute mileing for a distance 5 miles further than a marathon!

October will see a number of Harriers heading for the Reims City Races that responded to Tim's invite and no doubt receiving the warm welcome we always get running in France.

By Roy Gooderson



REPORTING YOUR RACE RESULTS

For information Yiannis Christodoulou is the Results Manager for the club. Yiannis regularly monitors the major local road races and record Harriers results on our website. As part of this process he checks whether a road race event is certified accurate (i.e. it has been measured and certified as accurate by a qualified Association of UK Course Measurers Measurer). If it is certified as accurate then Yiannis ticks the "certified accurate" box for the event when entering the results and these results are then automatically transferred on to the website league tables and count in terms of club awards and points tables. The same applies to the principal international road races which club members take part in including the Reims and Le Touquet events and other major international city distance road races and marathons all of which are assumed to have been certified as accurate under their own national measuring systems and rules.

With regards to parkrun 5K results Steve Clark monitors the Whitstable Park Run website and records the weekly results on the website separately – the results from the Whitstable Park Run when the race is run on the standard two lap route are recorded as "certified accurate" and are automatically transferred to the league tables as this course has been officially certified as accurate by AUKCM. If the race is run over the "lollipop" route or the normal route is shortened on the day for whatever reason then the "certified accurate" box will not be ticked and these results will not be transferred to the league tables. These results and any other results where the course is not certified as accurate will show on the results table in green italics.

If you wish to check before entering whether a race is certified as accurate you should visit the UK Course Measurers website at <http://aukcm.org.uk/> The association measurements apply to the standard road race distances of 5K, 5 Mile, 10K, 10 Mile, Half Marathon, 20 Mile and Full Marathon and these are the only race distances which qualify for our road race league tables and road race club awards.

Please note that statements on UK road race websites or entry forms that a course has been “accurately measured” are meaningless unless the course has been officially measured and certified as accurate by AUKCM. Races which have been given AUKCM certification will usually show the AUKCM triangle/wheel symbol on their entry forms, information sheets or websites. The AUKCM certificate is valid for a ten year period after which it is subject to a renewal process on expiry or if there is a change in course routing in the intervening years.

If you wish to notify a race result for logging on the website **PLEASE NOTIFY DETAILS DIRECTLY TO YIANNIS CHRISTODOULOU** at yiannis_christodoulou@hotmail.co.uk Similarly if you have any queries or corrections with regard to results already entered please contact Yiannis. (Please note the underscore between the first name and surname).

HARRIERS ON FACEBOOK


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

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

A decorative border of ice cream cones surrounds the page. The cones are arranged in a rectangular frame, with a row of cones along the top, bottom, and sides. Each cone has a yellow top, a pink middle, and a brown bottom.

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

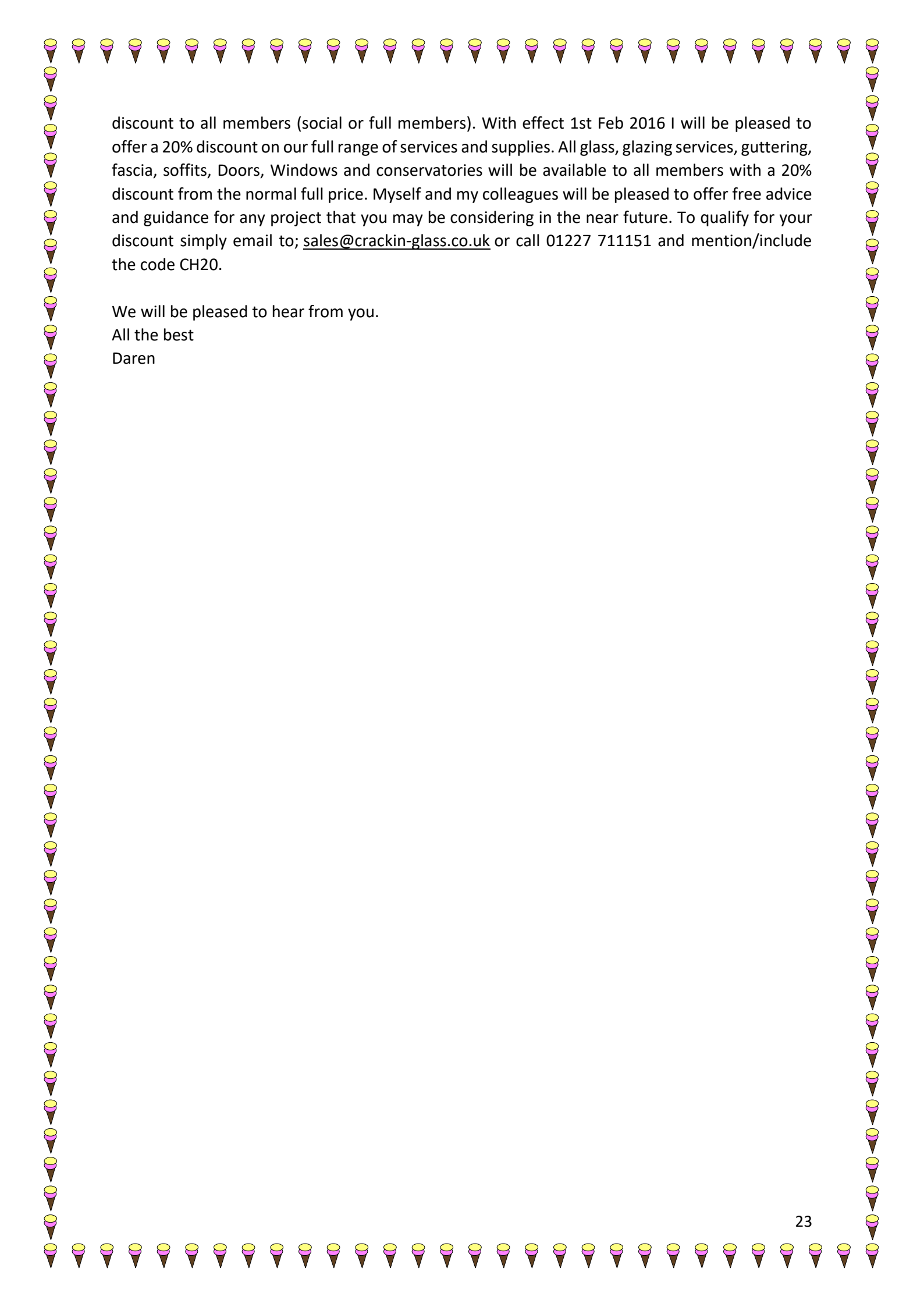
All house and garden maintenance
01227 361112 or 07951754926

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'

A decorative border of ice cream cones surrounds the text. The cones are arranged in a rectangular frame, with a single row of cones along the top and bottom edges, and vertical columns of cones along the left and right edges. Each cone has a yellow top, a pink middle, and a brown bottom.

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