



# The Harrier

The newsletter of the Canterbury Harriers

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## CHAIRMAN'S WINTER WELCOME

Dear Harriers,

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

We currently have 167 members made up of 154 running members, 5 honorary members and 8 social members. I hope that newer members are enjoying membership with us and benefitting from 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 usually like to mention the weather and the cold snap in the middle of January certainly brought it home that we still have 'winters' and that they are not a thing of the past! A number of evening sessions were particularly cold and great credit to all that were able to take part. On one particular January Thursday evening, with snow on the ground, a group of 10 or so still manage a 'slippery-slidey' but cautious training run. The Canterbury 10 mile race in mid-January was also a test for the hardiest with temperatures around zero and with a heavy mist in the country sections. During the race I was very pleased to be able to offer words of encouragement from the comfort of my bike. About three quarters of the way around the course I unexpectedly volunteered to assist with marshalling having recognised a particularly tricky junction at the bottom of Bokesbourne Hill.

An event that continues by tradition is the pre-/ post xmas run from Roy Gooderson's house in Rough Common. Unusually this year the weather was mild and the ground conditions in Blean Woods not too muddy. No one was lost as Roy led the group of 25 or so through some of the remoter parts of the woods. Thanks to Roy and Sarah for use of their garden for eats and drinks afterwards.

The big happening since our last issue has been the cross country season enabling us to all experience the thrill of mud, sweat, tears and fears! From my point of view I've been delighted at the excellent turnout of Harriers with some excellent individual and team performances. Steve gives a much fuller account within the newsletters of the season, mainly centred on the KFL. As a short round-up from me we had 45 runners for Match 1 at Sevenoaks with Simon Jones, new boy Josh Biggs, Tom Purnell, Yiannis Christodoulou, John Matthews, Andy Phillips; and Jo Norrington and Barbara Wenman for the ladies all running exceptionally well.

At Match 2 Swanley for the 'Remembrance Day' run we had a turnout of 39 Harriers with Simon, Josh, Tom and Yiannis all running well once more as did Jo, Barbara and Emma McCabe for the ladies.

For Match 3 at Oxleas Wood we had 35 Harriers running with Simon, Josh, John, Tom and Jo all having great runs.

Match 4 at Minnis Bay is the race full of trepidation. In the event the course wasn't quite as muddy as usual but was still very demanding as possibly the toughest course that we run. Once again we had a great turnout with 39 toeing the start line. Bad luck on Andy Farrant who in testing his injury found that his leg prevented him from finishing. Very well done to Simon Jones (3rd), Yiannis Christodoulou (7th), Paul Knight (12th), Alex Horsley (14th) and Jo Norrington 134th overall and 14th female. Honourable mentions to other Harriers further down the field in the form of Catriona


Coltart, Leisa Foad, Joanna Manser, Tina Jones, Sarah Luton, Shirley Pullen, Bob Pullen, Sarah Brenton and Jacky MacDonald. Well done all.

For the 5th race at Nurstead Court we had 29 running on what is an undulating two lap course and with the 'horse water feature' to get through. This year the water was very cold with evidence of its recent ice cover at the edges. The overall race numbers were a bit lower as is usual with the latter league races. Even so we had excellent performances from all Harriers with Yiannis, John Matthews, Andy Phillips and Wim van Vuuren all placing well; and for the ladies Jo, Barbara and Emma all performing well.

The 6th race was, of course, our own race at Blean Woods where Roy Gooderson Race Directed with full support from many club members, family and friends. Mounting our own race is our contribution to the KFL and an important part of our club's ethos to support the League. Many thanks to Roy and everyone who assisted on the day; and of course to all of our 37 runners.



I can do no better than quote from Roy's thank you note to all club members - 'Yesterday went very well with many of our runners performing well! Simon and Yiannis having top ten places and Barbara and Claire Pluckrose (debut run) in the top twenty. The biggest thanks goes to all helpers that made the day a success, especially that walking Museum of early Harriers race kit Steve Clark. He spent many a long hour hunched over the Amstrad sorting out the marshal's list, all 9 versions in 4 formats! John Cooper once again organised the juniors before running off to work, we had a rare appearance from his secret underground bunker of Alastair Telford who for decades has been behind much of our online presence and also sorts out the results for all of the KF League. Also nice to see retired runners like John Minshull, Dave Lightburn and Mark Powell all turning up to help. Ex chairman Tim was particularly busy with helping before and after running the race. I think my man of the match award must go to our parking coordinator Russell who must have run up hundreds of miles on his motorbike keeping an eye on the cars and delivering cones, radios, raffle tickets etc. he even got down on all fours to unblock one of the ladies toilets much to the surprise of the lady using it.'



And finally, the 7th race at Fowlmead concluded the season. Simon Jones once again excelled finishing 2nd with Alex Horsley, Adam Elston and Andy Phillips all packing well. The great news was our ladies placing first team on the day with Jo Norrington, Emma McCabe, Barbara Wenman and Claire Pluckrose all running strongly.

Over the seven race KFL season Harriers were 3rd overall in the combined results and our ladies were 5th overall. Simon Jones was second overall when combining his place position for all races and was first in his age group, with Yiannis (7th), John Matthews (16th) and Andy Phillips (28th) all placing well. Jo Norrington (9th), Barbara Wenman (14th and first in her age group), Emma McCabe (19th) and Tina Jones (2nd in her age group). We had 66 members taking part over the seven races which is a magnificently club turnout. Well done all.

It has been a 'relatively' quiet racing time on the road since October, apart from the Canterbury 10 miles in January where we had 37 running and the Deal Half in February where we won the men's team race (Simon Jones, Alex Horsley, Dave Bowden and Ian Pearson). However, I would also specifically mention the following Harriers racing since October for either running a PB, making a debut or winning a race award:

5m - Daren Parris, Shirley Pullen, Kieran Jessup, David Dunn (PB's); Peter Yarlett, Debbie Parris, Tom Jessup, Leisa Ford, Kieran Jessup, David Dunn (all Debuts).

10K - Wendy Smith (2nd lady); Leisa Foad (PB); Mark Peacock (Debut)

11k - Wendy Smith (1st V50)

10M - Yiannis Christodoulou, Alex Horsley, Daren Parris, Richard Hudson, Ian Pearson, Mike Denson, Wim Van Vuuren, Gemma Jeffrey, Paul Keen, Mel Christodoulou (PB's); Jacky MacDonald (2nd V65); Jacob Hussey (1st V50); Faye Roberts (1st lady and V35); Ian Pearson, Jon Vann, Paul Knight, Adam Elston, Thom Fentem, Jon Solley, Billy Redford, Rupert Spedding, Beth Burnett, David Dunn, Glenn Wilson, Geoff Burston, Kieran Jessup, Tom Jessup, Sammy-Jo Foster, Joanna Manser, Leisa Foad, Sarah Brenton, Phil Hadler (Debuts)

1/2M - Leisa Foad, Alex Horsley, Mike Denson (PB); Ian Pearson, Thom Fentem, David Dunn, Sammy-Jo Foster, Julie Bradford (Debuts).

26.95 Miles - Jennie Lucas

34 Miles - Karen Bennet, John Cooper

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

Looking ahead let me give very best wishes to everyone training for a Spring marathon whether London, Manchester, Stratford-upon-Avon, Exmoor, Brighton, Paris, Blackpool, Bungay, Boston or closer at home in Walmer or indeed anywhere else that you might have entered. The long winter of training in dark nights is coming to an end and hopefully you will all emerge unscathed from injury to fulfil the goal of 26.2 miles...

On the topic of coaches let me once again thank our coaching team for their entirely voluntary efforts on our behalf. Leading a training session frequently comprising upwards of 50 runners to explain the session on a Tuesday, or the route on a Thursday is not an easy task. Entirely off her own



back for personal development Jenny Benson has completed a course as an Assistant Athletics coach with UK Athletics covering running, jumping and throwing techniques. Not quite sure which of us Jenny will be throwing but watch this space and do exactly as she says!

In early December (it seems rather long ago now but certainly important to mention) the club held our annual awards presentation attended by about 80 or so of us, including friends and family for an enjoyable meal, awards presentation, raffle and social cheer. This is the event as the name implies(!) where we presented awards to our champions at the various race distances for the 2015/16 season. Pride of place went to Melanie Christodoulou and Mike Denton for most improved female and male respectively; Tom Millard - most outstanding performance and overall male champion; Karen Bennett and Matthew Pearce - mud, sweat and tears award female and male respectively; Nicola Charlton - overall female champion; and Faye Roberts and Simon Jones - female and male runner ups respectively. Well done to all awards winners and good luck to everyone already racing in the 2016/17 season, the points and times for which are already being recorded.

Which brings me rather neatly to our own Whitstable 10K. Our long term race sponsor Brian Smith,




Nissan Bailey based at Broad Oak, retired at the end of December after many, many years in the motor trade. Brian was an enthusiastic supporter of our race through very generously sponsorship. A group of us were delighted to make a presentation and gift of wine from the club to Brian in December in recognition of his support and also to wish him all the best and wife Gail for a long retirement.

Arrangements for next year's Whitstable 10K are underway with many of the pre-race authorisations already requested. Into the new year the tempo of planning increased and by the end of January all 750 places had been taken. A big announcement is being delighted to confirm that member Emma Pike has agreed to take on the role of Race Director from John Hartley for the 2018 race. This is excellent news and I'm sure that we are all grateful to Emma for stepping forward to take the lead in this crucial club role. We all wish Emma well and we will all be giving her maximum support throughout next year and beyond. John has very kindly offered to mentor Emma for the remainder of the planning and organisation of this year's race and also for the 2018 race.

For new members it is well worth mentioning that the surplus from our Whitstable 10k provides the bulk of club income each year which is used to pay for, or subsidise, the wide range of events and activities that the club provides. Without the annual race surplus (of roughly £6.5k) each £1000 of surplus by a rough calculation would equate to an extra £6.66 in annual membership fee. Hence the importance of the race to us!

*This year's race date is Monday 1st May. By convention all club members assist on the day and we are also very grateful for assistance from family members and friends of the club. All members are therefore requested to leave this date free for giving race day help as we need upwards of 100 key roles to be covered on the day. This does mean of course that we are all excluded from running the race - but a small price to pay for being part of Team Canterbury Harriers!*

On the 27th July 1993 a small band of runners met to found Canterbury Harriers. We are very pleased that they did and three of the group remain as active club members - Roy Gooderson, Bob



Davison and Joe Hicks. If my maths is right that makes 2018 our 25th anniversary. Although some way ahead a small group are already thinking and planning what kind of celebrations we should have. Early thoughts are a summer club social family day as close to our founding date as possible, a commemorative booklet covering our first 25 years, a celebration t-shirt and 2018 club calendar. In addition it should be possible to 'theme' some of regular social occasions with the number 25! Thanks to Roy Gooderson, Jenny Benson, Jo Norrington, Daren Parris, Gemma Jeffrey and Leisa Foad for getting these ideas off the ground. Please give them your further ideas and support in what will be a big year for Harriers.

Communication between club members and committee 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.

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 and Priscilla for this latest newsletter.
- Mel again for her regular newspaper reports.
- Yiannis for excellence on Harriers results.
- Roy for organising the Blean cross country.
- Roy, Gerry, Tina and Steve for organising our presentation dinner and awards.
- Alistair for maintaining the KFL race website
- Gemma and Gerry for updating fresh news on our website.
- A special mention to Jane Hadler for collating all of our finishing positions at the end of each KFL race (when none of us were in any state to do so!)

Events reminder:

Quiz Night - Saturday, 11th March

Cross country presentation evening - Thursday, 27th April

**Whitstable 10k - Monday 1st May**

AGM - Thursday 12th October

Yours in running with no injuries please!

Peter

## YOUR EDITORS

Hi everyone! Most of you probably know me by now, and if you don't, I am usually the one 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](mailto:melaniegeorg@hotmail.com)



I've been running with Canterbury Harriers for about 11 years now, during which time a lot has happened! It's been a challenge to keep going in between having babies but also great to see old friends and meet new runners whenever I come back to club training. My ideal race would be a challenging coastal trail half marathon but out of necessity I've learnt to enjoy a weekly fast and flat 5k.

I'm Kieran Jessup and I've been a member of Canterbury Harriers for almost a year now. Joining the club was one of the best decisions I've ever made; I love running at such a friendly club and I'm really pleased with my progress to date.



## NEW MEMBER: SAMMY-JO FOSTER

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

I had been running on and off for a few years the nearly three years ago I plucked up the courage to go along to Canterbury parkrun on a Saturday morning. It was horrible and I hated every second but there was something about running that made me want to keep going back so I could get better and hopefully not hate it as much. It worked! I am now part of the core team and one of the run directors at Canterbury parkrun so I'm there every week either volunteering or tackling those hills.

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



I have always tried to maintain a level of fitness through regular trips to the gym, especially after having two children. I particularly enjoy group fitness classes such as Body Pump and spinning. I'm not really very good at the whole 'team sport' thing, probably because I'm not overly competitive. I completed my first (and only!) triathlon in 2015 at Hever Castle but I'm more than happy to stick with one discipline for the time being.

### What is your favourite training session?

It has to be the Eliot hills session. It is the one I get the greatest sense of achievement from even though it is the one I grumble about the most. I definitely have a love/hate relationship with those hills.

### How do you manage work life and running?

In all honesty, most of the time I don't! I am lucky to have a supportive husband who will look after the kids when I'm out pounding the pavements. Occasionally I will have to try and squeeze in a run during my lunch break or I'll go out early in the summer months, before breakfast/school run/work. It is all a juggling act really.

### What shoes do you run in?

I have some Nike Zoom and have recently starting running in Adidas Boost.



### **What is your favourite post run snack?**

Is wine a snack?

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

I got really engrossed in the Olympics last summer, particularly the cycling.

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

I am marathon training at the moment so I'm running 4/5 times a week including a long run at the weekend and I try and do some gym stuff and pilates just to mix things up a bit.

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

My favourite race distance is probably 10k, just enough to push you out of your comfort zone but over and done with fairly quickly. I have been lucky to have ran quite a few races over the last few years. I really enjoy the ones that start in little villages so you get to see parts of Kent that you didn't even realise existed.

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

I've signed up to do my first marathon this year, Bewl Water marathon in May. So that's what I am focused on for now. I don't have a time in mind, I just want to complete the distance. Then in July I am taking part in a 24 hour relay race which will be my biggest challenge to date. I would also love to achieve a sub 25 minute parkrun time this year. Hopefully the Harriers speed sessions will help me achieve this stated aim!

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

I find that signing up for races helps as it gives you something to focus on. I have definitely been more motivated to run since joining the Harriers as I can socialise as well as put the hard work in.

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

Never be afraid to ask a stupid question as everyone is really friendly and just want to help.





## A GUIDE TO WHITSTABLE'S POST-PARKRUN CAFES

Every Saturday morning, a hungry bunch of parkrunners and Canterbury Harriers can be found replacing lost calories and catching up with their running buddies in one of these seaside cafes. Some of us have done the rounds and feel obliged to share our knowledge!

*The Lounge, St Anne's road* - the original post parkrun breakfast venue. There was always plenty of space and soft peely seating in which to sit and wait (for some time) for your coffee (or someone else's due to some confusion or other). That was until the mass parkrunners' decamp to.....

*The Marine Hotel, Marine Parade* – where the staff are to be thanked for putting up with our muddy footprints and windswept sweatiness. Most popular choice due to the lovely breakfasts, coffee, sea views, décor and general ambience.

*The Beach Café, Beach Walk in Whitstable* – best choice for those with a serious post-run appetite, the full English breakfast and vegetarian option are generous and scrummy. Or a few yards away is the...

*Hotel Continental, Beach Walk in Whitstable* – pretend you're on holiday as you help yourself to the unlimited hotel breakfast buffet which includes all the classic cooked and continental breakfast options. There's even one of those rotating toasters and cereal dispensers.

*Caffé Eighty Nine, Tankerton road* – a small and quiet café for reading your book in peace or catching up with a friend uninterrupted. Recently moved and refurbished, nice breakfast and coffee.

*The Bears Trading Company, Tankerton road* – if you haven't had coffee in an alpine / teddy bear themed café all week, try this one. It takes a while to get your head around the concept but it is a very friendly and unique café and nice for children. Two wood burners and it is dog friendly.

*Quite Contrary, Tankerton road* – a family-run and family-friendly tea room where you will be served lovely fresh home made breakfast or cakes by the very attentive staff. It is also packed with all sorts of craft and gift items including fairy dust.

*JoJo's, Herne Bay road* – some of us mourn the sad loss of 'breakfast at JoJo's' since the café area turned into a wine bar. Only the Marine comes close! They do still serve coffee and pastries after 10.

Well there's a few options anyway, see you on Saturday!

Priscilla Walkington

## THE 2016/2017 CROSS COUNTRY SEASON ENDS

This season saw a much better turnout of our members to represent the club at cross country, especially from the females with 20 individuals turning up for one or more of the matches, which is up from only 11 last season. The total number of female appearances was up from 54 last season to 74 this season. And we had no less than nine females making their XC debut for the club, Sarah Brenton, Catriona Coltart, Lisa Foad, Sarah Luton, Jo Manser, Emma McCabe, Emma Pike, Claire Puckrose and Kate Slee.

The men's figures were also up from 42 individuals last season to 46 this. And total appearances up from 173 last season to 197 this. And we had ten male XC debutantes, Geoff Burston, Mike Denson,

David Dunn, Adam Elston, Jethro Kimber, Paul Knight, Jake McLoon, Nigel Porter, Billy Radford and Jonathan Solley. Congratulations to all you first timers and hopefully see you all next season!

As usual the heart of the season was based around the 7 fixtures for the Sunday Kent Fitness League. But we also had a few appearances in the KCAA Saturday league as opposed to none last year! Unfortunately the main Kent Championships and the SEAA Regional Championship both clashed with KFL fixtures and we were unable to get any representation for the club at those events. However we had a really good turnout for the Kent Veterans Championships in early December.

In many ways it was a strange KFL season. Usually we have 4 or even 5 fixtures before New Year and 2 or 3 after. This season we had only 3 fixtures in 2016 and all those by 20<sup>th</sup> November! Then a long break until the first of the 4 fixtures in 2017 on 8<sup>th</sup> January. We also had the leagues biggest turnout at the first match at Sevenoaks on 30<sup>th</sup> October with 561 finishers! Up on the previous record of 537 at Swanley Park three seasons ago. Conversely we had one of the smallest turnouts of all time for the last fixture at Fowlmead Country Park, Deal with only 227 finishers, the 4<sup>th</sup> lowest on record.

For our club it was a much more successful season. In the main Combined League, after a jittery start we achieved 3<sup>rd</sup> position on the day at our 'home' tie at Blean Woods with two 2<sup>nd</sup> positions at Fowlmead and Minnis Bay, our best result, just missing out on top spot by a mere 7 points to Dartford Harriers the eventual league winners. And so we ended the season in a very commendable 3<sup>rd</sup> place of the 18 clubs in the league. In the female league we had an even jittery start! Languishing in 9<sup>th</sup> place before Christmas, some stronger performances in 2017 culminated in a match win for us in the last at Fowlmead and saw the girls climb to a very satisfactory end of season 5<sup>th</sup> position.

Special mentions to our debutante Sarah Brenton, our only female to complete all 7 KFL and two more debutantes Jo Manser and Emma McCabe, both making 6 appearances, together with Jo Norrington. And indeed Emma and Jo both scored for the team in all 6 appearances. For the men, pride of place must go to Andy Phillips who made all 7 appearances and scored for the team in all of them! Others who managed to complete all 7 are: Gerry Reilly, Jon Vann and Steve Clark [who he? ED]. Those who only let one slip were: Simon Jones and John Matthews (both also scoring in all 6 for the team), together with Wim Van Vuuren, Mark Wenman, Richard Hudson and Joe Hicks.


In the Individual League we had some success. Barbara Wenman continued her remarkable record by winning the FV55 category trophy. Making her debut for the club in the 2005/6 season she has completed every season since (5 out of 7 appearances) and won her category award for the 9<sup>th</sup> year running. All 5 seasons as a V50 and the last 4 seasons in the V55 category!

Simon Jones had a great season, finishing second in the Men's Individual League overall and also taking the MV40 award. Congratulations to you both! We had several members finishing in the top three in their respective categories as well.

We had no less than 32 members who completed a full KFL season (5 out of 7 appearances) and will therefore be certified! [Couldn't you word that better? ED].

And a big thanks to Jane Hadler who took on the onerous task of Supreme Assistant Team Manager and collected and recorded all our Harriers results at each match in fair weather or foul! And finally a big thanks to all those (and their other halves/family) who helped out at our host event at Blean Woods to make it a successful day!

In the KCAA Saturday league, Messrs Clark, Hicks and Reilly managed to turn out for the club at the 1<sup>st</sup> match at Wilmington in October and that was that! So come on you young 'ns, how about a bit more support next season!



Gerry and Jo Norrington also competed in the South of Thames Championship at Beckenham in mid December, with commiserations going to Joe Hicks who started but had to retire injured!

We had a great turnout and some success at the Kent Veterans Championship, held for the first time in Dartford's Central Park on 3<sup>rd</sup> December. For the Ladies we had Barbara Wenman(3<sup>rd</sup>), Wendy Smith(5<sup>th</sup>) and Tina Jones(9<sup>th</sup>) in the FV55-64 category taking the team prize. With Tina dropping down from the 65+ category to make up the team!

For the men, we had no runners in the MV40 category. In a strong & large MV50 category, we had Andy Phillips(21<sup>st</sup>), Jon Blunt(51<sup>st</sup>) and John Cooper(72<sup>nd</sup>) gaining 13<sup>th</sup> team position. But we had our largest turnout in the MV60 category with Steve Clark(11<sup>th</sup>), Mark Wenman(14<sup>th</sup>) and Bob Davison(15<sup>th</sup>) taking 3<sup>rd</sup> team prize, ably supported by Gerry Reilly(26<sup>th</sup>), Neil Godden(30<sup>th</sup>), Joe Hicks(31<sup>st</sup>), Tony Savage(34<sup>th</sup>) and Peter Yarlett(37<sup>th</sup>) and commiserations to Andy Farrant who started but had to retire injured! Finally but certainly not least, we had two fine young runners in the MV70 category, John Hartley(7<sup>th</sup>) and Phil Hadler(10<sup>th</sup>).

So well done to all above for giving the club a great representation at this event!

On Total Appearances, congratulations to all 27 members who managed to complete 6 or more of any XC's and will receive the soopa doopa exclusive 2016-17 Thermos flask! For the females congratulations to Jo Norrington and our debutante Sarah Brenton, our top ladies with 7 appearances each. And for the men our top appearer was no less then our esteemed Head Coach, Gerry Reilly, who reached double figures with 10 appearances!

Please see the following stats list for a complete guide of who has done or qualified for what, when, where, how & why! (Hopefully no errors!).

As soon as next seasons fixtures list appears, you must get those dates in your diary and cancel any other engagements (weddings, holidays, house moves etc. etc.) you may have on those dates and turn out for the club.

Ask not what your club can do for you; ask what you can do for your club! [Is this plagiarism? ED]

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

There are so many benefits:

1. The Club will pay all your entry fees to the events listed; you can recoup a large part of your club membership on this alone!
2. Free lifts usually available to the league events and if we have enough support for the one off, bigger events we can often arrange for a mini bus!
3. Club kit (sweatshirt or kitbag etc.) with exclusive season logo will be given to all members who do six or more of any of the events listed.
4. You will be held in high esteem by the Club XC Management Team!
5. You will often get horribly wet and muddy.
6. It has been scientifically proven that people who do lots of cross-country events every season will remain sane far longer than those who don't!

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

Steve Clark – SUPREME XC Team Manager



# CANTERBURY HARRIERS 2015/16 XC SEASON STATS

Remember, you need 6 appearances (or 5 plus marshal @ KFL6) to gain your EXCLUSIVE, HIGHLY SOUGHT AFTER, Harriers XC Team thermos flask for 2016/17!  
You need to do 5 or more of the 7 KFL matches to count in their individual's league table and be certified!  
You will have to have done 5 or more of the KFL matches or scored for the team to qualify for any Championship awards the club may achieve.

- a) KSL Fixture 1 Stanhill Farm, Wilmington 15/10/16
- b) Kent Vets Champs Central Park, Dartford 03/12/16
- c) South of Thames Championships Beckenham Place Park 17/12/16
- d) National Championships Wollaton Park, Nottingham 25/02/17

's' in columns 1 to 7 (KFL) denotes scored for team

Runner	KFL CAT	Kent Fitness league							Other-As above				total app.	marsh KFL6	Kit award	KFL cert (5+)	KFL CAT POS	KFL CAT trophy
		1	2	3	4	5	6	7	a	b	c	d						
1 Jo Norrington	F	s	s	s	s	s	s	s					7	x	x	x	2 <sup>nd</sup>	
2 Sarah Brenton	F	s	x	x	x	x	x	x					7		x	x	9 <sup>th</sup>	
3 Tina Jones	F65	x	s	x	x			x	x				6		x	x	2 <sup>nd</sup>	
4 Jo Manser	F45	x	x		x	x	x	x					6		x	x	13 <sup>th</sup>	
5 Emma McCabe	F35	s	s		s	s	s	s					6		x	x	3 <sup>rd</sup>	
6 Wendy Smith	F55	x			s	s	s	s		x			6		x	x	4 <sup>th</sup>	
7 Barbara Wenman	F55	s	s			s	s	s		x			6		x	x	1 <sup>st</sup>	1 <sup>st</sup> F55
8 Lisa Foad	F45	x	x		x		x	x					5			x	14 <sup>th</sup>	
9 Shirley Pullen	F50	x			x	x	x						4	x				
10 Deb Parris	F45	x	x				x	x					4					
11 Karen Hoult	F50	x	x	x									3	x				
12 Jackie MacDonald	F65	x	x		x								3					
13 Catriona Coltart	F65				x			x					2					
14 Emma Greatrix	F45	x					x						2					
15 Claire Pluckrose	F45					s	s						2					

16 Julia Bradford	F35			s									1					
17 Sarah Luton	F				x								1					
18 Emma Pike	F			s									1					
19 Kate Slee	F35				s								1					
20 Emily Thomson	F						x						1					
														74 Total female appearances				
1 Gerry Reilly	M65	x	x	x	x	x	x	x	x	x	x	x	10		x	x	3 <sup>rd</sup>	
2 Steven Clark	M60	x	x	x	x	s	x	x		x	x		9		x	x	2 <sup>nd</sup>	
3 Joe Hicks	M60	x	x		x	x	x	x		x	x		8		x	x	6 <sup>th</sup>	
4 Andy Phillips	M50	s	s	s	s	s	s	s		x			8		x	x	5 <sup>th</sup>	
5 Jon Vann	M60	x	x	x	x	x	x	x					7		x	x	7 <sup>th</sup>	
6 Mark Wenman	M60	x	x	x		s	x	x		x			7		x	x	3 <sup>rd</sup>	
7 Jon Blunt	M55	s	s	s	s			s		x			6	x	x	x	3 <sup>rd</sup>	
8 John Cooper	M55	x	x	x	x	x				x			6	x	x	x	15 <sup>th</sup>	
9 Bob Davison	M60	x	x	x	x	s				x			6	x	x	x	5 <sup>th</sup>	
10 Phil Hadler	M70	x	x	x		x		x		x			6	x	x	x	7 <sup>th</sup>	
11 John Hartley	M70	x	x	x		x		x		x			6	x	x	x	4 <sup>th</sup>	
12 Tony Savage	M60	x	x		x	x	x	x		x			6	x	x	x	9 <sup>th</sup>	
13 Richard Hudson	M60	x	x		x	x	x	x					6		x	x	10 <sup>th</sup>	
14 Simon Jones	M40	s	s	s	s		s	s					6		x	x	1 <sup>st</sup>	2 <sup>nd</sup> o/all & 1 <sup>st</sup> M40
15 John Matthews	M40	s	s	s	s	s	s	s					6		x	x	3 <sup>rd</sup>	
16 Wim Van Vuuren	M45	x	s	x	x	s	x						6		x	x	7 <sup>th</sup>	
17 Geoff Burston	M65	x	x	x	x	x							5	x	x	x	6 <sup>th</sup>	
18 Neil Godden	M60	x	x	x	x	x				x			5	x	x			
19 Roy Gooderson	M60	x	x	x	x	x							5	x	x	x	19 <sup>th</sup>	
20 Peter Yarett	M60	x	x	x		x				x			5	x	x			
21 Yiannis Christodoulou	M	s	s		s	s	s						5			x	6 <sup>th</sup>	
22 Mike Denson	M45	x	x	x	x		s						5			x	14 <sup>th</sup>	
23 Colin Kent	M50	x			x	s	x	x					5			x	19 <sup>th</sup>	
24 Bob Pullen	M50	x	x	x	x	x							5			x	28 <sup>th</sup>	

25 Steven Reynolds	M55			x	x	x	x	x					5			x	17 <sup>th</sup>	
26 Jonathan Solley	M	x		x	x		s	s					5			x	25 <sup>th</sup>	
27 Alex Horsley	M	s			s		s	s					4					
28 Daren Parris	M45	x	x				x	x					4					
29 Bob Moreton	M65	x	x	x									3	x				
30 Josh Biggs	M	s	s	s									3					
31 Adam Elston	M40			s	s			s					3					
32 Tom Purnell	M	s	s	s									3					
33 Andy Farrant	M60	x		x									2	x				
34 Paul Elderton	M	x	x										2					
35 Paul Knight	M40				s		s						2					
36 Nigel Porter	M45		x		x								2					
37 Marco Keir	M50	x											1	x				
38 Neil Benson	M45						x						1					
39 Dave Bowden	M50						s						1					
40 Dave Dunn	M						x						1					
41 Jethro Kimber	M						x						1					
42 Jake McLoon	Ms							s					1					
43 Billy Radford	M			s									1					
44 Tim Richardson-P	M55						x						1					
45 Craig Thomas	M55						x						1					
46 Phil Wyard	M50						x						1					

Any omissions/errors noticed (although this is impossible) please let Steve Clark know.

197 Total male appearances  
271 Grand total appearances



## SPOTLIGHT: TOM JESSUP

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

I have always enjoyed running and used to run regularly before I went to university, where the constant cycle of either being drunk or hungover soon put a stop to that! So once I finished uni and got into a proper routine I started to go out by myself again but running the same routes every week on my own soon got boring. Kieran and I knew a few members from the club who said we should try it out, so we did and haven't looked back.

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

I always played football and cricket growing up and I still play cricket.

### How do you manage work life and running?

I'm quite lucky with the job I do to be able to leave work at work so I always have my weekends and evenings free to fit in a run.

### What is your favourite training session?

I have no idea why but Eliot hill is probably my favourite session. Probably because I know that the harder a session is, the more you get out of it. I also really enjoy the summer routes through the farms.

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

The cathedral is always a joy to run round and the perfect boost as you enter the last mile of a Thursday night run. Not many people get to run in the grounds of a world heritage site every week.

### What shoes do you run in?

I've currently got a pair of Nike Pegasus 32's, before these I have always had asics and was reluctant to change from the tried and tested brand but I'm glad that I did.

### What is your favourite post run snack?

Can I say pizza?



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

My Sundays are usually spent on the sofa watching the football, which is always a relaxing way to end the week. I'm a Harlequins fan too so I go and watch them at the stoop which is always a good day out. Most people will probably think I'm really sad but in terms of watching sport my favourite thing to do is sit down and watch test cricket for hours and hours and hours.

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

A typical week would be the two harriers sessions with park run on Saturday morning (if I don't get held up at the pub on a Friday night) and an easy run on my own wherever I can fit it in.

### What are your favourite races and distances?

I've not done many races yet, only 5k's, a 5 mile and a 10 mile but my favourite was the Canterbury 10 mile, I really felt like I got into a rhythm and it was amazing to see how far I had come since I started running properly 10 months previously, especially as I missed most of the summer after tearing my hamstring playing cricket in June.

### What are your future goals and ambitions?

I want to do more races and events, including a half marathon this year, as long as I'm still enjoying it then I'll be happy. Beyond that, who knows?

### How do you keep motivated to run?

Having a goal to work towards motivates me. At the beginning of the year I set myself the goal of running 1000 miles in 2017, so I know that all the time I'm injury free and able to run I need to get out there and get those miles in to reach my goal.

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

As a relatively new member of the club I don't think I can really pass on any tips but I what I would say is to continue to be the welcoming, friendly club that has made me feel so at home and help me really improve my running.

## SPORT COMPANY DISCOUNTS AVAILABLE TO HARRIERS

The Running Outlet 10%

Andrew Buckley – 10% off

[www.moremile.co.uk](http://www.moremile.co.uk) 30% off code: CanterburyHarriers

[www.startfitness.co.uk](http://www.startfitness.co.uk) 10% off code: CanterburyHSF10

Doms Ease Oil - Discount code is: canterbury harriers at checkout [www.domseaseoil.co.uk](http://www.domseaseoil.co.uk)

Get £10 off insoles, use the code YIANNIS10 in the shop. Go to [www.enertor.com/home-uk/](http://www.enertor.com/home-uk/)

## WHITS ON TOUR TO BUSHY PARK PARKRUN

A chance remark, 'I'd like to run Bushy Park parkrun' at a social dinner set of a chain reaction of 'so would I'. The outcome of which was to hire a coach and take a group of runners from Whitstable and Sittingbourne parkruns to the home of parkrun in the Hampton Court Palace park. Bushy park started in October 2004.



Bushy Park in the London Borough of Richmond upon Thames is the second largest of London's Royal Parks, at 445 hectares in area, after Richmond Park.

I had thought a mini bus for 12 but we exceeded that number, 25 came and went and when the number reached 40 we settled for a 49 seater, and the date of 10th December 2016.

Several of us when straight to the coach park at 5.30 in the morning on bikes in the dark. At least there wasn't any traffic at that time of the morning. Then onto the main stop of the Marine Hotel at Tankerton. Several people didn't turn up and so mobile phones were hot trying to contact them. Several hadn't got up and were given the option of going to the second pickup at Brenley corner, several unwell. At Brenley corner we picked up Sittingbourne Event Director Jackie Wells and her group and then with delicate manoeuvring the coach managed to turn around and wait just of the roundabout for the latecomer Shirley Pullen. At 6.40 we were on our way and with a quick stop at Clackets lane for a 'Splash and Dash' we were on our way again. We arrived at 0820 with plenty of time.





We filed out of the coach, photos taken and as nobody on the bus had been to Bushy before we were delighted to find that Andy Howarth had come on his bike to meet us and show us the way. Although we could see a large park in front of us we actually had to walk across this one, along the road and enter Hampton Court Palace from the main entrance. We then crossed over the road and along a track to the start. It was a good 15 minute walk and I wonder if we would have made it in time without assistance.



Andy who helped us to get to the start and looked after us until time to get on the coach again

Its a beautiful park, wide, open and consists of grass and gravel tracks, trees and some coppices. It was reported that to run around just inside the park measures 10km. With more than 1000 there the queue for the loo was rather long and which looked doubtful to be cleared in time for the start. However we were all done and ready for the new runners briefing which was given by Simon who explained the route which is a round course of 5km. It didn't matter to most of us and we would be following the crowds in front!

As usual, we couldn't hear the pre run brief, too many people chatting and the loud hailer not loud enough. We probably had a mention as I had written before to Rob the Event Director to explain that we would be a group coming, just in case there should be any problems.

After the PRB we were of and we all settled into our routines. There was talk of pinch points but we didn't experience any. When we were on mud (which was reasonably dry) the course split into two side by side routes separated by low lying trees or scrub. Soon we were on gravel paths which were a bit narrow but it didn't matter as folk overtook/were overtaken on the grass either side as well. Soon enough we were at the finish funnel and it had been a source of wonder as to how they dealt with such big numbers of runners.

Quite easy really!. There were two funnels, and A4 laminated sheets starting with A (to Z). The first runner through was given A and directed into the first funnel, as were the next 20ish people. The next person was given B and directed into funnel two. After another 20ish, letter C was given and

the next group were directed into the first funnel again, as that queue was then the shortest. . At the end of the funnels stood the token person and token support person. They dealt with all the A's first and when C was presented in that funnel, the queue in the second funnel starting with B went through first, swapping over to funnel one again when all the C's had been given their position token. Then it was over to the barcode scanners who were dressed in hi-vis green to complete the process.  
Funnel magic!

At the end Andy waited for us by a big oak tree and the walked us to the Pheasantry for the customary post run coffee. Some even splashing out on a bottle of Prosecco! Most of us sat outside, not just because the restaurant was full but the weather was clement.



At the requisite time to head back to the bus, Andy took us the long way round so we could view the river, ducks, stag and herds of deer. Such a beautiful park. Once we got to the bus and bid Andy, and wife, Ann goodbye, the coach driver asked us to take our shoes of as we were all muddy and the coach was going out on a trip abroad once we got back! All part of the fun!

We were back in Whitstable soon after 1pm having stopped for another 'splash and dash' at Clacketts lane. Everybody thoroughly enjoyed the trip, so must do another one in the spring.. Only thing is...where to next



time.

Jacky MacDonald

Pos	Name	Cat	Time	Notes
601	Tina Jones	VF70	26:28	
823	Shirley Pullen	VF52	28:55	
952	Phlip Hadler	VM71	31:26	
1068	Jacky MacDonald	VF68	35:23	



## MARATHON DO'S AND DON'T'S

### Do

1. Do give yourself a few years running before taking on a marathon.
2. Do aim for a long run each week. If holidays or life gets in the way missing one or two will not matter and may give your legs a well earned rest
3. Do at least one run of 20 miles or just over during your training
4. Do listen to your body. If it is your first marathon you will get aching and stiff muscles. This is normal and should not stop you. If however you think it is more get advice and consider delaying to another race - there are lots of marathons in the U.K. especially Kent!
5. Do get organised as soon as you can. Book hotels etc
6. Do put your name on your vest. It is a huge boost to have people call your name out.
7. Do practice race nutrition. You will not naturally absorb foods from your gut whilst running unless you train your bowels to do so. If you aim to use gels use these throughout your training. To just use them on race day will mean they sit in your stomach and may well make a surprise re appearance.
8. Do remember there is more to life than running. If training doesn't go as well as planned, or you are not as fast as you hoped it is not the end of the world
9. Do enjoy it, soak up the atmosphere, speak to fellow competitors, high five small children, smile for the photographers and have a great race.
10. Do make sure you Vaseline any areas that rub and men don't forget your nipples, bleeding nipples on your race photos is not a good look and must be very painful!
11. Do take a bin bag to wear whilst you wait for the race to start.
12. DO REMEMBER YOU ARE CAPABLE OF FAR MORE THAN YOU KNOW. BELIEVE IN YOURSELF, TRAIN HARD AND YOU WILL SUCCEED.

### **Don't**

1. Don't do anything new on race day that includes nutrition and clothing.
2. Don't get worried about finishing in a certain time. Speed is not the be all and end all.
3. Don't get too upset if you cannot run the race you intended to. There are plenty of other marathons -the 100 marathon club website lists most of the marathons in the U.K. Sign up for another one and run that instead.
4. Don't run with an injury.
5. Don't sign up for a charity marathon place unless you are certain you will reach the pledge.
6. Don't rely on listening to music, lots of races ban headphones now



7. Don't worry if you have to walk, I have taken walking breaks in most of the marathons I have run.

By Sally Silver

## PETER HOGBEN'S TRIATHLON SEASON 2016

I was pleased with my 2016 triathlon season despite injury problems, to help me get fit for the 2016 season I participated in a few running races in the spring such as the Cardiff Half marathon and the Ashford Half marathon which was very important as I was coming back from a shin injury. My first race of the season was the "British middle distance Triathlon Age group championships" at Grafham water in Cambridgeshire on the 22-5-2016 this is a championship race for nonprofessional athletes, this consisted of a 1.2 mile swim, 56 mile bike and a 13.1 mile run. This was to be my first half iron distance triathlon after focusing on the standard distance in previous years.



I had a disappointing swim of 30min 41sec coming out in 54th position but had a good transition 1 onto the bike getting down to 47th position. The bike course first of all headed out to St Neots and consisted of three dead turns evenly spread over the bike distance; this



helped with getting an idea of my position and the gap to the leaders. At about half way I managed to get myself into a group of about 10-15 riders this helped with keeping a fast pace well keeping out of the illegal ten-meter draft zone. After the final drink station about three quarters into the bike leg the group broke apart and there were big gaps between competitors, at this point I was just picking of minor places and got over taken by a few stronger cyclists that had a slower swim. By the end of the bike leg I managed to get myself down to 22<sup>nd</sup> position going onto the half marathon. The run consisted of two laps alongside the lake and by the second lap I was feeling fatigued due to trying to push myself as hard as possible, this helped with trying to run down two competitors in the final 2 miles of the race. I ended up finishing with a very satisfying 12<sup>th</sup> position overall and 1<sup>st</sup> in my age group 20-24. My overall time splits over the distance were 30min 34sec swim, 2hr 27min 4sec bike and 1hr 23min 44sec run with an overall time of 4hrs 24min 20sec. I was very pleased especially as a month before the race I thought I wouldn't be able to compete due to injury problems. The overall winner was Michael Birchmore who I have competed against in previous shorter races and he completed the event in an extremely impressive 4hrs 7mins. Approaching towards the end of the run I noticed my groin was hurting slightly but ignored it, I also consistently noticed it the week after the race. When I tried my first run about 6 days later it was unbearable to run on and would continue to pester me all the way through the season. Due to



winning my age group I was accepted to compete at the European middle distance age group championships in Austria that took place in September.

During the season, I was training especially for the European middle distance championships through the summer of 2016 which meant the triathlon races I had already booked for in advance became smaller goals leading up to the Europeans. My running training through the season ended up being very limited, with only races being my hard sessions as weekly consistent run training provoked my injury but did mean I could focus more on my swim and bike training. The ETU championships took place in a small alpine town called Walchsee about 5 miles from the German border, the bike course was tough with a couple of long climbs and very fast descents with tight hairpin corners, it was a very warm day with the air temperature reaching 30°C by the time I had got onto the run course. I felt like I had a great race coming 7<sup>th</sup> overall in my 20-24 age category and first Brit. results can be seen on the link below, along with a few photos shown below of the event.

[http://www.triathlon.org/results/result/2016\\_walchsee\\_etu\\_challenge\\_middle\\_distance\\_triathlon\\_european\\_championship/306102](http://www.triathlon.org/results/result/2016_walchsee_etu_challenge_middle_distance_triathlon_european_championship/306102)





## MARATHON VIRGIN

By Glenn Wilson

The ancient story of the messenger Pheidippides' heroic run from Marathon to Athens to announce the Greek victory over the Persians in 490BC has always been a warning to me about running long distances – Pheidippides died of exhaustion! So running a marathon has never been on my bucket list. However, there's a mythical and powerful force at work when you take up running. Achieving your first mile sets you up for running three and suddenly you are regularly running 5k (aided by the phenomenon that is parkrun). But then 5k seems too short, so you start running 10k. But more than that, you start clock watching – can I run 10k quicker? Your PBs improve and suddenly you put in for a ten miler – after all, what's an extra four miles – it's barely 5k! Ten mile races provides a natural step to challenge yourself in a half marathon – yes, half a whole marathon. Well, if I can do half a marathon, surely I can do a whole marathon; after all, thirteen miles doesn't seem so bad. Thoughts of dying of exhaustion are now buried in that part of your brain that says “yeah, but it was hot in Athens and the poor guy hadn't trained to run such a long distance”.

So here I am, training for a marathon, the Asics Manchester Marathon. It's my first one (that sort of suggests that there could be others, but let's not be hasty). I had better start training for it! My first impressions when I looked at a few training plans was the amount of commitment required to run such a long distance. Aggregate weekly mileage seemed to grow in multiples of ten – 30 miles, 40 miles, 50 miles.... 60 miles!! How on earth could I do all that with my work schedule? So I needed to adapt. First of all, I decided that at the weekends, I would always do a long run, starting at 12 miles and increasing to 18 miles. Although, the Lydd 20 miler, just three weeks before D-Day, suddenly appealed and is now in my plans. Midweek was more problematic. The solution for me was to make the most of the Canterbury Harriers training nights when at home, and, because I work away near Windsor, I joined the Datchet Dashers running club (as my second claim). It means I can run with people also training for a marathon no matter where I am. The added benefit of that is that I have met some great people who have similar goals to me. Their mental strength feeds mine and marathon running, I am learning, is much more than a physical challenge; the psychological challenge is just as important.

So where am I today? I have run 18 mile training sessions, I have run hills, fartleks, interval sprints and all sorts of distances to make sure I am ready for 26.2 miles. I am physically ready. I am mentally ready. I may even add it to my bucket list.



CHRISTMAS PRESENTATION EVENING 2016







## INTERNATIONAL ATHLETES 2017

Harriers have a few internationals now and this is where they are competing this year

**Mike Mawby** will be representing England in the England Athletics Age Group Marathon Championships

**Dave Bowden** will be going to the Long Distance Triathlon World Championships in Penticton after his great performance at the European Championships



**Yiannis Christodoulou** will be competing at the European Aquathlon Championships in Bratislava and the World Aquathlon Championships in Penticton



**Simon Jones** has qualified for the European Aquathlon Championships in Bratislava and the World Aquathlon Championships in Penticton





## REPORTING YOUR RACE RESULTS

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

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

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

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

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



## HARRIERS ON FACEBOOK

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

Facebook can be used to tell each other about weekend training sessions, club results, upcoming fixtures and sharing lifts to races etc. Indeed Facebook use is as wide as members wish to make it for club matters. If you are not already signed up to Harriers Facebook then it really is a must to help you keep in touch. Gemma 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](http://www.facebook.com/CanterburyHarriers) in your address bar. You can also find Harriers Facebook by clicking on the Facebook logo on the front of the Harriers website (top right). To see the posts from Harriers in your personal Facebook news feed click on the 'Like' button found just under the main photo.

3) If you want to post on the page there is on the left hand side of the page a box that says 'post' above it. You can then write your message and then press Enter - this will not be public and others won't see your message unless they look for it on the page. If you want something posted (eg. any events you are participating in, details of PB's or if you want to organise a training run) you need to private message the page which you can do by clicking on the 'message' button on the right hand side of the page. Your message will come through to Gemma 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](mailto:facebook@canterburyharriers.org) who will then post them to Gemma site.

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

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

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

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

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

### Holiday Retreat - special rates for members

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

### Jo Norrington - holistic and sport massage therapist

Sports massage and indian head massage, £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

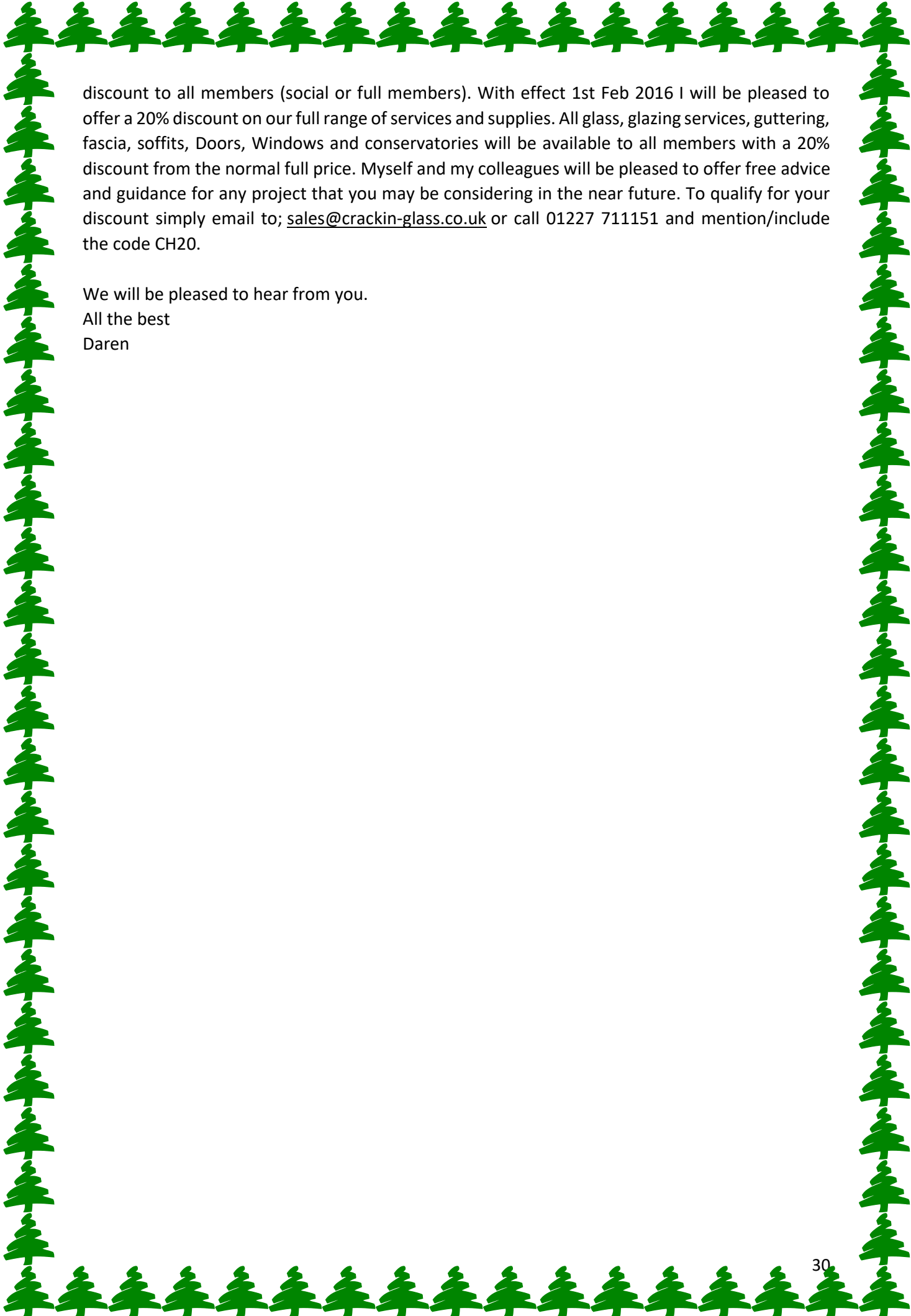
All house and garden maintenance  
01227 361112 or 07951754926

### 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](mailto: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