



The Harrier

The newsletter of the Canterbury Harriers

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CHAIRWOMAN'S AUTUMN WELCOME

I am delighted to be doing my very first Chairwoman's introduction for this edition of 'The Harrier'. First of all I would like to say Thank You to you all for your words of encouragement and support that you have given me in the run up to and since you voted me in to be the first ever Chairwoman of Canterbury Harriers, and once again I think we would all like to say a huge Thank you to Peter for being in the hot seat and an excellent chairman for the last 5 years, he has done a wonderful job and I hope that I can carry on keeping the Harriers moving onwards and upwards.

It has been an excellent running year in 2018 and I am very much looking forward to presenting all of the club awards at the Christmas Presentation evening at the beginning of December.

We had a very good relay season winning several of the team prizes and know we have the cross country season which has just got underway with an excellent turn out for the first race, let's keep up the momentum and show the others our Harriers team spirit.

This year has also seen the 25th Anniversary of the Harriers and we had an excellent turn out for the celebrations which were held on an extremely hot day in July and had a very good reception from the young and old alike.

Finally, with the winter training well underway, we can look forward to the festive period, including Roy's long held traditional Christmas and mince pie run in December, and then kick start the new year with spring marathon training for some and some other favourite races to look forward to in the first few months of the year, including the chilly Canterbury 10 that we all enjoy!

Gemma
Chairwoman

SPOTLIGHT: JO MANSER



What is your story about how you got into running?

I got into running about 14 years ago when I worked at Pfizer. There was a group of us, including Theresa Johns, who used to run during our lunchbreaks a few times a week and The Pfizer running club Pfleet Feet Running club was eventually formed. As my children were quite small then I concentrated on 5 and 10 kms. The thought of doing a marathon at that time really scared me!

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

I played Badminton when I was a child, I have always swam and also played golf. I cycle too and did the London to Brighton bike ride in June this year.

What is your favourite training session?

My favourite training session is Elliott Hills, I don't exactly enjoy it when I'm doing it but I do find that I get the most benefit from this session.

What is the most beautiful spot you have ran in?

My favourite place to run is by the sea, just take in the view, switch off and run.

How do you manage work life and running?

I work part-time and now my children are older, one at University and one in sixth form I don't have to worry so much about how often I go for a run or for how long.

What shoes do you run in?

I'm currently running in Mazuno Wave, I've had Brooks, Hoka and Saucony, Saucony would be my favourite shoe.

What is your favourite post run snack?

Banana and a cereal bar.



What other sports are you interested in watching?

I like watching quite a lot of sport when I get the chance, football, golf, swimming, athletics, rugby, MotoGP.

What is a typical week's training for you?

At the moment I usually do a spin class once a week, Tuesdays session, Park Run and cycling/swimming plus another run.

What are your favourite races and distances?

I like the Canterbury 10 Miler and Ashford 10K. My favourite distance would be 10 miles. I also enjoy the Cross Country races.

What are your future goals and ambitions?

My main goal for 2019 is the London Marathon which will be my third marathon. I am excited but struggling with a few niggles at the moment so working on getting into good shape for that.

How do you keep motivated to run?

I really enjoy it, I always feel so much better when I've been for a run and miss it when I can't.

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

I feel I am more in need of tips and advice so would like to thank everyone for their encouragement and support.

TRASH RUN - 24th NOVEMBER 2018

Litter is a huge problem now a-days and ruining our seafront. On Saturday the 24th of November Yiannis Christodoulou will be hosting a Trash Run before and after Whitstable Parkrun at Tankerton along the sea front heading towards Herne Bay and back.

What is Trash run? It is an idea based on running and picking up litter as we go. A great way to get some easy miles in, its FREE and helping the environment.

We will meet around 8.30am at the Public Toilets near Whitstable parkrun finish area on the Tankerton Slopes. We will then run a mile or so picking up rubbish along the beach. 9am we will run Whitstable parkrun and they are getting involved. After parkrun we will be joined by runners, running along the beach with us picking up rubbish along the way.

PLEASE NOTE THE SLOPES is a site of Special Scientific Interest and there will be no litter picking on the side of the slopes.

Please come along and help your local environment. Spread the word and invite others.

SEASONAL RUN - 30TH DECEMBER 2018

Harriers will keep up the long held tradition of holding an off road seasonal run with mulled wine, mince pies bonfire etc.

It is an easy paced social run through muddy trails etc. we normally also have a walking group in Blean Woods for family members or injured runners.

The date is Sunday 30th December 10.00am, the venue is Roy's garden at 14 Lovell rd. Rough Common CT2 9DG.

Silly seasonal attire is welcome!



ASHFORD 10K WINNERS

Men

Overall 1st Peter Hogben
2ND Yiannis Christodoulou
3RD Paul Knight

30-39 1st Paul Elderton
2ND Ian Pearson
3RD Jethro Kimber

Vet 40-49 1st Iain Morris
2ND Fiouse Corbeil
3RD Pau, Thompson

Vet 50-59 1st Andy Phillips
2ND Colin Kent
3RD Simon Cox

Vet 60 1st Andy Farrant
2ND Steve Clarke
3RD Jon Vann



Vet 70 1st Philip Hadler



Women



1st Claire Pluckrose



2nd Caroline Wetherill



3rd Deb Parris



Up to 39, 1st Gemma Jeffrey



2nd Emily Thomson



3rd Paula Reading



Vet 40, 1st Emma Greatrix



2nd Karen Bennett



3rd Jo Manser



Vet 50 1st, Theresa Johns



2nd Fiona Craig



3rd Shirley Pullen



Vet 60 1st, Wendy Smith



2nd Jane Elder



Vet 70 1st, Tina Jones



2nd Jacky MacDonald.



ASHFORD 10K CLUB AWARD PHOTOS









NEW MEMBER PROFILE: MARINO MARINOU

What is your story about how you got into running?

I'd never run in my life, I'd never even run a race in school, but in 2014 I set myself the challenge of completing a marathon. I got a charity place in the 2015 London Marathon and started training a year before. Every milestone felt like a huge accomplishment - the first mile, 5K, 10K, half marathon, and then to complete the marathon was such a sense of achievement.

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

I was a gym member for general fitness but other than that I didn't do any other sports. I've now been a member at Canterbury City Boxing Club for 3 years where I generally train twice a week.

What is your favourite training session?

I enjoy interval training - it's where I feel I get the greatest benefit to my fitness.

What is the most beautiful spot you have ran in?

I went running one morning on holiday in Luxembourg - I started in the city, cut down through a park and found myself running through the cobbled streets of the old quarters, which is a World Heritage Site. This area is in the gorge of the river Alzette and it was absolutely beautiful and unspoiled. It was so unexpected, I didn't know where I was going but it was just mile after mile of picturesque scenery.

How do you manage work life and running?

I get up early! I either train before work, or go into work early and leave early to train. I am spoilt at work with time. I struggle more with family time!!!

What shoes do you run in?

When I first started running I had Saucony Guides as I used to pronate. Now a few years on I'm a neutral runner and I run in a Hoka. It took me a few miles to get used to them but I now can't run without them Fantastic cushioning and an ultra-light shoe.

What is your favourite post run snack?

Pizza and a pint of Guinness after a long run! I don't know why but after a training session I always really fancy a pack of raisins!

What other sports are you interested in watching?

I'm a lifelong Spurs fan and also enjoy watching Formula 1 and Boxing.

What is a typical week's training for you?

My general week will consist of:

Monday - strength training in the gym and an evening boxing session.

Tuesday - PT session (cardio and strength) and Harriers training in the evening

Wednesday - 3-4 mile run

Thursday - Hour's Boxing session followed by an hour's running session either tyre-pulling or interval training in Blean Woods

Friday's a rest day

Either Saturday or Sunday I try to do a longer run. If I'm marathon training I try to build up my miles over the weekend, if not it's usually a 6 mile run.



What are your favourite races and distances?

Half marathons are where I'm most comfortable. I enjoy travelling around Europe competing in halves and seeing new places.

What are your future goals and ambitions?

I'm aiming to run all 6 World Major Marathons by 2020. I've done London and Berlin so far and hopefully by the time this is published I'll have New York under my belt too. I'm hoping to run Chicago and Boston in 2019 and Tokyo

in 2020, as it's the same year they are hosting the Olympics.

How do you keep motivated to run?

I struggle! Joining the Harriers has given me motivation to get up and go, but running on my own long-distance I seriously struggle. Running in events also motivates me - I'm not a competitive runner, I'm doing it for personal achievement and enjoyment and I don't worry about my times, but having a competition helps me to keep my training going.

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

You're all better than me!!!

HOW CANTERBURY HARRIERS HAS INSPIRED ME... - CLAIRE PLUCKROSE

Running was never my thing ... hockey was my passion and whilst running featured in this, training runs were the last thing I liked doing! When I hung up my boots, I needed a new challenge and decided to try a triathlon. In 2007 I did the Blenheim Tri and got the bug.

Three sports to train for, no plan, a poor work life balance, I needed to take a look at myself and give myself a 'bit of a talking to!' So I decided to join a running club as this would then give me focus and reason to leave work at least one day in the week at a good time and do something for me. I poured a glass of wine (large of course), fired up Google and did some research on local clubs and I found Canterbury Harriers - I liked the sound of this club.

January 2017, New Year, new me, I rocked up for my first Tuesday night training session, St Stephens park, led by the one and only, Steve Clark who, for the next few weeks, called me Karen!! He was very encouraging (I didn't like to correct him!) Everybody was welcoming, supportive and I knew I had found the right club for me. After my first Elliot Hills session (my favourite session), Barbara encouraged me to join and run with the Ladies in the Cross Country races. Cross Country ... that was almost as bad as warming up before a hockey game ... but I was intrigued and went along to my first cross country run for probably 25 years!!! I loved it ... the camaraderie, being part of a team, working



together, losing trainers and getting covered in mud – just the thing every 48 year old woman loves to do Isn't it??

2018 is a big year for me ... retiring from 30 years in Law Enforcement and qualifying as a Personal Trainer and Sports Nutritionist. I read Dare to Tri by Louise Minchen, which gave me an idea – let's see if I can qualify for a GB age group place in my 50th year! After a season of hard training, my last race was in September and everything came together. I qualified for GBR, competing in the World Championships Duathlon in Spain next year. I still have work to do with my tri training (my swim is sloooow!) missing qualifying by 2 places so work to do this winter!

Harriers have been an integral part of my journey. Being part of a great club, running with like-minded people who constantly inspire me, making great friends along the way. Running is now a massive part of my life, for health, general

well-being and that overall feel-good factor. Canterbury Harriers gives that to me – I always leave a training session or race with a big smile on my face, looking forward to the next time I put my blue shirt on and run with the gang – thank you all for making me feel so welcome.

By Claire Pluckrose

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PODIUM AND IMMODIUM – EUROPEAN SILVER – DAVE BOWDEN

After recovering from the virus that wiped me out following the World Champs I had about eight weeks to prepare for the ETU European Champs in Madrid. The bike course looked tough with three big mountain climbs and a total of around 2900m ascent. The remainder of the bike course profile looked pretty quick.

Realising I needed to focus on the climbing I contacted a cycle coach who took the Wattbike sessions I attended in the winter and spring. He wrote me an individual bike training programme around the number and duration of bike sessions I could do each week along with my swim and run training. It largely consisted of two turbo sessions and a long ride the weekend all done on power to build strength and speed.

I set up my TT bike on the turbo and decided to go with my existing gearing 53/36 and 11/28. The turbo sessions got progressively tougher but I persevered.

My running had improved on earlier on in the year with me able to consistently run for 2-3hrs each Sunday. I was however struggling to fit in more than 2 swims each week. I knew this wasn't enough but I was already training between 12-16 hours each week whilst holding down a 50-60 hour week job.

The organisation of the event seemed less than slick with little information available in advance about registration and logistics. The swim was in a reservoir 60kms from Madrid, T2 was in Madrid and the finish in the centre of the city some distance away from the official hotel.

Before I realised it was time to start to taper. My coach, Tim's programme kept me pushing, longer and harder than I would have normally done in taper but I trusted him.

For the first time to a foreign race, I travelled without my long-suffering wife who acts as my support team. Boy did I miss her.

Having arrived at the hotel me and the rest of the GB team were still unsure about the logistics as the instructions were unclear about registration, transition bags and logistics. It then became apparent bikes were being collected from the hotel at 08:00hrs on Saturday morning, athletes would then take a coach from the hotel at 09:00hrs to registration and return around 19:00hrs. This seemed madness the day before a full distance race. It would be exhausting and the temperatures were around 35 degrees. It would be knackered. I hired a car with a couple of other age-groupers and drove to registration, handed in our transition bags and after race bags (?), went across to T1 to rack our bikes and then back to Madrid. We were back by 16:30hrs ready to rest relax, eat and get ready for race tomorrow.

I ate around 18:30 and rested in my room going to bed around 20:00hrs waiting for the alarm to go off at 03:30hrs. At 22:30hrs I woke up with stomach ache. I spent the

next 4 hours alternating between stomach cramps and sitting on the toilet. I finally got back to sleep and the alarm seemed to immediately go off. At this point I thought I can't race like this. I was exhausted and felt awful. I talked to myself about the importance of the race and my 2018 season would be defined by it. If I DNF so be it. I remembered my wife had dispatched me with some immodium and I took two tablets. I went down and joined the other age-groupers for breakfast forcing myself to eat some porridge and drink some electrolytes.

04:30 we got on the coach to travel to the swim start. When we arrived at T1 it was pitch dark and bloody cold around 3 degrees. The swim is in the mountains at 1000m altitude. I made the usual checks, inflated my tyres, put my nutrition on my bike, compulsory pre-race toilet visits and concentrated on my race plan.

The swim start is a beach start whereby you run into the water. I'd had problems with this in Canada at the 2017 Worlds with my HR getting too high. Before the sun rose we started and I tried to start slow getting into a rhythm. The usual happened, I couldn't get my breathing sorted, swallowed some water, so had to swim the first 300-400m stopping and starting. It was a two loop/lap course and as we turned at



the first buoy the sun was rising and I couldn't see a thing so just followed others. I kept veering off course and having to correct myself. I must learn to swim straight!!!!

The swim is a truly stunning location set in beautiful surroundings. I don't think you'll find a race with a more scenic swim.

Swim 1:28:32 second to last and slow even for me. I had planned on <1:15

T1 was pretty lonely as there weren't many people still around.

As I left transition I was passed by another GB athlete who I started to track but when I looked at my power, he was pushing too hard for me so I eased off. The first climb came which felt hard. This was meant to be the easiest of the three so was a bit of a shock. On the fast downhill I lost the two rear bottles which contained my concentrated nutrition for the entire bike leg and another bottle of energy drink. I stopped and went back for them. Both bottles had split. This left me with me with around 750mls in my aero bottle which is about an hour. SHIT! I carried on and at least my stomach felt like it had settled down.

The next climb came quickly. It started at around 5% incline and then started to increase to 6-7% for about 9m. The altitude was making breathing laboured and I had drunk all of my aero bottle. Never has the adage 'never trust a fart after 10 miles' been more pertinent to me. I tested the immodium's powers. Thank goodness it had worked. I later overtook an athlete on one of the climbs wearing a white tri- suit who hadn't heeded the maxim. Poor guy.

As fast descent followed immediately by the next climb. This was about 6m but was steeper with large sections of 8% peaking at around 11.5% and hurt. This was really tough. Getting my breathing settled was hard work. If I pushed the speed I was gasping. At the top of this climb I was able to stop at the aid station, eat a banana, grab some water and use some of the energy sachets I was carrying as an emergency. I now had nutrition for the next two hours but was already energy depleted and dehydrated. Off again.

Near the top I had passed a GB age grouper who'd shared the car to registration. He was suffering. I shouted across to him some encouragement about that's all the climbing done and I'd wait for him to come flying passed me on the downhill. He replied but I couldn't hear what he said over my own heavy breathing. I thought to myself that's strange, we'd been told by someone who had driven the course the second climb was the toughest. I thought the third is much harder.



I had been gradually clawing back places on the climbs but thought you're way down the field but pushed on. It was starting to get warm now. After another fast descent I started to realise there was another mountain to climb. The first lump on the profile for the first climb and I was already struggling after the last climb. My heart sank.

The next climb manifested itself and I was finding it hard to keep pushing out the watts. It was about 8m in total with long sections of 7-8%. I got to the top and ate another banana, took on water and filled bottles. After passing a skit station at the top, the descent was amazing. I was overtaken by one Spanish athlete who must

have known the roads or had no fear the speed he was riding. I overcooked a couple of corners and ended up hanging off the side of the bike like a Moto GP rider just to get round the bend. Thankfully I used to ride motorbikes. I hit 100kph on the way down. When I got to the bottom I couldn't believe what I saw on my bike computer ; more than 4 hours really tough riding and I'd covered less than 60 miles. The temperature continued to rise as we dropped down from the mountains to blistering levels. I later found out it was about 35-37 degrees at this point.

Despite what the profile showed the remainder of the bike course was far from flat, as you can see below, and no relief. I kept pushing and continued to pick up places but it was a metal battle which I felt I was losing. I remember looking at a road sign which indicated Madrid was 40km and thought that's not too bad but I looked at my bike computer and it showed I still had only covered 60 miles and therefore there was 52 miles to go. I changed the display and stopped looking at the distance as it was taking me into the dark places you go in a race, and concentrated on the power.

I have never been so pleased to see T2.

Bike 07:23:59 and unbeknown to me, I had managed to get myself up to third. I had estimated a bike split of 6 – 6:30.

I had seriously underestimated the bike course, hadn't given a consideration to the altitude, the climbs nor the heat.

I took an age in T2 , sorting out my gels, salt tablets, kit and smearing myself with sunscreen. The sun was debilitating. I was spent, thought seriously about throwing in the towel but decided give it a go and try to finish.

The run began with a circuit around a park and then some climbs into the city. I had to walk the climbs and was so far of my pace I was shocked. Every aid station I was taking on plenty of water but having to drench myself with water to control my temperature. *We need sleeved tri- suits British Triathlon @BritTri. They save watts, are more comfortable and prevent sun-burnt shoulders and backs.*



The run profile looked relatively flat but it wasn't. There's some serious lumps and the heat was brutal. After about two laps I saw the GB athlete who'd dropped me by T1. We were both finding it hard . I was walking through aid stations and on the hills, then forcing myself to start running again. I pushed on lap three thinking

when I get my fourth band I was done. When I came alongside the GB age-grouper and gave him some encouragement that we hadn't got far to go and to keep going.

He said we still had another lap to do when we had our fourth band. He was right, but by this point the sun and heat was starting to reduce a little. I found another gear, the encouragement from the crowd and other athletes was amazing and lifted me to perform and ran the last lap at a strong pace. Because I'd started to run well in comparison to others, people were shouting "you're flying" "you look so strong, you're a machine" which gave me even more strength. The power of the mind is astonishing. Not long before I was dead on my feet.

The finish chute was an amazing tunnel of noise, I weaved from side-to-side high-fiving the crowd and walked crossing the finish line. Absolutely exhausted. I've never looked so bad at the end of race. I looked ill.

No race has tested my endurance, tenacity and metal toughness like this one.

Self-talk was absolutely the single most critical factor in keeping me moving forwards.

Run : 3:53:09 fastest in age-group.

Finish time :12:52:40 (almost 3 hours slower than my full distance PB)

I later discovered the temperature on the run the temperature had topped out at 44 degrees.

After a massage and a drink, I just don't feel like eating afterwards although I know how important it is. I eventually got round to asking about my time and was told I was second in age group.





YOUR RUNNING COACHES

Gerry Reilly UKA Level 4 Coach (Endurance, Long Distance and Marathon) Head Coach

Steve Clark UKA Level 2 Coach (Endurance, Long Distance and Marathon)

Yiannis Christodoulou UKA Coach in Running Fitness

Jenny Benson UKA Leader in Running Fitness , UKA Coaching Assistant

Francis Maude UKA Leader in Running Fitness

Jo Norrington UKA Leader in Running Fitness

Thom Fentem UKA Leader in Running Fitness

Fiona Tester UKA Leader in Running Fitness

Paul Elderton UKA Leader in Running Fitness

STRENGTH TRAINING FOR RUNNERS – CRAIG COGGLE (PT)

So you are a runner and you want to go faster, you just need to do more running, right? To a certain point you would be correct, but what if you could increase the power that you exert into the floor to propel you along! Surely that would make you faster too?

There are many reasons for you to hit the weight rack with increased strength, increased power, injury prevention etc. etc. but let's look at the key aspects of what you need to cover to get you moving faster:

- ❖ Leg strength;
- ❖ Gluteal Strength;
- ❖ Core Stability; and
- ❖ Explosiveness.

Using a mix of strength and ballistic/plyometric exercise will get you the results that you need. Ballistic and plyometric exercises require a great deal of force to rapidly and repeatedly get you off the ground and reduce your foot contact time with the floor.

For a runner, strength training is important in order to increase the amount of force that the body can produce by increasing the stability of the joints, control of movement and importantly the strength of muscles. This new found strength combined with plyometrics will make you a more powerful runner, $\text{force} \times \text{speed} = \text{power}$.

Plyometrics is a very overused word within the training community, truly plyometric exercises would require a contact time with the floor of less than 0.2 seconds, anything more than this and the exercise would become a ballistic one. For true speed development plyometrics would be your best route to get the firing mechanisms within the calf and Achilles to work at their full potential. To put it basically if you pull an elastic band and fire it, it will cover a few feet, but if you pull it fully and fire it, it will travel faster for a much further distance. This is what we are trying to achieve, so let's get a more powerful and faster you moving forwards...

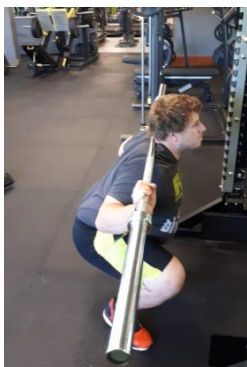
The Programme –

2 sessions per week as well as your normal running training. These strength sessions will be built up of a combination of supersets and tri-sets to make your training time the most efficient possible (supersets and tri-sets is a fancy way of saying exercise's put together without a rest)

3 sets of 8-10 reps of each sequence of exercises

Sequence 1	Sequence 2	Sequence 3
Squat	Bulgarian split squats	Bosu single leg balance
Ballistic Lunges	Pogo (plyometric)	A-Steps
Press ups (with a jump if possible)	Bent over row	Plank Rotation

Establishing the right weight would benefit you greatly but take it easy and don't rush too much you should feel like you could perform 1 or 2 more reps at the end of every set if you feel like you could do another 10 its time to put that weight up!



The Squat is one of the most simple and best “compound” exercises for developing leg strength and core stability. Some key aspects to performing this exercise would be to keep the core engaged, your chest lifted, upper back engaged with the bar pulled into your shoulders, and most importantly you need your hips to drop below the centre of the knee with the knees tracking over your toes. The reason for this is to protect your knees and the best hamstring and glute activation happens when you break parallel.

With ballistic lunges be stable and be safe, slow them down really concentrating on landing and producing an upward explosive force for you to jump and change your feet.



Press ups are great for improving upper body strength, but remember to hold that core in tight especially if you are making it ballistic. To make it ballistic you would exert a force to allow your hands to come off the floor and absorb the landing, if you wanted to get fancy you could always add a clap!





The bulgarian split squat is great for single leg development, with your rear foot elevated on a bench you want to sink until your front leg achieves 90% angle at the knee by driving your back knee down towards the floor.

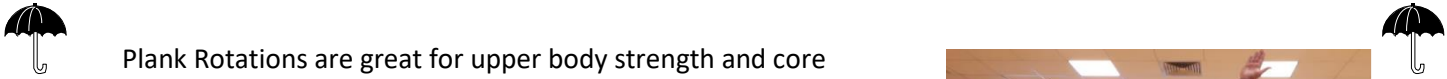
Pogo's are the easiest plyometric exercise to perform both feet together and flexed ,legs straight and you are looking to produce a jump by striking you forefoot off the floor with no upper leg help. If you feel like an idiot doing this o r struggle skipping would be a good alternative.

Bent over rows are great for the upper body, nice flat back parallel to the floor, soft knees and core engaged start to pull the barbell up your thighs towards your waist concentrating on squeezing your shoulder blades together.



Bosu single leg balance, we are trying to increase the stability of your ankles with the bosu dome side up you will stand on top for as long as you can. If you are a balance ninja and find this really easy try moving the other leg around to challenge your balance.

A-steps are a classic knee drive running drill to encourage an athlete to drive there knees higher whilst running and thus encouraging the cycle movement required for speed.



Plank Rotations are great for upper body strength and core stability. If you feel this in your back there is something wrong with your initial set up. I know people say you need to be straight in a plank which is true but its your skeleton that needs to be straight with a flat pelvis. Remember your bum is attached to the outside of your skeleton.

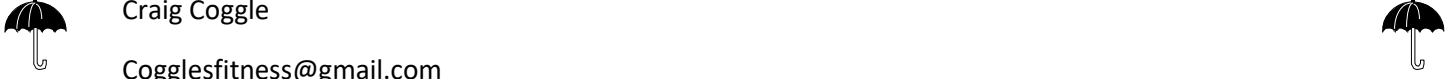
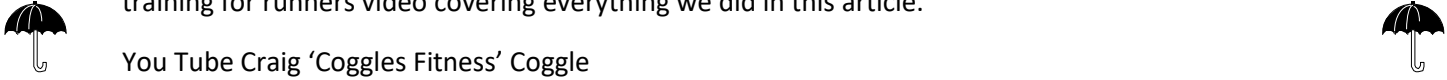
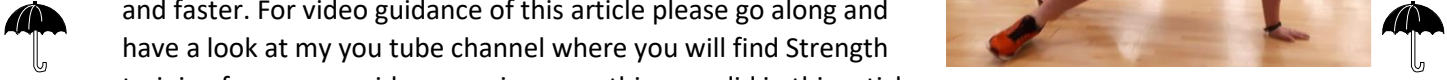
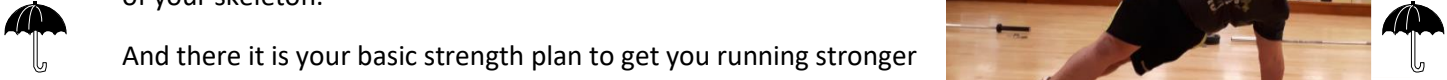
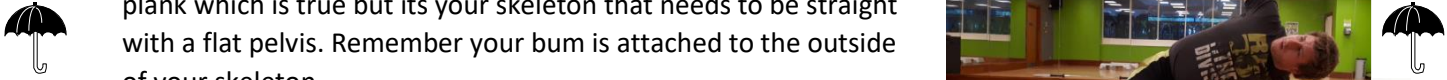
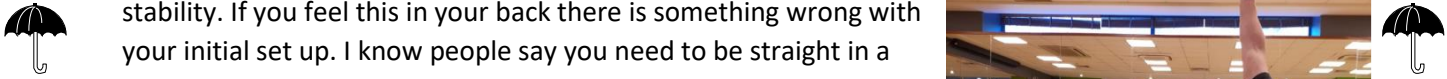
And there it is your basic strength plan to get you running stronger and faster. For video guidance of this article please go along and have a look at my you tube channel where you will find Strength training for runners video covering everything we did in this article.

You Tube Craig 'Coggles Fitness' Coggle

Safe running guys!

Craig Coggle

Cogglesfitness@gmail.com



A decorative border of black umbrellas surrounds the page. There are 18 umbrellas in each of the four corners, and a horizontal row of 18 umbrellas at the top. The bottom edge features a row of 18 umbrellas, with the final one on the right having a small double quote mark above it.

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).

SPORT COMPANY DISCOUNTS AVAILABLE TO HARRIERS

The Running Outlet 10% off

Bay Running Shop 10% off

Andrew Buckley 10% off

10% off Qi Teas <https://qi-teas.com/>

Order over 6 packets for free delivery

Use code YC10



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

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

Strength and conditioning offer. Remote & 1 on 1 strength & conditioning packages available to get you in peak condition for your race. Fully periodised plans & support network.

Contact cogglesfitness@gmail.com & receive 10% off training with the code Yiannisgb10.



25% off Enertor use code BAYYIANNIS

www.enertor.com



NAKED RUNNER

GET 20% off everything use the code YIANNIS10 in the shop. Go to naked-runner.com

PULSE ROLLI

Get £10 off all products, use the code YIANNIS10 in the shop. Go to pulseroll.com



7 CM LONGER
NEW IMPROVED DESIGN
EVEN MORE POWERFUL

48 hours Delivery 30 days Money back 1 Year Guarantee

A decorative border of black umbrellas surrounds the page. There are 18 umbrellas in each of the four corners, and a horizontal row of 18 umbrellas at the top. The umbrellas are arranged in a grid-like pattern, with some missing in the bottom-left and bottom-right corners.

HARRIERS ON FACEBOOK

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

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

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

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

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

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

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

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



CLUB KIT CORNER – SAMMY-JO FOSTER

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

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.

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

We will be pleased to hear from you.

All the best

Daren