



The Harrier

The newsletter of the Canterbury Harriers

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CHAIRMAN'S SPRING WELCOME

Hi everyone,

I'm delighted to give a brief Chairman's introduction and overview since our last Newsletter in both looking back over the past few months and also in looking ahead to what is a significant year for Harriers. Thanks to Mel for putting yet another edition of our Newsletter together. I would like to start by welcoming new club members to Harriers and to wish you an enjoyable and beneficial membership with us.

The cross country season straddled the winter months with the main focus on our participation in the Kent Fitness League. We were also represented at the Kent County seniors and veterans, the South of Thames and we had Male and Female teams at the National cross country championships held at Parliament Hill. As a competitor myself at the championships for the first time in 35 years in was a reawakening of the muddy delights at the 'home of cross country running'.

In the KFL we had some good individual and team performances. Barbara Wenman finished first overall in her V55 age group giving ten successive years that Barbara has won her age group. Overall we had 21 Harriers running six or more races (with marshalling at Blean counting as one) and so qualifying for this year's award of a sweat top. The most improved runners were Jo Manser and Jon Vann and overall cross country champions were Barbara Wenman and Yiannis Christodoulou. Well done all.....our own cross country fixture at Blean was as ever very well organised with Roy as Race Director. Many thanks to Roy and to everyone who marshalled on the day.


Our cross country and marathon presentation evening was held at the end of April at Rough Common Village Hall. It was a good opportunity to review the Spring marathons where we had representation at locations as diverse as London, Manchester, Brighton, Boston, Milan, Paris, Charing and Southend.

Congratulations to everyone who ran a marathon and particularly to Peter Hogben who ran 2:37:17 at London in the warmest of conditions. Also, John Cooper completed his 100th Marathon in April and I was delighted to present a special award to John at the cross country presentation evening. John joins Sally Silver as our two members of the 100 marathon club.

In early May we held our own Whitstable 10k, our annual prestigious major race. It genuinely was a 'Team Canterbury Harriers' day with almost 100 club members marshalling on the day. We have received many positive comments about the race when for the first time this year we gave race medals in addition to the usual high quality race t-shirts. We are grateful to Shepherd Neame as our principal sponsors and also to club member Matthew Northover for a financial contribution to the medals. The detailed race organisation covers about 10 months of the year and we are extremely fortunate in having had John Hartley as Race Director for the past 5 years. Many thanks to John for all his hard work in making the race so successful. We are equally fortunate in having had Glenn Wilson shadow John over the past year and now taking over as Race Director for the 2019 edition of our race.

As members will know the race provides a valuable surplus to club funds and we are also able to make a significant contribution to Demelza Children's Charity. A winning result all round.

At the time of writing the summer relays series is in full swing, providing a welcome addition to our racing programme. The relays provide a competitive outing in a team context together



with a friendly and sociable racing environment. If you haven't yet sampled a relay then I can heartily recommend taking part.

I'm sure that we're all delighted that Simon, Yiannis and Dave are continuing their International representation this summer in the form of the 2018 ITU World Championships in Denmark. Yiannis and Simon are competing in the ITU World Aquathlon Championships to be held in Middlefart (I did check the spelling) on 12th July. The event is a 1k Swim and a 5k Run. Dave is competing in the ITU World Long distance triathlon championships in Odense to be held on 14th July. This event is a mere 3.8km swim, 112 mile bike, and a full marathon run.

I'm sure we all appreciate the hard work of our coaching team led by Gerry (who recently celebrated a significant birthday) so a round of applause to him, Steve, Yiannis, Jenny, Francis, Jo, Thom, Fiona and Paul...thank you all.

July 1993 saw the formation of Canterbury Harriers. We have so far celebrated our anniversary year with a club calendar, a commemorative booklet and anniversary t-shirt. Our celebration continues with a family fun day on Saturday 7th July in the grounds of Rough Common Village Hall. Family members are also welcome to the celebration. To organise food and refreshments please let Tina Jones know that you and family members will be coming. All members are welcome to come and socialise at our celebration. Let's hope that the weather is kind to us!

In May we circulated the club's Privacy Policy in line with the requirements of the new data protection requirements (GDPR). This was done to ensure that we remain transparent in the way that we collect and use members personal details. I'm pleased to confirm that this was professionally organised and thank you to members for responding in giving individual agreement to the policy.

Again, at the time of writing our summer Friday evening pub runs have started and are planned throughout the summer months. Do look out for club emails giving the pub locations and dates.

Although still way off we have already fixed the date of the club's next AGM. This will be on Thursday evening 11th October again at Rough Common Village Hall. After five years as your Chairman I feel that very reluctantly it is time to relinquish leadership of Harriers and pass the baton to another. I'm delighted to say that Gemma Jeffrey is your committee's nomination for the role of club Chairwoman and hopefully this will be confirmed by members at the AGM. I have very much enjoyed being your Chairman and I hope to say a few final words at the AGM before handing over to Gemma. Other club roles are changing at the AGM so it will be an interesting evening to ensure that Harriers remains a truly 'members' club.

In the meantime we have the summer to enjoy for training and racing and culminating in our club championship 10k in early October. Look out for further information about these championships.....

Have a great summer and may your running go from strength to strength...

Peter

Harriers Chairman



SPOTLIGHT: HENRY COX

What is your story about how you got into running?

Really, I have been running for years. I'm not new to it but I love it as much as if I had just got into it. I started when I was 10 or perhaps 11 years old so have been doing it for half my life! It started with the popular 5K fun run (the days before Parkrun in Kent) called Man on the Run in Herne Bay. I finished in a time of 23:35. Since then I have come a long way (cutting my 5K PB by five mins (18:34)) and competing in 10K, 10 mile, half marathon, 20 miles and marathon races. I don't tend to sign up for every race going but carefully select ones I expect to be enjoyable. I would say while it's good to try out new races there's nothing more satisfying than running a race again and smashing a previous PB!

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

I used to swim twice a week and enjoyed exploring around my local area (Kent) in my free time and would go on long cycles with friends at the weekend. I also enjoy hiking and skiing. I still do all those sports 😊.

What is your favourite training session?

I really enjoy the Eliot Hills speed session, I don't know why but hills are my favourite and I think I'm probably strongest at hill training. I enjoy Blean Woods and the Fordwich / golf course long run too!

What is the most beautiful spot you have ran in?

I was lucky enough to spend a year working up in the Lake District National Park and worked in the most remote valley - Ennerdale. Not many people have even heard of it and it was so peaceful and the views either around the lake or on top of the mountains was second-to-none. I met a bunch of lads who got me into fell-running there and once I started I couldn't stop!

I have registered to race the Stockhorn Half Marathon in the beautiful Simmental Valley in Switzerland in July. It's an area I'm familiar with and a challenge I'm really looking forward to!

How do you manage work life and running?

I have been lucky for the last year or so, having two casual jobs whereby I actually tell them when I want to work each week and so fitting my running around both jobs is easy peasy. I generally try and run whenever I get the chance.

What shoes do you run in?

I run in Hoka One One shoes.

What is your favourite post run snack?

It varies depending on what I feel like it or what's around. Usually a homemade chocolate brownie and a banana. Milkshakes are always good too!

What other sports are you interested in watching?

I'm not a big fan of watching sports but I like watching the skiing and athletics.

What is a typical week's training for you?

I tend to run 5 times a week and often between 30 and 40 miles in total. I try and run one long run a week too.

What are your favourite races and distances?

I loved my first marathon last year, the Virgin London Marathon, it was an incredible event and the support was incredible along the way. I also really enjoyed the Stelling Minnis 10K this spring partly as I got a PB and came 4th and partly because it goes through a lot of countryside I am very familiar with and grew up around.

I love marathons. They're a real challenge and the ultimate test of a runner and you can't expect to get round the course without having trained.

What are your future goals and ambitions?

I hope to get under three hours for a marathon, it's definitely possible as I got 03:02:46 today at the Edinburgh Marathon, I was so close but am not disappointed as I now have a target to aim for and am closer to it than I expected to be! I hope to do a few international marathons / races as I think that'd be cool.

How do you keep motivated to run?



I find since joining the Canterbury Harriers and being part of a running club has really kickstarted / maintained my motivation for running. I've made some great friends and have improved tremendously from when I started (if I say so myself 😊). When motivation drops, as it does with all runners, try a gentle run with a friend. Have a chat, catch up and use it as a chance to spill out your worries. Guaranteed it'll make you feel 100 x better. I've briscker over all kinds of deep topics I wouldn't have discussed otherwise, I think running is a really good way of bonding with others and having a connection and basis as a friendship. Parkrun is a useful tool as well.

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

Set goals, achieve them and love running. It's not about how good you are, but how much you enjoy it.

CROSS COUNTRY PRESENTATION PHOTOS









FLEET HALF MARATHON – MEL CHRISTODOULOU

It was Sunday 29th April 2018 and Yiannis and I were driving up to Fleet for the Fleet Half Marathon. I had never heard of this race, however Asics were sponsoring the event, for which Yiannis is an Asics Frontrunner and had automatic entry. So I thought I would make this race my half marathon of the year. I am much more a short-distance runner (back in my teenage years I was much more of a track runner; anything with the words ‘cross-country’ or ‘long-distance’ in London was quite unheard of!).

I aim to work up to racing one half marathon a year and like to try different courses. Other than that, I prefer the 5k and 10k distance races.

Back to the event - we arrived at Fleet and found parking very easily. The town was quite quiet and not the usual rowdiness of some of the larger half marathon events across the country.

We walked towards Race HQ; at this point, I was in shorts and my Harriers T-shirt, hoping the sun would appear as the day before had been hot. As we approached the main tents, I said to Yiannis “this event is quite low-key, it’s not what I was expecting for a half marathon”.

We went to warm up, however warm is not what I was getting. I rooted around in Yiannis’ bag to see what clothes I could possibly wear – I grabbed Yiannis’ leggings and base layer top and then went to the start line.

I started the race doing 7.40 minute miles. However, 2 miles in, I started to get stomach cramps which reduced my time to 8.40 minute miles. I knew that I would not get a PB from this, so I decided to just enjoy the race.

The race course itself was beautiful; I was pleasantly surprised. We raced down beautiful detached homes in tree-lined country roads. I was happy enough looking at all the lovely homes. At around mile 5, the stomach cramps had disappeared but by now my right ankle and calf were giving me issues. Every time my foot hit the ground, I had a shooting pain going up my calf. My timing stayed at around 8.40 minute miling or slightly higher; there was no way I was going to be able to make up the time to hit my PB of 47 minutes. By mile 7, the pain was bad enough I thought I may need to stop. I did stop for a minute to massage my calf to try and get the blood flowing more. The words of the physio would have said to stop; but I wanted to finish this race. It was my only half marathon of the year and I had been training for it since Christmas; I wasn’t going to give up even if I had to walk the final few miles.

By mile 11, the pain in my leg subsided – it was too late to pick up speed, so I gently jogged the remaining miles. I completed the race in 1:51:38, not far off my PB of 1:48:38 so all round I was pleased (although a week later my physio told me off!).

I was actually pleasantly surprised by the race route. The route itself did two mini laps of the town centre, then went through country roads of lovely properties followed by a small village. The route course was charming and there were so many jelly babies to eat along the way!

Out of all the half marathons I have raced, Fleet Half Marathon was by far the most prettiest and a fairly flat route. I would definitely complete it again.



A decorative border of small, stylized cakes with pink frosting and white icing surrounds the entire page. The cakes are arranged in a slightly irregular pattern, following the shape of the page's content.

MANCHESTER MARATHON RUN REPORT

I had a deep sense of foreboding when I climbed blearily eyed out of bed on the morning of this year's Manchester Marathon. Despite having had a disrupted training season due to illness and a truncated training week in late February because of the "Beast from the East", the last stage of my training had gone well. I'd surprised myself with reasonable runs at the Lydd 20-mile race and the London Landmarks Half, and had planned and executed my nutrition strategy in the days running up to the marathon with uncharacteristic discipline. As a result, I had gone to bed on the night before the marathon feeling reasonably confident that I would be able to perform well.

However, at about 2am I awoke with a head ache and a scratchy feeling in my throat. At first, I put this down to my usual levels of neurosis prior to a race. However, as the night wore on, and I failed to go back to sleep, the headache and sore throat intensified, leaving me feeling exhausted and a little downhearted as I sat at 5:30am eating my pre-race breakfast of oats, almonds and blueberries. I re-assessed my goals, and decided that I would take the brave but potentially foolish option and continue to try to attempt to run a sub 3-hour 15 marathon to reach the good for age qualification standard for the London Marathon. Even without a cold, this was going to be a tough ask, and I subconsciously settled on the fact that my eventual time may be nearer to 3 hours 30 minutes.

As this was my third Manchester Marathon, I had no anxieties about travel to the race, or about pre-race arrangements. I made use of the efficient local tram service, which even at 7:15 am was busy with nervous looking runners, to get me to the race. The smell of Deep Heat filled the carriage as friendly and encouraging words were shared between those of us about to take on the 26.2 mile course. After a short walk from the tram stop to the Lancashire County Cricket Ground which acts as the race HQ, I met with my regular training partners, and fellow Harriers Paul Elderton and Thom Fentem, where we nervously waited for the start of the race in the cool spring morning air.

I had anxiously surveyed the weather forecast throughout the week leading up to the race, somehow not quite believing the predictions of near perfect race conditions. I shouldn't have worried. The morning was cool, the skies were clear, and there was no wind to speak of. Paul, Thom and I made our way down to the start of the race, where we met up with Adam Elston. Adam and I had developed a similar strategy for the race, planning to follow the 3-hour 15 pacer, so we agreed to run together throughout the race.

In addition to Adam, Paul, Thom and I, a further three Harriers were running the Marathon, making it the most popular spring marathon for members this year. Deborah Parris, Fiona Craig and Lea Burnett had also been tempted by the flattest marathon course in the UK, and each performed fantastically on the day.

Adam and I located the relevant pacer and found a place to stand in the crowd of handy looking club runners. Paul had left us to position himself slightly further up the pack, with Thom deciding to use his tried and tested strategy of building throughout the race to achieve a negative split for the marathon, and as a result started a little behind Adam and me. As the gun signalled the start of the marathon, I felt a sudden and intense injection of adrenaline and spent the first slightly downhill mile frantically telling myself and Adam to take it easy. The pacer must have had a similar sensation as the early miles of the race were ran in advance of the pace needed to achieve a 3-hour 15 time, and Adam and I took the sensible decision to pace ourselves, to reduce the chances of a breakdown in the latter stages of the marathon.




Prior to the marathon I had been researching race psychology. I had been particularly interested when I had read about Eliud Kipchoge's attempt on a sub 2 hour marathon and his strategy to smile at regular intervals throughout the race. The hypothesis behind the strategy is that by smiling you trick your brain to perceive that you are running with less effort than you are. Having experienced the pain of the marathon on five previous occasions, I decided that any technique I could use to make myself feel better throughout the race was worth testing, so I planned that at least on every mile marker, I would break into a large grin. I managed to do this throughout the race, but the fantastic support on the course, also led me to break out into more spontaneous beams of joy on many more occasions than at just the mile markers.

I'd also decided that I would do everything I could to forget I was running over 26 miles, by focusing on only the mile I was running at the time, and shutting out any thoughts about the distance left to run. I reinforced this by verbally repeating the mantra "run the mile" as I weaved my way along the largely residential course throughout the suburbs of Trafford. Whilst psychology is no substitute for consistent miles in the bank, these strategies certainly helped me to retain my focus, and not become too despondent in the gruelling latter stages of the race.

By mile 6, Adam and I had got into a nice rhythm. We were able to chat and encourage one another, and remained on target. The pacer had stretched out a lead in front of us, but we not unduly concerned by this as we were nearer to the goal pace than he was at this stage. As the banked crowds of people cheered us on at mile 9 at Brooklands, I had my first sense that this may just be my day. I felt fresh, and relaxed, but quickly reminded myself that there was a lot of running to be done, and not to fall into the trap of overconfidence.

As we meandered through Timperley towards the half way point at Altrincham, the support continued to amaze and inspire us. The good will of the Mancunians was evident in regular offers of jelly babies, and high fives from the younger residents. The support throughout Altrincham was particularly impressive, inspiring Adam and I to achieve our quickest miles of the race just after the half way mark.

As everyone, who has run a marathon knows, how you feel at mile 13 is not a good indication of how you will feel later in the race. By mile 16, Adam and I were starting to compare niggles and aches. I had developed a painful blister on my big toe, but reminded myself of my trusted mantra of staying in the mile, and managed to shut out as many of the pain signals being sent



to the brain as possible. My head felt reasonably clear, and I was able to keep focus on the task, which was something that I had not always been able to achieve in the last 10 miles of a marathon before. With hindsight, I think this may have been a product not just of the psychological tricks I was adopting, but also as a result of getting both the pre-race and in race nutrition right. I had developed a multi gel strategy on the day, consuming a gel at miles 3, 7, 11, 15, 19 and 23. The gel consumed at mile 19 provided a caffeine boost, that raised my alertness and helped me to concentrate on the job at hand.

The only non-residential part of the Manchester marathon course, and as a consequence, the part of course with the fewest spectators, comes at the dreaded 20-mile mark. Houses give way to open fields for section of approximately 2 miles, and it is here where you start to see a regular stream of runners struggling out on the course. In my two previous attempts at this marathon, this has been where my metaphorical wheels have come off, and I nervously entered this section fearing the worst.

However, Adam and I were still moving well, having once again attached ourselves to the 3-hour 15 pace group that had decreased in number significantly from the start. Whilst we may have been moving strongly, and maintaining the pace, we were both starting to feel tired, and our chats had become more infrequent. The early morning headache had returned, and my throat burned. My legs were feeling increasingly heavy, but I continued to grin aimlessly to confuse my brain that I was ok. At this stage I started to find it harder to not focus on the finish and started to do some mental calculations of how much time I could lose and remain on target. I fixed my stare on the back of the pacers flag and dug in to stay with him.

This focus led me to not realise that Adam had dropped behind at around the 22-mile mark. The momentary feeling of guilt at not realising this soon left me, when I was reminded that I was about a minute and a half ahead of schedule. There were now only three of us trailing the pacer, compared to rough estimate of 80 who surrounded him at the start. The long stretch towards the home turn at Stretford was agonising. I'm surprised that I didn't develop repetitive strain injury in my neck and wrist given the amount of times that I checked my watch. I felt like I was slowing, and breaking down, but the watch said that I was maintaining pace. However, the effort to achieve this was intense, and I was not sure how much longer I would survive.

The marathon is a strange thing though, and as we reached the home turn at mile 25 I had a mini resurgence. I knew that unless something went horribly wrong I was going to get under my target time. It was also fantastic to hear the encouragement of Daren Parris with a mile to go, spurring the Harriers on to the finish. Daren had taken on the role of being the chief Harrier cheerleader out on the course, running 11 miles himself on the day in an effort to see us. I composed myself for the finish, and tried to focus on my running form. When I reached the 26-mile marker, I kicked hard, surprising myself with the increased pace that I had generated. I could see the race clock above the finish canopy, and could hear a cacophony of cheers by the huddled supporters at the side of the roads. I have a few friends in the Manchester area who were gathered at the 200m to go point, and the sight of them, led me to feel a little emotionally overwhelmed, and brought a tear to my eye. I kicked again, and managed to get across the finish line in a time of 3 hours 13 minutes 42 seconds, a marathon PB by over 10 minutes.

My most abiding feeling as I crossed the line was one of shock. I was utterly spent, but felt a sense of elation unlike any I had previously felt in a race. Endorphins pulsed around my body, helping me forget the pain caused by burning quads, blistered toes and a pounding headache. I collected my medal, and race pack with pride, once again being mightily impressed by the volunteers and organisation of this great race. After a brief time in the race village, I made my way to meet my friends and even had the energy to walk the mile to the pub where post-race

celebrations commenced. I'm not sure if my strategy of refuelling on real ale was the most conventional approach to post race nutrition, but rarely had a few beers been more enjoyable.

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

LONDON MARATHON - JULIE BRADFORD

When my name was pulled from the envelope I couldn't believe it. I had my 'disappointed but not really' face at the ready.....and so began a gruelling 18 week training program in preparation for this year's London Marathon.

I have done a marathon before.....2 in fact. The first at the end of Ironman Austria and the second last year at Milton Keynes. Having completed the Ironman the previous year, I entered the race with the attitude 'I've done an Ironman....how hard can it be'..... it turns out much harder than I thought!! I hadn't done half as much running in preparation as I'd been injured, focusing on cycling instead and hoping for the best on the run.

I approached Milton Keynes with no real plan for my training. I did a handful of long runs and got up to 20 miles and thought that should do it. However, to say the wheels came off at Milton Keynes would be an understatement. I sailed through the first 16 miles fairly easily and then I literally hit the wall and carried it the rest of the way, along with a fair amount of swearing, walking and crying..... in 4.53.





I was determined not to let this happen again, so I set about making more adequate preparations for London, thanks to some sound advice from a few Harriers. I had training program recommendations from Jennie Gardiner, and a cycling plan from Jenny Benson (should the running go to pot).

I followed the program religiously through the dark, cold, rain and snow.....missing only a couple of runs due to a niggly ITB. I stretched, rolled, stretched some more and forked out on more massages than I care to add up.....and on 23rd April I got to the start line feeling well prepared.

Supported by former Harrier Victoria Kenny (deferred due to injury) and some friends of hers, I started off a bit slower than my race pace of 10.30 min mile. I found the whole thing from start to finish amazing, not fazed by the heat, unlike a lot of people. The supporters lining the whole route really spurred me on.

I reached 17 miles and thought 'wow, only 9 miles left to go, and I feel fab'...so I set about increasing my pace. Unfortunately this was easier said than done as pretty much everyone around my by now was walking so I had to weave in and out of the crowds which slowed me up a fair bit. I saw Vic and her friends (bellowing through megaphones) at 21 miles and this spurred me on to go that bit quicker especially as the road widened out and I could run properly. The last couple of miles went past in a blur and the roar from the crowd drove me on to the finish, in a time of 4.42.

I can't thank the Harriers enough for making this possible for me. As a child I lived local to the start, and always watched the race on the TV with a vague plan in my head to run it when I was old enough. Now, 22 years later I have achieve my goal.... it goes without saying I have entered the ballot for next year – fingers crossed!

GB REPRESENTATION

Simon Jones

I will be competing in the Aquathlon Age Group World Championships in the 40-45 Age Group; this is the second year I have competed in the World Championships. Last year I finished 10th so my aim this year is to improve on that position. I have been focussing more on my swimming this year, as this is where I have given time away in the past, managing 4 swims a week in the pool over the winter and now summer is here I have managed to start getting in some outdoor lake swimming which is more fun than being in a pool. I have also continued to try and run as much as possible with a greater focus on shorter races (5-10k) to ensure I can maintain pace of the 5k run distance.

Yiannis Christodoulou

I am very proud to have been selected as the Team Captain for my Age Group 35-39. This will be my third World Championships and experience is key. My target this season will be to place in the top 10 like I did last year and if possible, closer to the podium. I have been working hard throughout the winter on my swimming and my running.

Dave Bowden

Dave is delighted to be representing Great Britain at both the World and European Long Distance Triathlon Championships in Denmark and Spain. The races consist of a 3.8km swim, 180km cycle followed by a 42.2km run (marathon). Dave has been struggling with a succession of injuries in training but remains hopeful of strong performances in both races.

Peter Yarlett

On behalf of Canterbury Harriers, and the Committee, we are very proud to have members of the club representing GB at various international races and we wish them all the best of luck!





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



25% off Enertor use code BAYIANNIS

www.enertor.com



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 - Gemma Jeffrey

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