



# The Harrier

The newsletter of the Canterbury Harriers

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## CHAIRMAN'S SPRING WELCOME

Hi everyone,

A very happy new year and all best wishes for 2018. I'm delighted to give a brief Chairman's overview in both looking back over the past few months and also in looking ahead to what is a significant year for Harriers.

Members received a full update on all areas of club activity at our well attended AGM IN October. Thanks to everyone who attended and also to committee members who gave updates amongst other things on socials, membership, x-country, road race results, training, finances, kit, Whitstable 10k and club communications. The AGM also approved changes to our Constitution (details were emailed to members following the AGM) concerning the wearing of headphones, members assistance at the Whitstable 10k and the cut-off date for club renewals.

It was also a pleasure for me to present awards for our club championship 10k held the week before the AGM. It was great that we had 50 members running the championship held within the Ashford 10k. There is a memorable team photograph of all Harriers taken on the day and now published in our 2018 calendar in the month of October.

The cross country season got underway in late October for both the Saturday League and in November for the start of Sunday KFL campaign. This was followed in December by an excellent turn out at the Kent Vets championship at Dartford and a few brave souls racing in the South of Thames race in Oxford. Well done all.

The KFL continues in January and February culminating in the final fixture organised by us in Blean Woods on Sunday, 4th February. Do put this date aside as even if you're not running we need marshals around the course and in the finish field, as well as help in setting up/taking down.

A further important event, held in early December, was our annual presentation evening held at Boughton Golf Club. Very well done to all club awards winners to whom I was delighted to present a vast array of trophies and shields. A special award was made to Sally Silver who in November became the first Harrier to achieve 100 marathons and so join the 100 marathon club. As part of my 'Chairmans speech' I included a poem reference to Sally's achievement along the lines of:

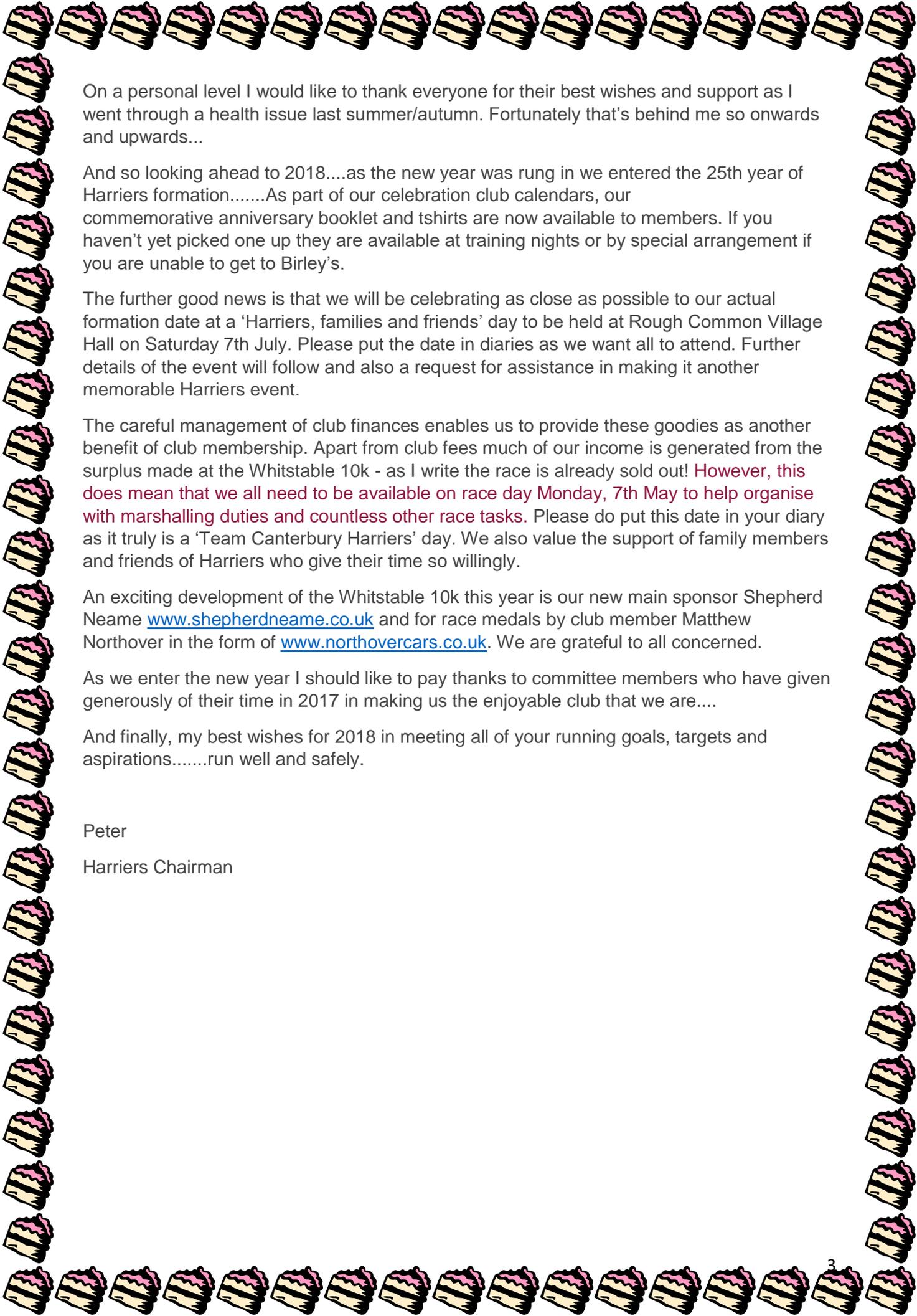
'Our marathon expert is Dr Sally

She's never known to shilly shally

A hundred races without falter

Surely her legs must now be shorter'

Again at the presentation I was proud to officially mark and toast the start of Harriers 25th year since formation by quoting Joe Hicks - 'Originally twenty or so of us were one of several training groups at Invicta East Kent, but we operated pretty independently. I had only been a member for about a year when, after a short meeting at The Dove in July 1993, we decided unanimously to set up Canterbury Harriers. I can assure you that none of us at that meeting ever dreamt that 25 years on Canterbury Harriers would still be here, let alone have around 170 members'.



On a personal level I would like to thank everyone for their best wishes and support as I went through a health issue last summer/autumn. Fortunately that's behind me so onwards and upwards...

And so looking ahead to 2018....as the new year was rung in we entered the 25th year of Harriers formation.....As part of our celebration club calendars, our commemorative anniversary booklet and tshirts are now available to members. If you haven't yet picked one up they are available at training nights or by special arrangement if you are unable to get to Birley's.

The further good news is that we will be celebrating as close as possible to our actual formation date at a 'Harriers, families and friends' day to be held at Rough Common Village Hall on Saturday 7th July. Please put the date in diaries as we want all to attend. Further details of the event will follow and also a request for assistance in making it another memorable Harriers event.

The careful management of club finances enables us to provide these goodies as another benefit of club membership. Apart from club fees much of our income is generated from the surplus made at the Whitstable 10k - as I write the race is already sold out! **However, this does mean that we all need to be available on race day Monday, 7th May to help organise with marshalling duties and countless other race tasks.** Please do put this date in your diary as it truly is a 'Team Canterbury Harriers' day. We also value the support of family members and friends of Harriers who give their time so willingly.

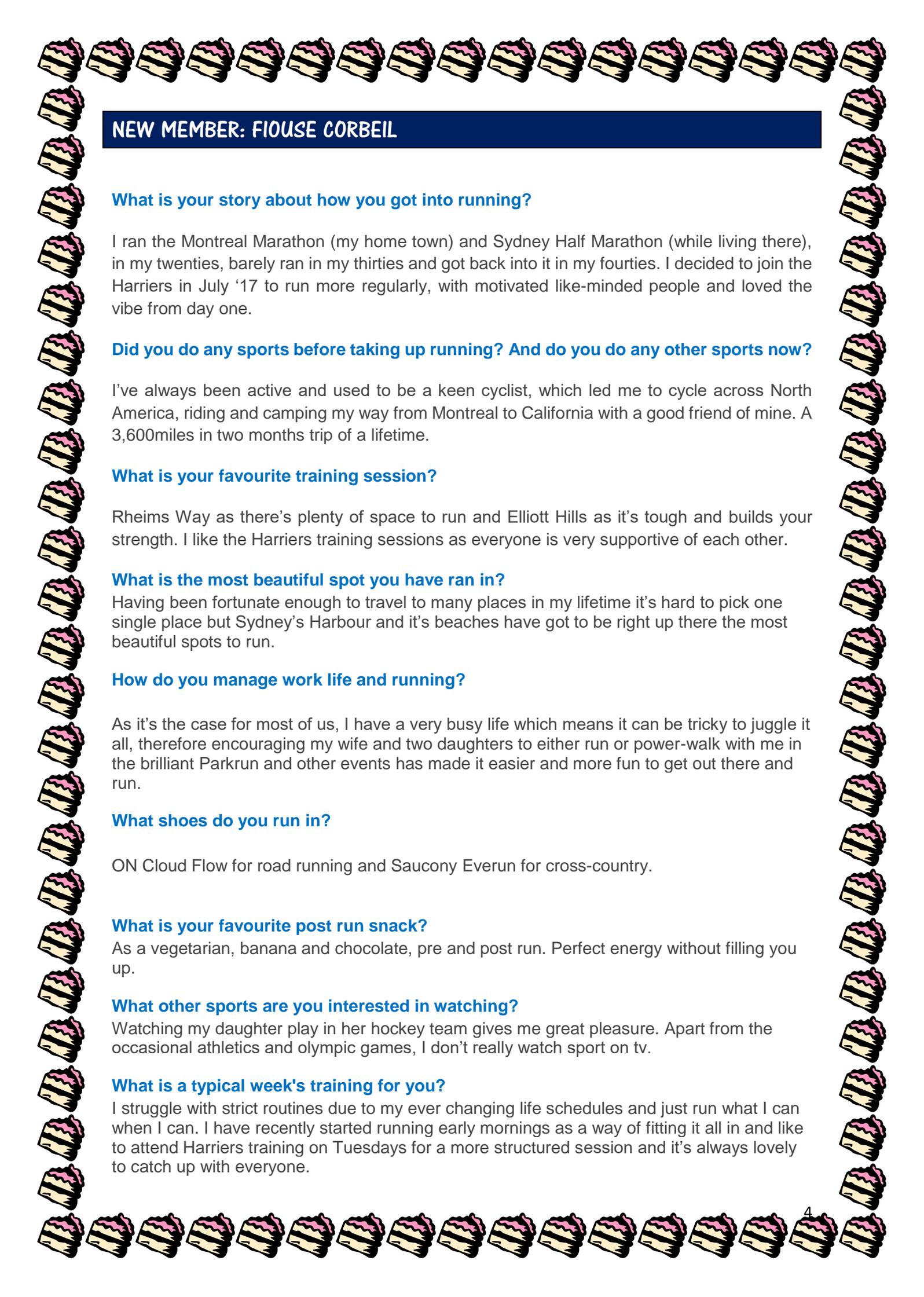
An exciting development of the Whitstable 10k this year is our new main sponsor Shepherd Neame [www.shepherdneame.co.uk](http://www.shepherdneame.co.uk) and for race medals by club member Matthew Northover in the form of [www.northovercars.co.uk](http://www.northovercars.co.uk). We are grateful to all concerned.

As we enter the new year I should like to pay thanks to committee members who have given generously of their time in 2017 in making us the enjoyable club that we are....

And finally, my best wishes for 2018 in meeting all of your running goals, targets and aspirations.....run well and safely.

Peter

Harriers Chairman



## NEW MEMBER: FIOUSE CORBEIL

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

I ran the Montreal Marathon (my home town) and Sydney Half Marathon (while living there), in my twenties, barely ran in my thirties and got back into it in my forties. I decided to join the Harriers in July '17 to run more regularly, with motivated like-minded people and loved the vibe from day one.

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

I've always been active and used to be a keen cyclist, which led me to cycle across North America, riding and camping my way from Montreal to California with a good friend of mine. A 3,600 miles in two months trip of a lifetime.

### What is your favourite training session?

Rheims Way as there's plenty of space to run and Elliott Hills as it's tough and builds your strength. I like the Harriers training sessions as everyone is very supportive of each other.

### What is the most beautiful spot you have ran in?

Having been fortunate enough to travel to many places in my lifetime it's hard to pick one single place but Sydney's Harbour and it's beaches have got to be right up there the most beautiful spots to run.

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

As it's the case for most of us, I have a very busy life which means it can be tricky to juggle it all, therefore encouraging my wife and two daughters to either run or power-walk with me in the brilliant Parkrun and other events has made it easier and more fun to get out there and run.

### What shoes do you run in?

ON Cloud Flow for road running and Saucony Everun for cross-country.

### What is your favourite post run snack?

As a vegetarian, banana and chocolate, pre and post run. Perfect energy without filling you up.

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

Watching my daughter play in her hockey team gives me great pleasure. Apart from the occasional athletics and olympic games, I don't really watch sport on tv.

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

I struggle with strict routines due to my ever changing life schedules and just run what I can when I can. I have recently started running early mornings as a way of fitting it all in and like to attend Harriers training on Tuesdays for a more structured session and it's always lovely to catch up with everyone.

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

Anything from 5k to Marathon. They're all different challenges. I've recently got into cross-country with the club and really enjoy it.

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

Kent X-C league this winter, Birmingham International Marathon in October '18 and anything else I can fit in between. Then who knows, Ultra Marathon one day... But that scares me a bit.

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

The "Wow-Feel Good" factor after running is just the best! I also like the meditative aspect of it. Clearing your thoughts and coming back fresh helps tackle daily life challenges. Setting goals and having races to look forward also motivates me to get out there and do it. The best feeling is when you tell yourself "I did it"!

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



I think at this early stage of being in the Harriers it's more about getting tips and advice from the more experienced runners. Everyone in the club is so welcoming and supportive regardless of age and ability. Thank you guys! As a tip/moto, I'd say: "Run yourself happy and that happiness will spread to everyone around you"!

BETTSHANGER XC PHOTOS





**NEW YEAR RUN**



## SPOTLIGHT: MELANIE CHRISTODOULOU

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

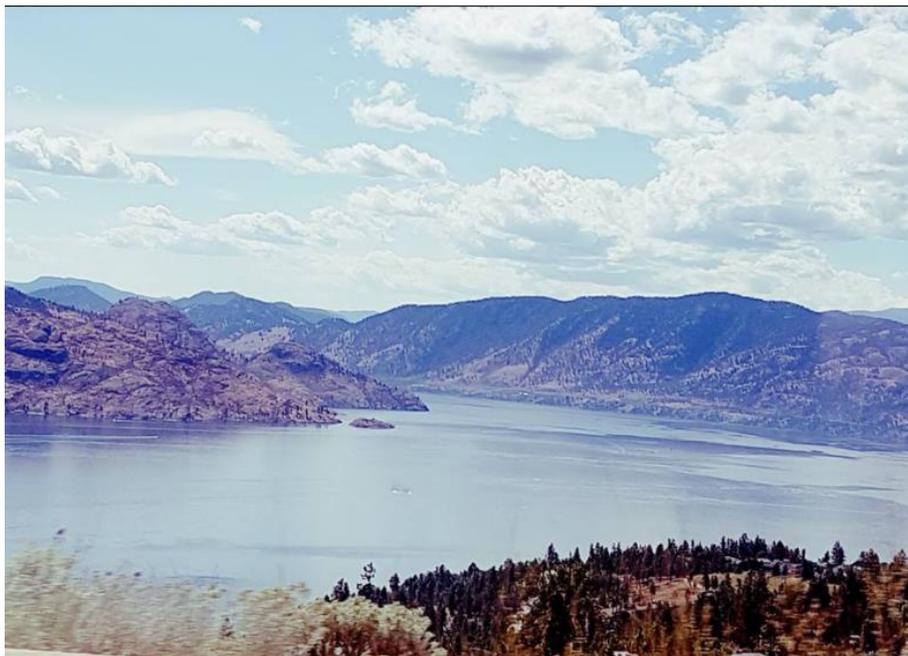
I first got into running when I signed up and ran the London Vitality 10K in May 2014 for Mesothelioma UK on behalf of my grandfather, who suffered from asbestosis.

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

I used to swim and run on the odd occasion. Whilst at university, I attended the gym for a form of stress release.

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

The most beautiful spot I have run in is Penticton, Canada. A true hidden gem with stunning views!



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

I manage work life and training well by forcing myself to leave work in time for the club sessions during the week. I also run twice on the weekend too – one short and long run.

**What is your favourite training session?**



My favourite Harriers session is the Thursday summer route that runs along the Great Stour.

**What shoes do you run in?**

I have just changed my trainers to Asics Gel Zaraca 5. They feel like slippers.

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

My favourite post run snack is cake or a brownie. Get me anywhere near the Thanet 10 Miler and you will see my cake eating skills!

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

Other sports I like watching are the triathlon and athletics.

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

I usually run about 20 miles a week.

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

My favourite distances are 5k or 10k. My favourite race is the London Vitality 10K – I love seeing all the London sites and it reminds me of my home town!

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

My future running goals are to achieve 45 minutes in a 10k and to complete a marathon – either London, New York or Disneyland, Orlando!

### How do you keep motivated to run?

Motivation for me comes from the need to keep fit and healthy. As most of you know, I do not particularly enjoy running, however I do it for my health, the joy of running with the Harriers and the feeling of accomplishment I get from completing a race.

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

My advice to other Harriers would be that “everyone has their own aims and reasons for running, so just run your own race and forget what everyone else is doing”.

## SPORT COMPANY DISCOUNTS AVAILABLE TO HARRIERS

The Running Outlet 10% off

Bay Running Shop 10% off

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



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

Order over 6 packets for free delivery

Use code YC10



25% off Enertor use code BAYIANNIS

[www.enertor.com](http://www.enertor.com)

PRESENTATION EVENING PHOTOS







## RUN IN REIMS 2017

Last October a few of us and a couple of partners took a mini bus to Canterbury's twin city in France, to attend the Run In Reims event. It's the second most important running event in the country after the Paris Marathon.

We were warmly welcomed by our hosts of the Reims Athletic and Twinning Associations. They showed us around the sights of this beautiful historic city, took us all out for a group meal, then kindly put us up in their homes for the night. Having French as a first language and my wife being fluent made it very easy to get on with our local hosts.

The whole event was very well organised, and everything seemed to have been thought of. A couple of us ran the Half Marathon and others ran the 10k. The course was scenic, taking in all the city's impressive landmarks and riverside. The full Marathon runners even ran through local Champagne vineyards. Along the course, the crowd was cheering, bands were playing, snacks and drinks were distributed, and kids were reaching out for high fives. At the finish we were greeted with medals, t-shirts and mountains of more snacks and drinks. We were very lucky with the weather and ended up sipping Champagne in 23 degrees sunshine at one of the many cafés' street terraces. It is after all, the world's capital of this famous drink.

As the guest twinning club, we were treated like VIP, taken to the podium for photos and even given the Twinning Cup!

The whole group of us got on very well and I made new Harriers friends. I highly recommend this annual event to every runner (or spectator). France and Europe are on our doorstep, make the most of it. Merci Reims!

By Fiouse Corbeil



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 edges of the text area.

## REPORTING YOUR RACE RESULTS

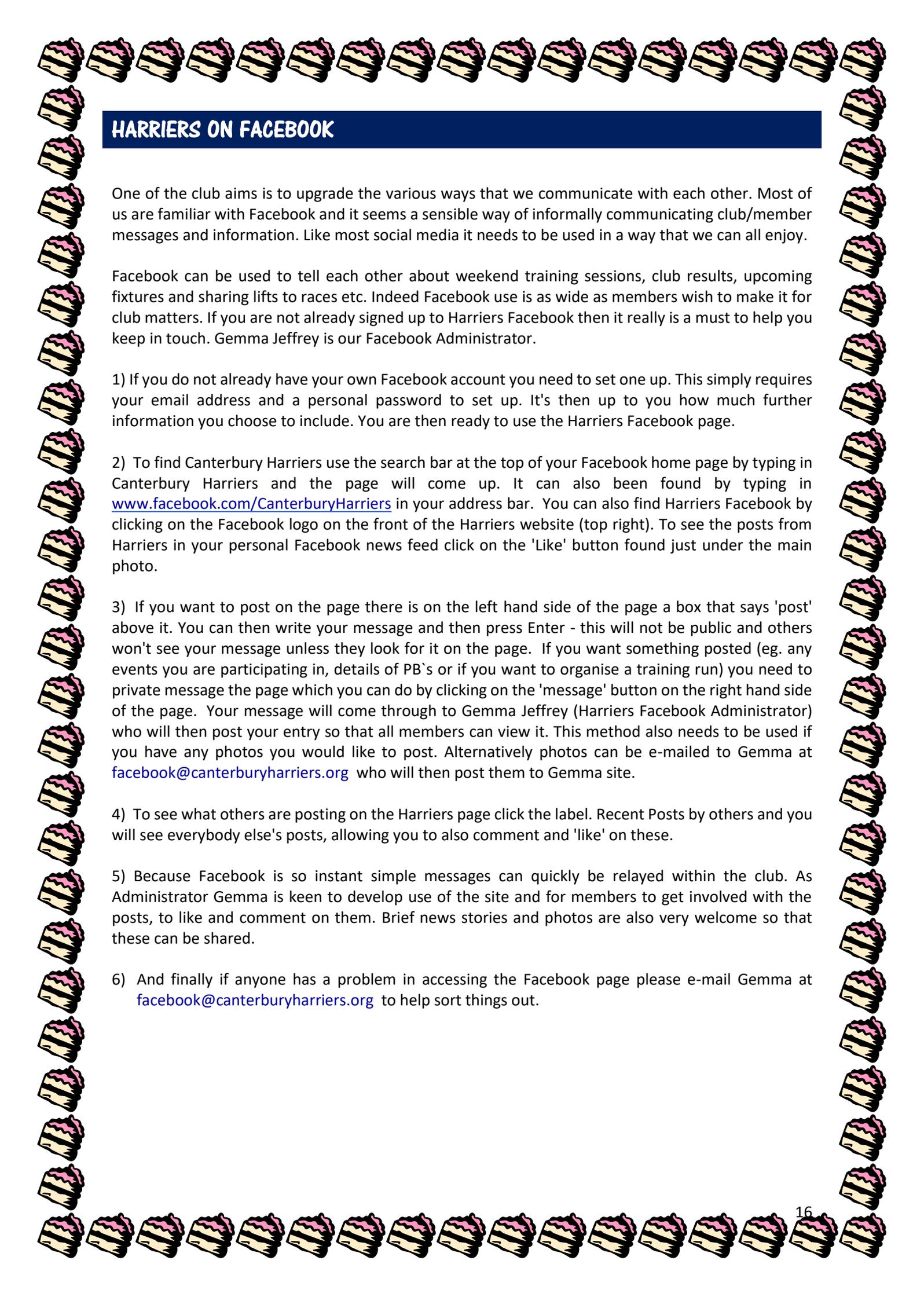
For information Yiannis Christodoulou is the Results Manager for the club. Yiannis regularly monitors the major local road races and record Harriers results on our website. As part of this process he checks whether a road race event is certified accurate (i.e. it has been measured and certified as accurate 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.

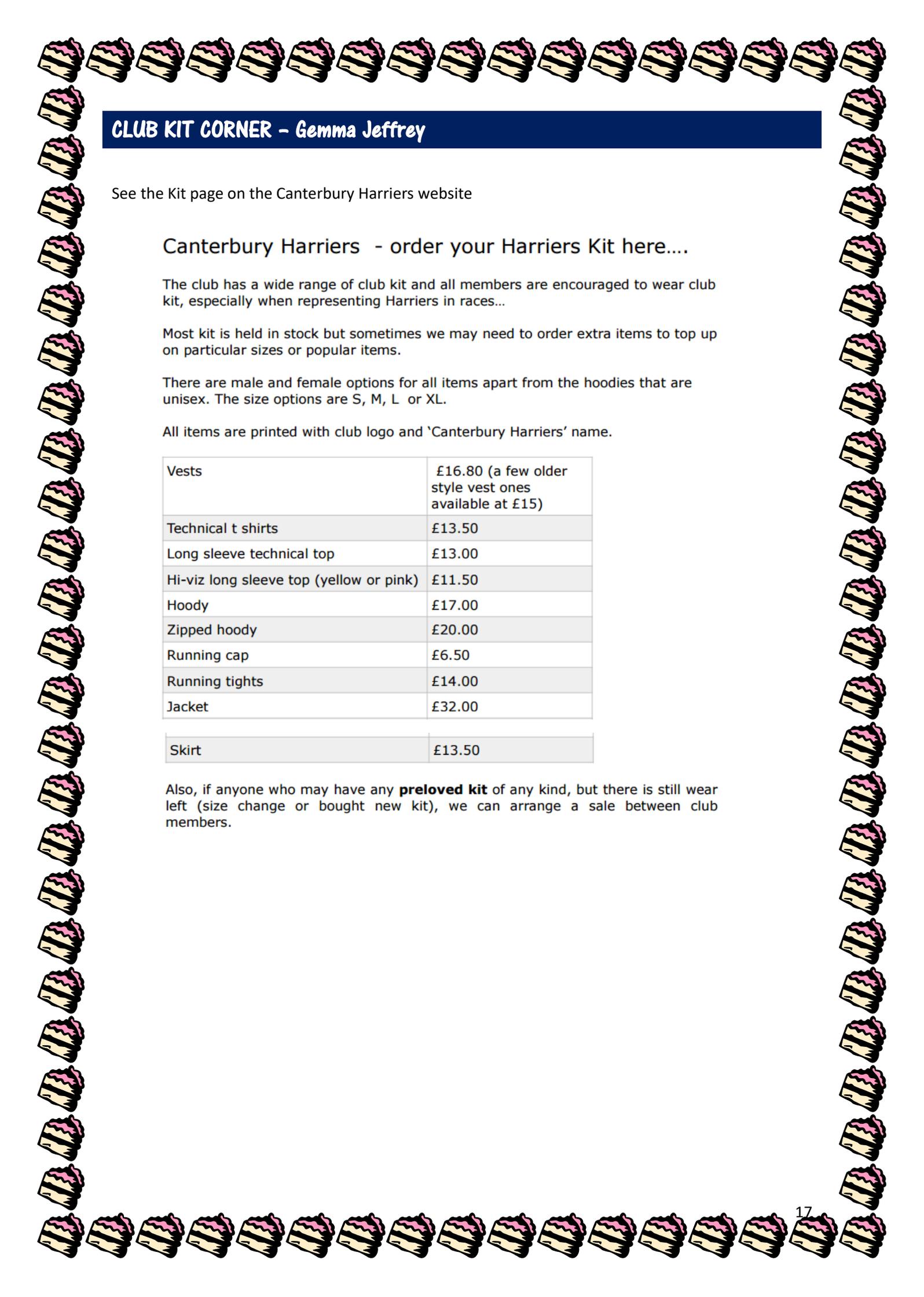
2) To find Canterbury Harriers use the search bar at the top of your Facebook home page by typing in Canterbury Harriers and the page will come up. It can also be found by typing in [www.facebook.com/CanterburyHarriers](http://www.facebook.com/CanterburyHarriers) in your address bar. You can also find 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 - 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...

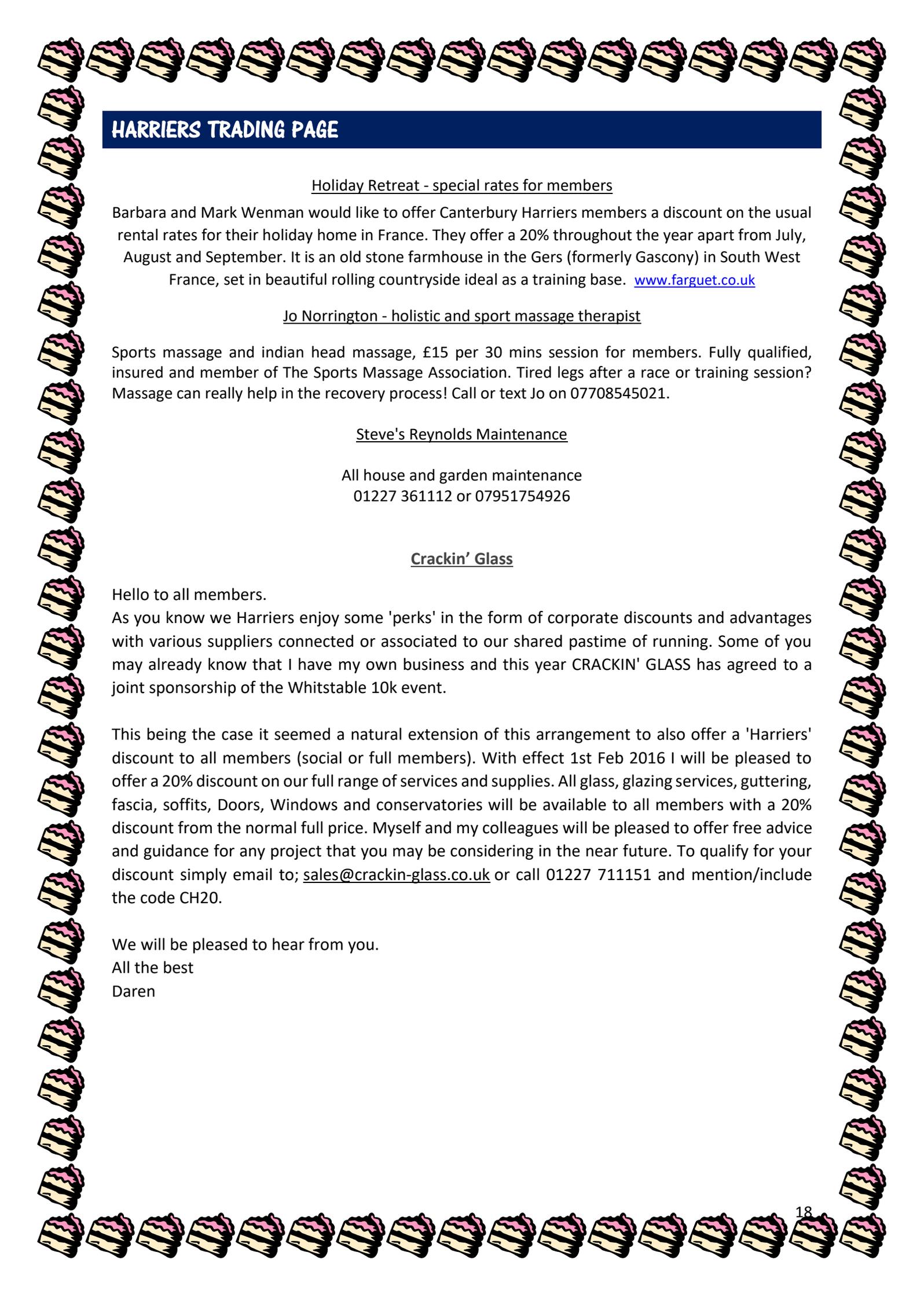
Most kit is held in stock but sometimes we may need to order extra items to top up on particular sizes or popular items.

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](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