



The Harrier

The newsletter of the Canterbury Harriers

CONTENTS

CHAIRWOMAN'S SUMMER WELCOME 2

A WORD FROM YOUR EDITOR..... 2

NEW MEMBER PROFILE: ALICE WICKS 3

"THE DOG ATE MY MARATHON TRAINERS" - SIMON COLLINS..... 4

SPOTLIGHT: JON SOLLEY..... 7

EUROPEAN AQUATHLON CHAMPIONSHIPS - YIANNIS CHRISTODOULOU 9

YOUR RUNNING COACHES..... 11

REPORTING YOUR RACE RESULTS..... 11

SPORT COMPANY DISCOUNTS AVAILABLE TO HARRIERS 12

HARRIERS ON FACEBOOK 14

CLUB KIT CORNER - FOUISE CORBAY 15

HARRIERS TRADING PAGE..... 16



CHAIRWOMAN'S SUMMER WELCOME

Hello Canterbury Harriers

Welcome to the end of Summer edition of the newsletter. It has come to that time of year where we are layering up and starting to run the chilly streets of the city and the joyful off road summer runs are behind us for another year. Please make sure you wear your hi-viz!

We have enjoyed an excellent season over the last few months and brought home another 'haul' from the relays, along with many triumphs in the many races that you have all participated in. We can now look forward to the mud and rain, and maybe even the possibility of a bit of snow and shivering in a field somewhere on a Sunday morning getting ready to line up, with the many other runners who have come from all over Kent for those Cross Country Races. Once we have got over the mountain of roast potatoes and mince pies from Roy's Christmas run there will be another change in focus for a few of you to the Spring Marathons.

So whatever you are all getting ready for, short, long, muddy, hilly, road and off road races over the next few months, good luck and just remember we are.....

Team Canterbury Harriers!

Your Chairwoman
Gemma

A WORD FROM YOUR EDITOR

Hello everyone!

A lot of you know me in the club as a Runners Rep and the Press Officer. I took over the Canterbury Harriers Newsletter in October 2015; 4 years have flown by!

The time has now come for me to pass-on the editorial role to another Harriers member – **Thomas Hooley** has kindly agreed to draft the newsletters from here on.

It has been great approaching people off-guard at the running sessions to get them to write me an article – I will say it is my persuasive nature as a lawyer that maybe gets them to say “yes” out of fear of saying “no!”...!

I have thoroughly enjoyed being involved with this aspect of the club and wanted to say thank you to all those who have contributed and to those who have read my newsletters in the past few years.

Over and out!

Melanie Christodoulou



NEW MEMBER PROFILE: ALICE WICKS

What is your story about how you got into running?

I had just moved to London and couldn't afford the ridiculous gym prices so started running instead.

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

Other than going to the gym I used to play netball. I just run now and do the odd HIIT session and swim.

What is your favourite training session?

I really enjoy the speed sessions, I had never done any speed work before joining Harriers

What is the most beautiful spot you have ran in?

Byron Bay, Australia. It's a such a beautiful coastline.

How do you manage work life and running?

I'm pretty lucky and finish work at 4:30 everyday so can usually fit in a run after work.

What shoes do you run in?

Adidas Boost

What is your favourite post run snack?

Beer... and a pizza!

What other sports are you interested in watching?

Rugby

What is a typical week's training for you?

I try and run 4 times a week, which now includes Harriers most Tuesdays and Thursdays, a longer run on a Sunday and Parkrun on a Saturday if I can get out of bed in time.



What are your favourite races and distances?

Half marathon is my favourite distance. I really like Richmond Half as it starts in Kew Gardens but Royal Parks has been my favourite so far. I've not done a half marathon in Kent yet!

What are your future goals and ambitions?

To run another marathon in the Spring and try and get a PB.

How do you keep motivated to run?

Signing up for events and food!

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

Don't forget to cross train to avoid injury.

"THE DOG ATE MY MARATHON TRAINERS" - SIMON COLLINS

So, for this year's London Marathon I arranged to stay at my friend John's house. He lives right on Blackheath Common so literally a 10 min walk from the start line. The idea was this would make for a stress free run up to the race and initially it started like that. We had a nice carb heavy meal the night before and had a good catch up which distracted from worrying about the race itself and I managed to get a pretty early night and a good night's sleep.

I woke up a couple of hours before I'd planned to head over to the start to have breakfast and get ready for the race and although I was excited to get going I felt really well prepared and was pretty relaxed right up until I went to get my running shoes on and leave. I was all ready to go so went into the lounge to grab my shoes and suddenly realised they weren't where I'd left them 5 minutes before. To my horror what I did see was a "ginger bread trail" of foam leading around the sofa and I quickly realised what had happened.

John had a puppy, a gorgeous Catalan sheepdog called Credit, and I realised that when my back was turned Credit had nipped over to my shoes and decided to make a meal out of them! She had managed to take a big chunk out of the heel of the left shoe, absolutely destroyed the timing chip and the right shoe was missing the toe end



to the point that my toes were sticking out of the front of the shoe. My initial reaction was just despair. I didn't think the shoes would make it 26 meters let alone 26 miles before the upper would start to come away from the sole of the shoe and they'd disintegrate around me. Also, having made a point of staying so close to the start I was left with so little time there was no way to replace them. I didn't know anyone nearby who could loan me a

replacement pair and no shops were open to buy any new shoes. Had this been another race I'd have just shrugged and said "oh well, I'll just do it next year instead" but London is such a hard race to get into that wasn't realistic. I'd been lucky enough to get in this time but who knows how many attempts at the ballot it would take for a 2nd shot.

So with no other option I realised I was just going to have to run in my messed up shoes and hope they would stay together. I initially got some gaffer tape and wrapped this around the right shoe so that my toes were covered. This seemed to work well enough to begin with until this all flew off in one piece at the 3 mile mark and hit the runner directly in front of me in the back of the leg! I had then managed to get a friend to go on ahead and try and get me a new pair to change into at the 5 mile marker but the shop was late to open I had already passed it before he was able to get to the checkout.

I had one more friend who had the same size feet as me and had literally just bought a new pair of running shoes that week which he'd not even worn yet make his way to the approach to Tower Bridge but by that time I was virtually half way round the course and was amazed to see that the shoes hadn't deteriorated at all and so I made the executive decision to stick with my own shoes. They'd made it this far and actually felt quite comfortable to run in and I didn't want to switch to a different pair I'd never run in halfway through if it wasn't absolutely necessary.



Anyway, the shoes made it to the end with me and despite all the drama I still managed to finish in 3:51 mins a good 20 mins slower than planned but I was really happy to finish let alone with a sub 4 hour time given how the day had started. As the timing chip had not worked I knew no one would have been able to track me on the app and so I went in to Facebook to post an update for my friends and family to let them know I'd finished. At this point I found out a friend of mine had shared the pic of my shoes and chip while I was running and it had gone viral!!!

I literally had 1000's of people commenting on the pic wanting to know how I'd got on and most importantly asking after the welfare of the dog after I'd discovered what it had done (I can

confirm the dog is absolutely fine and we are still best of friends).

It all went a bit mental after that and after a few interviews stories appeared on the BBC's website and in newspapers like the Daily Mail and the Metro. Nike also caught wind of it and after tweeting me to congratulate me on showing the "just do it" attitude and running despite my shoes being ruined they also sent me a



complimentary pair of their Vaporfly Next% running shoes along with some dog treats to keep the dog away from them ahead of my next race.

What started off as a disaster had a great and very memorable ending and is definitely something I laugh about now.

SPOTLIGHT: JON SOLLEY

What is your story about how you got into running?

I signed up to Ditton Turkey Run just before Christmas in 2009 (back when you could still win a turkey for a 1st place finish!) to kick start some weight loss. Shortly after, I went to Uni and joined the running club there which really got me into running competitively.

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

No, and no!

What is your favourite training session?

St. Stephen's KM repeats.

What is the most beautiful spot you have ran in?

Mauritius. The coastal roads are lined by palm trees, sugar cane, beautiful beaches, and there are very few cars.



How do you manage work life and running?

Previously I worked in London so I used to have to run extremely early or extremely late (or not at all). Now that I work locally, going to Harriers training or running after work seems comparatively easy to manage.

What shoes do you run in?

Asics Gel-Kayano for the longer/slower stuff, and Gel-DS Trainer for speed sessions/racing.

What is your favourite post run snack?

A cold lager in Summer. A coffee in Winter.

What other sports are you interested in watching?

I'm F1 mad. I've been to the British and Chinese Grand Prix's and will happily get up at 5am to watch a race live. And if there's athletics on the TV, I'll tune in.



What is a typical week's training for you?

Harriers Tues and Thurs, some intervals or parkrun on a Saturday, and easy runs on Wednesday and Sunday. Emma will tell anyone who listens that I run everyday. That's simply not true. You can't run after lunchtime beers on a Friday.

What are your favourite races and distances?

10 miles and Half-Marathons are my preferred race distance. I find them weirdly therapeutic. Favourite 10 mile race is Great South Run, and favourite half was Prague.

What are your future goals and ambitions?

To be the bloke that Gerry says of: 'When he joined the club, he was overweight and slow... at the weekend he won [enter any race here]'

How do you keep motivated to run?

Strava kudos and a determination to burn off the weekend's beer calories.

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

Be consistent, and don't follow my diet plan!

A decorative border of ice cream cones surrounds the page. The cones are arranged in a grid-like pattern, with some cones having a yellow top and others having a pink top. The border is thicker at the corners.

EUROPEAN AQUATHLON CHAMPIONSHIPS - YIANNIS CHRISTODOULOU

As many of you know this was my last GB race for the aquathlon team before I take some time out from this team. I competed in the 2019 Târgu Mures ETU Aquathlon European Championships on Friday 5th of July for GB in Romania. The race consisted of a 1k swim in a lake and 5k run, with the run being four laps of 1.25km.

A few days prior to the race I developed a foot problem after one of my sessions and I was limping with pain afterwards. I was very worried about it being a big problem and that it would keep me out of the race. I tried not to think about it and rested up over the weekend prior to the race. I had a physio appointment booked in anyway the day before I went out. On the Monday I turned up to the physio expecting to be pulled out of the race, however he couldn't find anything wrong and told me to go for my normal planned run that evening and then come back later for a scan to check no fractures to be 100% sure. So I went for a run and it was painful but didn't get worse, I then went for a scan and it was all clear. This gave me huge confidence knowing whatever it is will not keep me out of the race. I always tend to get weird pains before big events.

Race day arrived and for some reason I was a nervous wreck before the start of the race in the morning, no idea why, maybe because of my foot pain. I got to the start line in very warm conditions and the horn went off and I started.

I thought I struggled in the swim because the lake was warm and my arms and legs felt dead after 100 metres. I came into transition in 4th place in my age group which is very high for me and I went down the wrong row in transition and panicked as I couldn't see my trainers, they were two rows away, I have never made this mistake before and I was thinking this was not going to be a good day but tried to keep positive. I then got on the run and ran well but was struggling towards the end, I took the lead on the 3rd lap and had the fastest run in my race and one of the fastest on the day. When the commentator announced me as the champion in my age group when I crossed the line, I was shocked and didn't really believe it but my wife kept saying they said you won and we were so happy, I couldn't have done it without her support over the years.



for sure.

I then had to wait pretty much the whole day until the medal ceremony which was in the evening. I lined up for the podium and when my name was called out as the Champion in my age group I was blown away but over the moon, it was a great feeling and a special moment for sure.

A nice end for me for the team as I am moving to other challenges. When I started this journey I didn't expect to achieve so much. I couldn't swim in 2012 and only started running then, I hope this inspires others that if they train hard they can achieve their goals. Very shocked but over the moon about it, still can't quite believe it. But I have to thank all my family, friends, coaches and sponsors that have supported me throughout the years as they certainly played a part in this and it was a team effort

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

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 ROLL

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



GET 10% off AfterShokz Trekz Air use code use StarYiannis in the shop. [Click here](#)



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 – FOUISE CORBAY

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

Daren has kindly negotiated with the new owner, Graeme, the continuation of the following discount:

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