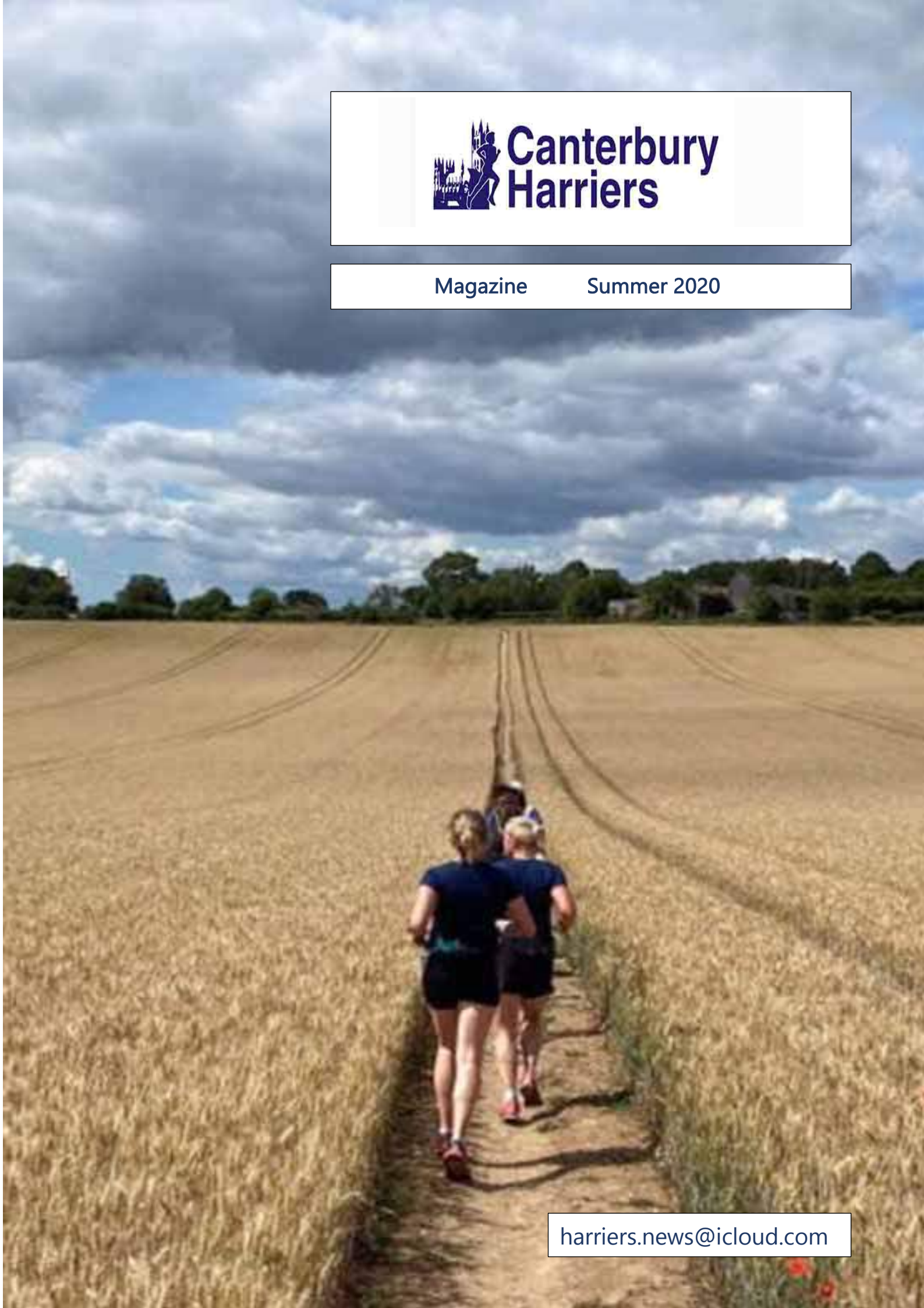




Magazine

Summer 2020



harriers.news@icloud.com

Cover Photographs

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Emma Greatrix, Gemma Jeffrey, Lidia Modzelewska, Sammy-Jo Foster, Sian Smith-Keary, and Paul Thompson running across the Soakham Downs towards Boughton Aluph in July 2020.

Photo by Karen Bennett

Back >>>

Henry Cox with finisher's medal at the 2020 Eastbourne Half Marathon, in which he came 7th with a personal best time of 1:24:59.

Photo by Louisa Cox



Magazine

Summer 2020

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Chairwoman's Introduction

Hello Everyone,

This is the first Harrier Magazine of the year and what a year it has been already! It seems as if many things have happened, yet at the same time not much has actually happened -- no training, no social events, no relays, no Whitstable 10k, and no races.

We had a very strong start to the year with the Canterbury 10 mile race being run as our championship event. The club enjoyed a record turnout along with a fabulous set of results. We do still have trophies and certificates for you all, to be handed out at our first available opportunity. Our cross country season was again a strong one, though with the very unfortunate situation of having to cancel our home race at Blean Woods, with the storm wreaking havoc in Kent. As ever the safety of runners is paramount and there is no way we could have guaranteed the safety of everybody out in the woods, taking into consideration the possibility of both falling and already fallen branches on the footpaths.

Then came March and the onset of lockdown. Our last training session was Thursday 12 March, a little over 14 weeks ago. It seems almost impossible, sitting as I type this, that we have all been apart so long. As I write, we are still waiting for guidance from England Athletics whether we can start getting back to training in July -- and if so, how we are to go about it. Getting back to normal will take time, and if these last few weeks of easing out of lockdown have taught us anything it is that things will be different for a while. In this context I would ask you all to be patient with us as the coaches start to put sessions back together, since those sessions will not be quite as you know them. As we work towards getting the club back together we must stick to the guidelines issued to us by England Athletics. These are intended for the safety of you all, which is of course our main concern.

I hope that you are all taking advantage of now being able to meet up with one other person and have a socially distant run; I certainly have and the first run I did with someone else made me realize how much I missed the social runs, chatting away with you all without a care in the world.

I genuinely hope that you and your families have all been safe and well during these months and I want you to know that I look forward to seeing you all again. In the words of a very famous song to round off my first Chairwoman's introduction of the year:

*We'll meet again; don't know where, don't know when
But I know we'll meet again some sunny day.....*

Keep smiling and keep running!

Gemma



Changing Times

From the Editor

The expression 'unprecedented times' is one we are hearing a lot this year, and it definitely applies to recent months both in our club and in our lives as runners. Planning our training differently; running more each week owing to reduced work – or less because the routine and the motivation have gone; missing our friends but keeping up with them on Zoom -- these factors alongside personal and family worries mean that much is different and may remain so for some time.

During the suspension of club running and social events I have been aware of the need to collect and share news among all members of Canterbury Harriers. Not every Harrier is a social media hound and though many are active on the informal Facebook pages others may sometimes feel out of the picture.

With this in mind and to say sorry for the 12 month gap since the last Newsletter, I offer you a bumper issue Canterbury Harrier Magazine. It has been fun to compile -- to be honest almost as addictive as running. There have been some imaginative running challenges and virtual races to report, as well as gutsy training, ambitious personal targets, and hard-earned PBs. The ladies seem to have been very busy and inventive. All in all, you have provoked and provided plenty of material and so 'magazine' might be a good name for an edition of 70 pages plus.

Thank you to all who have contributed text or photos. Also a special thank you to Mel Christodoulou, Editor for the last five years, for much help and advice and the occasional timely reminder to get me underway!

Contributions for the next issue are always welcome. And don't forget photos! E-mail your material to me at: harriers.news@icloud.com

Looking forward to seeing you and training with you again.

Tom



Gerry Reilly Retires as Head Coach

Head Coach at Canterbury Harriers since 1997, Gerry Reilly first joined the club in 1995 with secondary school teaching experience, putting his skills to use in coaching juniors. To mark his retirement as Head Coach, founder member **ROY GOODERSON** writes an appreciation of Gerry's work and contribution.

Early Years, Fast Times

Way back in 1993 Canterbury Harriers was formed from a small training group at Invicta East Kent: this included Bob Davison, Joe Hicks, and myself. These early years saw the arrival of many new faces, including Gerry Reilly in 1995. At this time most of us were running 10k races in under 40 minutes. Gerry was a Vet40 at the time and had not run that time in a race. In training with the club it very soon became apparent that he would run sub-40 minute times and in the event he soon did so with ease. In those early days it was very much a Reilly family affair, with wife Sue and children Sean and Mary dragged along to some club nights. This must have paid dividends as Sue and Sean went on to run many races for the Harriers, with Sue also coaching the juniors, a part of the club in early days.

From Teaching to Head Coach

Gerry had been a secondary school teacher and then spent many years working for Customs and Excise both here and abroad. One year he missed the presentation evening as he was working in Iraq. His teaching background made Gerry an obvious candidate for coach, starting with the juniors. Canterbury Harriers went through a turbulent time in 1997, leading to major changes in how the club was run. At this stage Gerry had completed the Coach Level 1 course and from this point on he took on the role of Head Coach and was an important committee member. Over the years he has taken great satisfaction seeing the hundreds of athletes he has coached achieve so many personal goals. It has to be said that he has been pleased with the growth of the coaching team, Steve Clark of course being an early ally.

Gerry progressed to Level 4 coaching qualifications and has since mentored many new coaches that followed.

"Go Gerry Go!"

I have had the pleasure of travelling with Gerry and Sue to many races in both France and Holland. On one occasion we were racing in Holland and our Dutch friends had erected a banner on the course saying "Go Gerry go" to celebrate his 50th birthday. On many occasions his Advanced Level French language came in useful: in Rheims he gave a radio interview followed by a speech to a packed sports hall of runners. Each year at Le Touquet the two of us would jump off the coach first to collect the race numbers from a busy registration area. On occasion they would have athletic-themed promotions and on the way out I was thrust a handful of what I took to be blister plasters. Gerry put me right when he explained they were condoms as part of an AIDS awareness programme!

Lake District (Accompanied by Health and Safety)

As part of a large Irish family Gerry would travel back to Ireland, stopping at the Lake District to break the journey and enjoy some hill-walking. At one stage he even had a house in Carlisle.

Over the years Gerry organized a number of Lakes trips staying at local YMCA lodges, the most memorable being when we tackled the Old Crown Round. This involved tackling four peaks to receive a certificate at The Old Crown pub. Unfortunately we picked a very hot day and before long we ran out of water and had to replenish our drinks bottles from the streams. We had Wendy Osmond along that day who being a council health inspector informed us of the nasty things it contained. Tired and sunburnt we completed the event, received our certificate from the pub and even produced a T-shirt to commemorate a great trip -- and nobody was ill.

Hardy Volunteer

Over many years Gerry and Sean were involved with the 'Man on the Run' race, highlighting testicular cancer and raising over £120,000 for cancer research. Yet another string to his bow was being co-commentator with me on road races such as the Whitstable 10k, Thanet Marathon and the Canterbury Ten, which is always the coldest being in late January, but he has never complained.

Continuing to Inspire

Many a Harrier has been inspired by having a coach who could run as well as or better than them and despite health problems Gerry is still running at the moment. I fondly remember seeing 'Team Reilly' not that long ago in the Canterbury parkrun, including Gerry, Sean, and grandsons James and Alex all running together. Despite stepping down as Head Coach to take things a bit easier I think there is little chance that he will stop running or helping out with coaching duties if required. As I have often said on those dark damp winter training nights when you have decided to give it a miss, it is people like Gerry that always have to turn up. Long may it continue!



Croydon > Canterbury > Chairman

It certainly takes more than three words to sum up **PETER YARLETT**'s valued contribution to Canterbury Harriers since he joined in August 2007. Newsletter writer, runners' rep, five years as Chairman -- and above all a constant support to members of the club on all occasions, come rain or shine.

The Spirit of Wim Award



All who attended the Presentation of Awards Evening at Boughton Golf Club on 30 November heard Chairwoman Gemma Jeffrey announce Peter as the winner of the newly created Spirit of Wim Award, presented to a Harrier who displays the spirit of the club in his or her actions throughout the year. "As well as holding office on the Committee for the last ten years, Peter offers endless support and cannot be missed in his high viz jacket as he cheers us all on at training nights. He has hardly missed a session and he never fails to encourage others."

Photo:

Croydon days. No.45 Peter Yarlett on the ascent in the Finchley 20 race.

Over the Moon at European Sprint Duathlon

Competing for Great Britain at Punta Umbria only days before quarantine was imposed, **CLAIRE PLUCKROSE** tells with typical modesty of her achievement in the European championships.

Sprint Duathlon

"I travelled to Punta Umbria in Italy to represent GB in my age group, 50-54, in the sprint duathlon. A duathlon is like a triathlon but with an extra run in place of swimming. The event consisted of a 5km run, 20km bike ride and a 2.5km run.

"It was a great race with GB ladies taking gold, silver and bronze in this category, and I was over the moon to collect my second Bronze medal for GB -- but for my first time in European championships."



Seven Half Marathons in Seven Days

LIDIA MODZELEWSKA lives for running and wanted to use this passion to give something back to a charity close to her heart. Text and pictures below are reproduced by kind permission of Kent Messenger Group from an article in KentOnline, 4 June 2020.

Canterbury Harriers runner Lidia Modzelewska has completed seven half marathons in seven days for Rising Sun Domestic Violence and Abuse Service

By **Luke Cawdell** lcawdell@thekmggroup.co.uk

Published: 11:00, 04 June 2020 | **Updated:** 13:07, 04 June 2020

A runner from the Canterbury Harriers has just completed seven half marathons in seven days for charity.

Lidia Modzelewska is raising money for Rising Sun Domestic Violence and Abuse Service, having been a former resident of their women's refuge, and has surpassed her initial target.

She admits she surprised herself with her performances throughout the week and purposely chose to run the same route every time.

"I just got stronger," she said.

"I did not hit the wall, luckily, but I have surprised myself as at the beginning of the week my time was 2:33. I have finished with a whooping 2:08.

"I have received fantastic support from my friends, work colleagues and family. Almost each day someone was running with me which encouraged me to do well. It was Emma, Sian, Wendy, Steph and my partner Ashley who took it in turns.



“It was a fantastic week and hopefully one day I can do it again but maybe with a different challenge. I have enjoyed every day, every minute, company and mile of it. Absolutely amazing!”

Lidia says she can't live without running and so it was a natural choice to turn to a favourite pastime when coming up with a charity challenge.

The charity she is running for supports victims of domestic violence and aims to improve lives and relationships.

She said: “The Rising Sun charity helps people to get back on their feet and to find a new happy life after experiencing domestic violence and abuse.

“A long, long time ago I was a resident of their women's refuge and after receiving their help and support I have managed to have a happy and content life.

“For that reason I thought this is the perfect time for me to say thank you to this fantastic organisation.



Lidia Modzelewska is raising money for Rising Sun Domestic Violence and Abuse Service and has surpassed her initial target. (35975672)

"I decided to run the same route as living a horrid life every day is the same, the same settings and the same struggles. I have also chosen half marathon as picking up the phone and making this important decision you are half way to something new and happy."

She adds on **her fundraising page**: "without people donating to Rising Sun I would not be here now and what's more important, I would not have lovely people by my side."

"When I decided on this challenge I was prepared for a solo run, which was absolutely fine. But everyday someone different offered to join me, which was fantastic. Emma, Sian, Wendy, Steph, and Ashley. I did one run on my own and on the last day Emma and Sian both joined me. Emma made for me a certificate and a homemade medal. I think this cardboard medal means the most to me of all the medals I have."



Photo: Lidia after her seventh half marathon, celebrating with Sian Keary-Smith and Emma Greatrix.

The article in KentOnline can be found at:

<https://www.kentonline.co.uk/canterbury/sport/charity-runner-hopes-her-efforts-help-others-228237/?fbclid=IwAR1QT6cRsXiMC39Rjm1J0uYW8ylbCCtYZcUMcx4-9B4nTVgdB5I8XMGsXrc>

Running ~~a PB~~ **2 PBs** in Lockdown

She works for the NHS, and it's been stressful recently. For some head space during downtime she has turned to practising and improving racing pace in readiness for when scheduled events return. **JOANNE NORRINGTON** gives us a glimpse into her well organized training diary.

19 June 2020: **Attempt at 5km Personal Best**

Time/Route:	<i>7:20 pm: Hampton to Swalecliffe along coast & back</i>
Distance:	<i>3.1 miles (5k)</i>
My Plan:	<i>Focus on race training and keep mind off stress of work! <u>Try 5k PB</u></i>
Result:	<i>SUCCESS! RAN 5K TIME TRIAL IN 20:16. PB BY 7 SECONDS!</i>
How Did It Go?	<i>Great! Going to try this again soon - only better (hopefully!)</i>
Going forward:	<i>Schedule EZ run, speed training and long run each week... when possible</i>
Specific points:	<i>1) Try to increase cadence 2) Keep working on my PB!</i>

21 June 2020: Early Start for Summer Solstice Run at Sunrise

Time/Route:	<i>4:24 am: Herne Bay - Reculver towers & back; start before sunrise</i>
Distance:	<i>6.2 miles (10k)</i>
My Plan:	<i>See sunrise at Summer Solstice!</i>
Result:	<i>Did it! Took it easy & stopped for some photos too :-)</i>



On 21 July, three weeks after her 5km PB, Jo set a **second PB** on the same route as before with a time of **exactly 20 minutes**.

Congratulations, Jo!



How To Run over 80 miles by 'Not' Running

KAREN BENNETT runs and runs and runs -- and still has the energy to outjump everyone else in the group photo. When the pandemic led to postponement of her marathons (she runs ultras too) she decided to switch to 'Not' running.

Not the London Marathon

I should have been running London Marathon, after my name was pulled out of the hat for the Club spot. Unusually for me, I'd actually trained for it and with a half-marathon PB under my belt in February, was targeting a GFA time. When London was postponed, thinking smaller events might still go ahead, I entered Phoenix Running's Not the London Marathon. Then, when that was cancelled, I switched to the virtual version and plotted a route along the North Downs Way towards Dover. The scenery was rather lovely.

Whilst it wasn't the day I'd planned, I thoroughly enjoyed it. I mentally ticked off London landmarks as I went along, took my time, had rest breaks in fields, and had a friend surprise me en route with cake and champagne. It's probably just as well I wasn't trying to run a good time, as after a glass of champagne I was a little bit tipsy for the second half.

Not Endure 24

I wasn't entered for Endure 24 this year, but when it was cancelled a running buddy from Southampton decided to organize a virtual version. I hadn't been able to run since Not London Marathon, after injuring my back, but when she asked if I'd walk a lap for a goody bag, it seemed rude to say no.

A week before the event, my goody bag arrived in the post, complete with race number to decorate, wrist band, flapjack and a bingo card. We'd been divided into two teams and sent a link to upload our lap times. My back wasn't feeling great on Saturday, so I settled for walking one five mile lap, bingo card in hand, to tick off challenges along the way. I was going to settle

for one lap on the Sunday as well, so in the spirit of Endure 24, I got up at 04:00 to do it at sunrise. It was such a gorgeous day, though, that I kept walking for 5 laps, then tagged a bit on the end to round it up to 26 miles, finishing it off with an ice cream.



Preparations for Not Endure 24

Accessorize with:

Colour co-ordinated shades (✓)

Dinosaur race number (✓)

Editor: Did you remember to fill in your medical form, Karen?

Phoenix P24

With the summer solstice falling on the weekend of 20–21 June, Phoenix Running put on a virtual event. The concept was simple; run a minimum of one mile, on the hour every hour, for 24 hours. There was a live briefing on Facebook, before over 1,000 participants across the globe set off at 08:00 on Saturday 20 June. I'd persuaded my brother, who lives in Australia, to join in. Not wanting to be left out, my 73 year old mother signed herself up as well.

I'd plotted a few routes out, to fit in meeting up with friends and keep it interesting. After the first couple of miles in Canterbury, it was a quick dash over to Barham. then over to Deal for a couple of miles, before joining my mum in Hythe. There were a couple of themed hours during the event, so after walking the family mile with my mother at 14:00, whilst Facetiming my brother, it was back to Canterbury. The next two laps took me to Barham and Bishopsbourne before Theresa Johns joined me for the 18:00 mile in Canterbury. After a G&T and catch-up in her garden, we ran up Canterbury High Street for the 19:00 sprint mile.

I'm not a late night person, so knew staying awake was going to be the main challenge of this event. After pizza and beer, for the 20:00 beer mile, I picked out a 1960s' dress to run the midnight fancy dress mile in.

Then, after my 02:00 espresso-fuelled mile in Canterbury, it was back into my car to meet a friend in Deal. We stayed in Deal for the remaining five miles, snoozing on the beach between runs, with a glorious sunrise. At 04:30, whilst snacking on banana bread, I found myself wondering why I hadn't done something like this before. I think I answered that question later in the day, when I slept the afternoon away. I got some strange looks after the final 07:00 final, as I tiptoed into the sea, inflatable crocodile under my arm.

I've run quite a few 'different' events, but this was a firm favourite. I know the format wouldn't suit a lot of people, but I love anything that is a little bit quirky. While I sincerely hope we never find ourselves again in a situation like the current one, this is still one virtual event that I wouldn't sign up for another time.



Club Championship Road Races

There are two certified-distance road race 'tens' that count as championship races in the Canterbury Harriers' annual diary. One is the Ashford 10k in October and the other is the Canterbury 10 mile race in January. Here is a brief summary of each, already reported on the club website and in the official Facebook page's weekly race results.

6 October 2019: Givaudan Ashford 10km Race

For full results and 10k race analysis go to:

https://www.canterburyharriers.org/race_result.php?id=13247
and click the results tab.

Givaudan is an international business which develops scents and flavours for food and beverage makers, as well as for use in household goods, grooming and personal care products, and perfumes.

The Givaudan Ashford 10k starts and finishes on the track at the Julie Rose Stadium, directly opposite the factory. Runners finish this round-the-town race with a lap of the track for an Olympic-style finish.

The morning of the 2019 event stayed mild and overcast for the race. Canterbury Harriers fielded 55 runners, 3 of which made their debut at the 10km distance and 7 secured personal best times.

Race summary	55 Harriers turnout today for this local race and the club champs. The Winners will be in the email which will come out next week. We had 3 debuts and 7 PB's. Well done everyone.
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26 January 2020: Ssangyong Canterbury 10 Mile Race

For full results and 10 mile race analysis go to:

https://www.canterburyharriers.org/race_result.php?id=13912

and click the results tab.

This classic ten miler is a cast-iron Harriers favourite in the race calendar. Always a popular distance before half marathons started to gain ascendancy years ago, ten milers are harder to find nowadays but this one has possibly gained more supporters than ever.

Race summary

Great turnout & performances from all Harriers in this 10 mile club championship race, led home by Henry Cox with a great PB. Well done all, especially those gaining PBs on this tough course and to Ian Stokes, who took the 1st V60 prize.



Photo: courtesy of Jodi Hanagan Photography

Championship Prizewinners at the AGM



Wim van Vuuren (d. 27 October 2019)

Canterbury Harriers will have heard and read last year of the sad loss of Wim van Vuuren, with many tributes given both on the club website and on the Facebook page.

This photograph, taken at the end of the Canterbury Harriers' Annual General Meeting on 17 October, shows the winners of category awards for the club championship Givaudan Ashford 10km road race on 6 October. Wim is pictured (seated 2nd from left) with his certificate for 2nd place Harrier in the VM50 category, with a time of 40:37. He was a keen participant in swimming and other sports but it is not only as a highly competitive runner but also a true friend and gentleman that we remember him.

Rest in Peace, Wim.

Giving Back to the Club

A regular participant at Harriers training evenings and Kent Fitness League cross-country before lockdown intervened, **SIAN SMITH-KEARY** talks to Tom Hooley about her sport, studies, and interests. We find out what started her off in running and how she eventually came to join Canterbury Harriers. Sian has taken on the role of Membership Secretary.

Tom: Sian, thank you for agreeing to talk to us today about your sporting interests and achievements as well as your official commitments to Canterbury Harriers. It is always interesting to hear from club members, and even more so now during the pandemic when opportunities to meet as a club are severely limited and little or nothing is going on in terms of official events. Tell us a bit about yourself. Have you always lived in Canterbury?

Sian: Canterbury is one of the many places I've lived. I feel a bit like an eternal nomad -- I've lived in Rome, Neuchatel (Switzerland) and the UK but I came to Canterbury as a student back in 2007 to study French. Canterbury has been my base since then but I have in fact moved round almost every part of Canterbury, Faversham, and Whitstable between graduating and now. I'm interested in lots of things: whilst sport is my main hobby, I also enjoy writing, sketching and drawing, ancient history, gaming and biology. I'm heading back to university this September to retrain as a physiotherapist.

Tom: Lots of interests, Sian! So how did you get into running? What are your earliest memories of running and are they enjoyable ones?

Sian: I ran at school and my distances were usually 800m, 200m and 100m; to be fair I got stuck with them all as no girls in my class enjoyed sport. I actually went to school with Steph Twell, who is an Olympian over 1500 metres. You can imagine why no one wanted to compete in that distance on sports days...

I took up running properly in 2010 during my final year at university. My earliest memory of it is not being able to run one mile without having to stop and walk. I remember very clearly thinking this is a hopeless case but I persevered with it as it gave me a lot of head space and I really needed that.

Tom: How did you hear of Canterbury Harriers?

Sian: I heard of the Harriers in 2011 as my work colleague at the time ran with them. She told me about the Canterbury Ten race. It was my intention to enter it but I never did as I became quite ill. It would take me another six years before I was well enough and plucked up the courage to join the Harriers.

Tom: Which do you enjoy more: training or racing?

Sian: It depends how the race goes! Nothing really compares to the feeling of knowing you did the best you could do in a race — when you've outdone yourself or overcome a personal hurdle. That's a great feeling that I never get in training. Having said that, during the race I always ask why on earth I do this to myself! Training is a lot calmer and I enjoy my running more in those moments.

Tom: Some people enter as many races as possible, perhaps for the high and also for the bling. Others are selective, cherry picking a few key races and building up to them with race-specific training. What are your own preferences when it comes to choosing races?

Sian: I've learnt to be more careful when choosing races as I know that whatever happens I will be pushing myself. I am very competitive and find it hard to stick to a race plan. So in order to save myself from injury I am more selective about the races I choose.

Tom: Which races or distances have you most enjoyed? And is there one race that stands out in your mind and why that one?

Sian: My distances are anything from half-marathon downwards. Ironically, my favourite race was a full marathon but that was mostly because that distance is not something I can do easily and I gained a tremendous sense of achievement from managing to get round. I've accepted that I'm just not built for marathons and that's OK.

Tom: Looking ahead, do you feel you would like to move to other distances or venues for a new challenge? Or maybe you have unfinished business in a particular event and you'd like to return to get it dealt with.

Sian: My longer-term goal is to complete a half-iron triathlon. I've found that training with other disciplines really helps strengthen my body in ways that protect me from injury. It's also a bit crazy and I love that!

Tom: Sian, I believe you have recently joined the Canterbury Harriers Committee. That sounds like a job with great responsibility. Has it been daunting as you learn the ropes? Perhaps you even have to encourage some to observe the club's payment deadlines!

Sian: Yes, I have taken on the job of Membership Secretary, following on from Andy Farrant who was the secretary for many years before me. It's good to feel I can give something back to the Harriers: it's been such a great club to belong to and I've benefited a lot from it. Handling the membership duties definitely has its challenges, but I enjoy a bit of problem-solving.

Tom: You are obviously a busy person, Sian. With your club duties and your commitments outside running how do you go about planning or timetabling your own running? I mean, some people like to do set times or mileage each week; others go very much by how they feel and what their ultimate target is; yet others find they have to be more flexible. Let us into your secret.

Sian: I've had a lot of issues with my ankles over the past few years so I have to stagger my running a little more carefully. I try not to run on consecutive days if I can help it, so I know that in a week I'll probably do three or four runs max. If I'm not training for anything (as at the moment) then I tend to do a short, faster run, a steady mid-distance run and then a slower long run at the weekend with as many hills as I can find. I'm not rigid in that though! I try to listen to my body and go with what it's saying more than forcing myself out. I've found running with others during lockdown has been a life-saver – I was getting quite lethargic in my running.

Tom: Would you share with us any favourite landscapes or terrain for your personal running?

Sian: My all-time favourite is trail running, preferably up some monster hills like the Seven Sisters or Beachy Head. If I can't get to them, then running through the woods I find really therapeutic – Emma Greatrix recently took me round Clowes and Thornden Woods and they are really beautiful runs. I'm definitely more of a trail runner than a road runner.

Tom: Would you like to divulge a memorable running experience that sticks in your mind? -- For good reasons or bad!

Sian: It has to be the infamous Paddock Wood Half Marathon. I will never ever do this race again! I was training for the London Marathon and was only a month away, so training was at its peak. I'd pushed hard during the week and then raced at the weekend. In my race plan I would be sticking to 10 min/mile but that went out of the window as soon as I got the competitive bug. I was running at 7:30 min/mile the whole way because I was feeling strong. About mile 9 I knew something was a little wrong with my foot, but I'm used to a certain amount of discomfort in my ankles so thought nothing of it. It didn't go away, in fact it got worse and by mile 11 there were shooting pains going through my foot. I had to stop and walk for a while but then tried to keep running and hobbling as I was so close to the end. A Harrier called Paul stopped and came alongside me to encourage me, which was so wonderful. I managed to limp over the line but knew something was very wrong. Wim was there and he looked after me: that was such a precious memory of him. Turned out I'd got a stress fracture and a sprain... I missed out on London that year because of that injury. Don't run on a stress fracture: that's the moral of the story.

Tom: I think many of us can learn from that when it comes to injuries. Thank you, Sian, and all the best for your projects in the near future. In conclusion, is there one piece of advice you'd give to new, enthusiastic club joiners to take away?

Sian: I would encourage all new Harriers, as well as anyone else that loves running, to get to the gym or do strength training at home on a regular basis. We all know how important this type of training is for runners, but it was something I badly neglected... and I paid the price. Thankfully now I am so much stronger than I was before and actually really enjoy strength training and gym work. It's very satisfying when you see improvement and I'll do anything to avoid a re-run of Paddock Wood!



Photo: Sian Smith-Keary in the KFL cross-country race at Minnis Bay in January 2020

It Isn't Meant To Be Easy!

Once called on to the stage for representing Great Britain at Davos in Switzerland, **STEVE REYNOLDS** attributes his successful running career to weekly long runs of at least 20 miles. Tom Hooley wanted to meet our regular Thursday night veteran to find out more.

Meeting Steve and the Vet 60s

The idea of meeting Steve to flesh out an article about him dates back nearly a year to an evening in Canterbury's Westgate, where an informal MV60+ Spoons cool-down session is an informal but very well-established part of club training nights. I was keen to join this sociable group of veterans in their after-hours venue and find out more about them, having a certain instinct that great running achievements must lie hidden beneath their modest manner. To find out more I turned to our past Chairman, who, modest to a fault, nodded in the direction of Steve. Now Steve, it turns out, has never held office in the Harriers, preferring, as he puts it, to work behind the scenes. A dark horse perhaps? We soon got talking over a beer or two; I sensed Steve with his trademark 'many year ago' liked a chance to reminisce. And so we agreed to meet for an interview another time. But then life, work, and Covid-19 intervened, until eventually, much later, a telephone chat was arranged.

East of Canterbury

Though a runner with Canterbury Harriers, Steve is generally based further east, in the Margate area. I say 'generally' because he and Marie are keen travellers and made the decision to let their now grown-up children live in their house while they themselves travel and work from their motorhome, currently at Westgate-on-Sea. Asked if he has always resided in Thanet, Steve lets on that as a child he lived in Hernhill and attended Ethelbert Road School in Faversham -- incidentally with Bob Davison, three years Steve's senior.

Tackety Boots for Trainers

"I was never keen on school sport actually," confides Steve, "but I did Tug o'War in a club at Hernhill. Our warm up for Tug o'War was to run round the field in our hobnail boots with heels of steel, half an inch thick. I kept finding myself way out ahead of my team members. It didn't feel too difficult at the time and so it was that I became interested in the idea of having a go competitively."

First Race: The Canterbury Marathon!

Guessing that some events must soon have followed, I am keen to hear how race training was approached in the 1970s and ask Steve about his training formula.

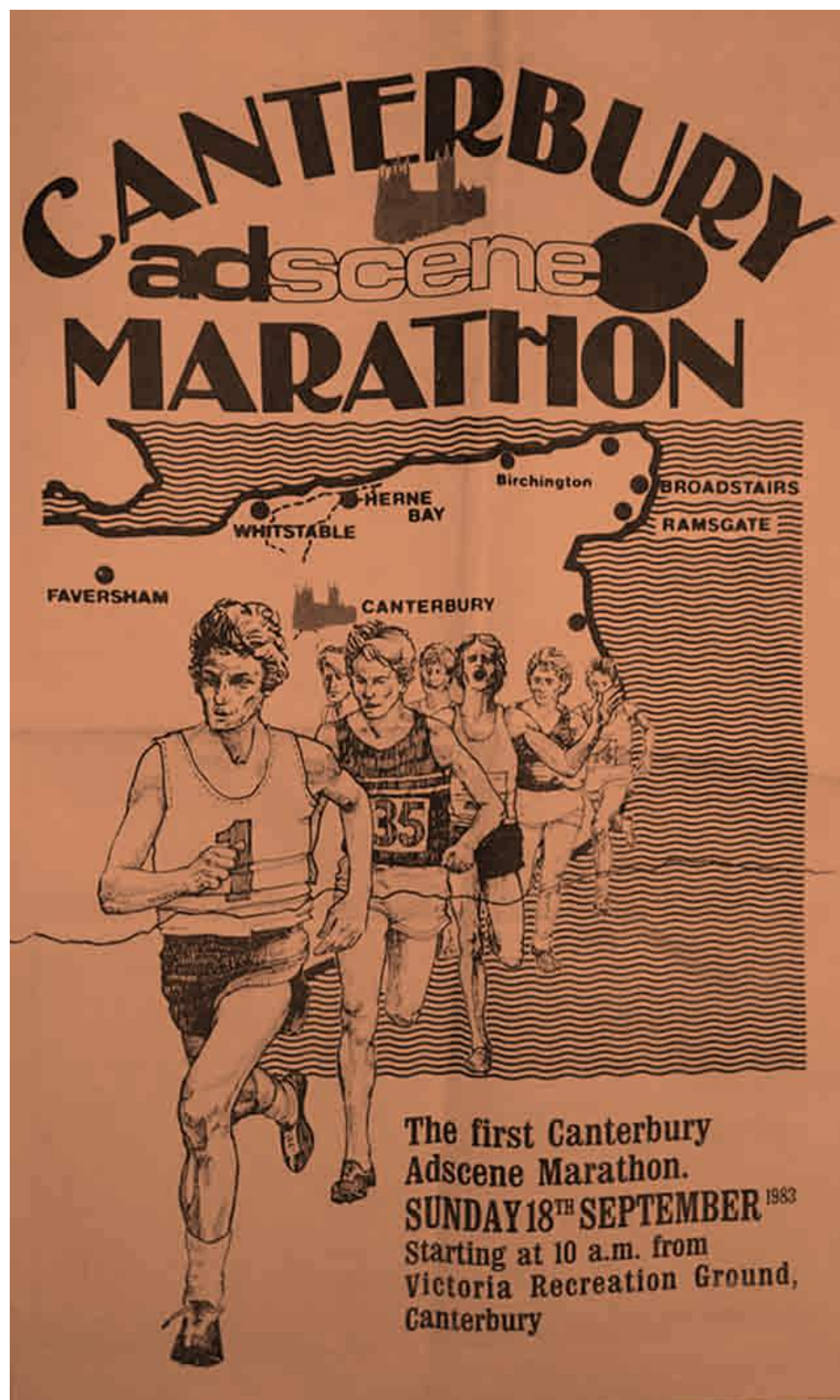
"At the weekends: well, every Sunday a long run of 20 miles -- at a minimum. A group of two or three of us would run round the woods. Basically we'd set off to run for three hours almost every weekend. As we got into the season and we became fitter and faster the three hours might take us up to 24 miles."

Pressing for more information I ask about races and we find ourselves in earnest discussion about the Canterbury Marathon of the 1980s. Long since defunct owing to the cost and difficulties of road closure and safety management on the tarmac routes between Canterbury, Whitstable and Herne Bay, this race has left strong memories in the minds of both Steve and the writer. It turns out this was Steve's first ever race. (It was the writer's first full distance marathon in 1985, and if that expression 'full distance' sounds odd, it's a story for another time.) We work out Steve ran it in 1983, when the start was at the Victoria Memorial Recreation Ground between the Rheims Way and Canterbury Academy, then known as Frank Hooker School.

Race details and records being hard to come by now for these races of pre-internet days, Steve does not recall his first marathon's official finishing time but reckons it was between 4h:00 and 4h:15.

Continued after the next two pages

Next page: Adscene poster for the first Canterbury Adscene Marathon on Sunday 18 September 1983



FUTURE ISSUES OF THE MAGAZINE

The Editor is always keen to receive source material for future issues. Your sporting and social news, photographs, drawings, articles, hopes and achievements are welcome throughout the year; in fact the magazine will be very dull without your input!



E-mail: harriers.news@icloud.com

PBs, Times and Terrain

Knowing that Steve went on to bring his times down substantially after that first race, I ask him more about his training methods and tips for race success, as we all know there is more to it than just mileage, even when it is regular race specific mileage such as in Steve's pre-marathon long runs.

"I liked to do long interval training. We measured a half mile stretch from bottom to top along the path in Clowes Wood. Not having GPS watches we used a surveyor's wheel to fix the exact distance. I would run up the half mile slope and jog the way back down as the recovery interval. In the summer we would run short repetitions on the Church Street fields near the old railway."

Steve goes on to explain that while his very first race was a marathon and he did in fact go on later to run a personal best time of under 3 hours, he has enjoyed a variety of race distances, host countries and types of terrain, ranging from running the mile on the Goodwin Sands to participating in mountain races at an altitude of over 3,200 metres. To give an idea, here are his best times at four popular distances:

10 km (6.21 mi)	32:53	Half marathon	(13.11 mi)	1:14:42
10 miles	56:28	Marathon	(26.22 mi)	2:52:58

Other achievements include three silver medals at the Kent veterans' track and field championships at 400m, 800m and 1,500m. His first marathon was followed by another two at Canterbury, suggesting that he may in fact have run in all but one, if not every Canterbury Marathon.

Unlike the Canterbury Half Marathon, first held in 1986, the Canterbury Marathon was a short-lived event, only held for three or four years in the mid-1980s.

Favourite Fixtures

Of all the distances, Steve has a special affection for 10 mile races and half marathons, adding that the half marathon distance is at the limit of his effective racing stamina. Pressed to add other types of event to the conversation, he puts the summer relays high on his list -- yet another Harrier favourite that 'unprecedented events' have made impossible this year.

Talking of this year, Steve lets on that he has not felt in the mood or right place for training at the moment, but that in normal circumstances he loves Thursday training nights, for their social aspect as much as the training.

Does he have further race ambitions for when some form of normality returns after the pandemic, or at least in the quiet phases between returning waves?

"Cross-country appeals to me; it always has done. My ambition is to continue getting to all the events, especially the Sunday Kent Fitness League races. For me it's more a case of attending all the fixtures and getting round the course rather than being ambitious for a finishing time: KFL provides a good stamina workout and is an enjoyable Harriers social occasion too."

It's NOT a Campervan!

Steve's motor-caravan lifestyle interests me, not only for the attraction of independent living but also for any issues arising from quarantine and lockdown in the summer of Covid-19.

"Marie and I are great fans of the motorhome; incidentally she will be glad to hear you didn't call it a campervan -- that is an absolute no-no in her book. Currently we stay close to Thanet so as not to be too far from family and known sources of supply. From the running point of view we have in the past driven to Brockenhurst, Salisbury and Eastbourne to do the local parkruns, as well as more locally to do three Whitstable parkruns altogether."

When the Going Gets Tough, the Tough Get Going -- -- and Olympians Drop Out

I press Steve to tell our holiday-starved, race-hungry readership of further-flung trips and tough, exotic terrain for running.

"Well, at the time many years ago when Mike Gratton was coming to the fore, I was with a friend who was running an ultra-marathon in Davos. I wasn't in the ultra myself. Mike Gratton took me over to meet Charlie Spedding, a London marathon winner and big name in athletics in the 1980s. We were making up an informal team of three for the next day's mountain race which included several international teams. Come the morning, Charlie didn't show up and so we were one down in numbers for the team. We started anyway; I was running the uphill and handed over to Mike at the top, who duly proceeded to get himself injured. So the race was not properly completed but I was the only one to emerge and finish unscathed. Anyway, I was called up on to the podium to represent the GB team! And that's how it was I came to have a go at mountain racing in Switzerland, but to be honest didn't find I was so effective on those kinds of hill."

Injury, Motivation and Words of Wisdom

Looking back over Steve's varied achievements I turn to the subject of motivation, commitment, and that all too familiar feature of many runners' seasons -- injury. Has he, I wonder, sustained his running all through the year; has he ever lost his mojo -- to use that modern phrase beloved of keyboard media athletes?

"I did pack up just for a bit once, about 20 years ago. That was to let my knees recover. By then I'd already been running about 20 years or so."

And advice for new, enthusiastic but inexperienced Harriers to take away from the conversation?

"Work hard. It isn't meant to be easy. No matter how much talent you have you'll not achieve much without being prepared to work hard."



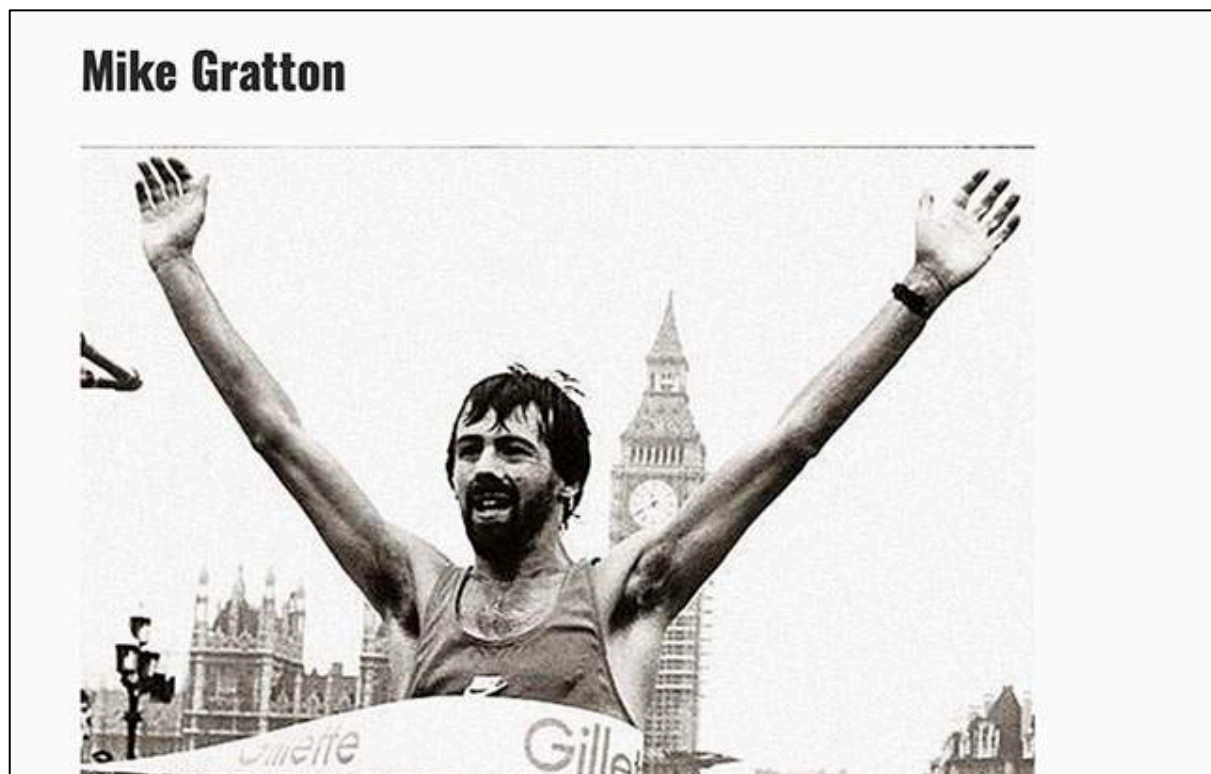
OTHER LEGENDS

Who Steve Reynolds Met & Ran with in Switzerland

See Steve's story: [preceding pages](#)

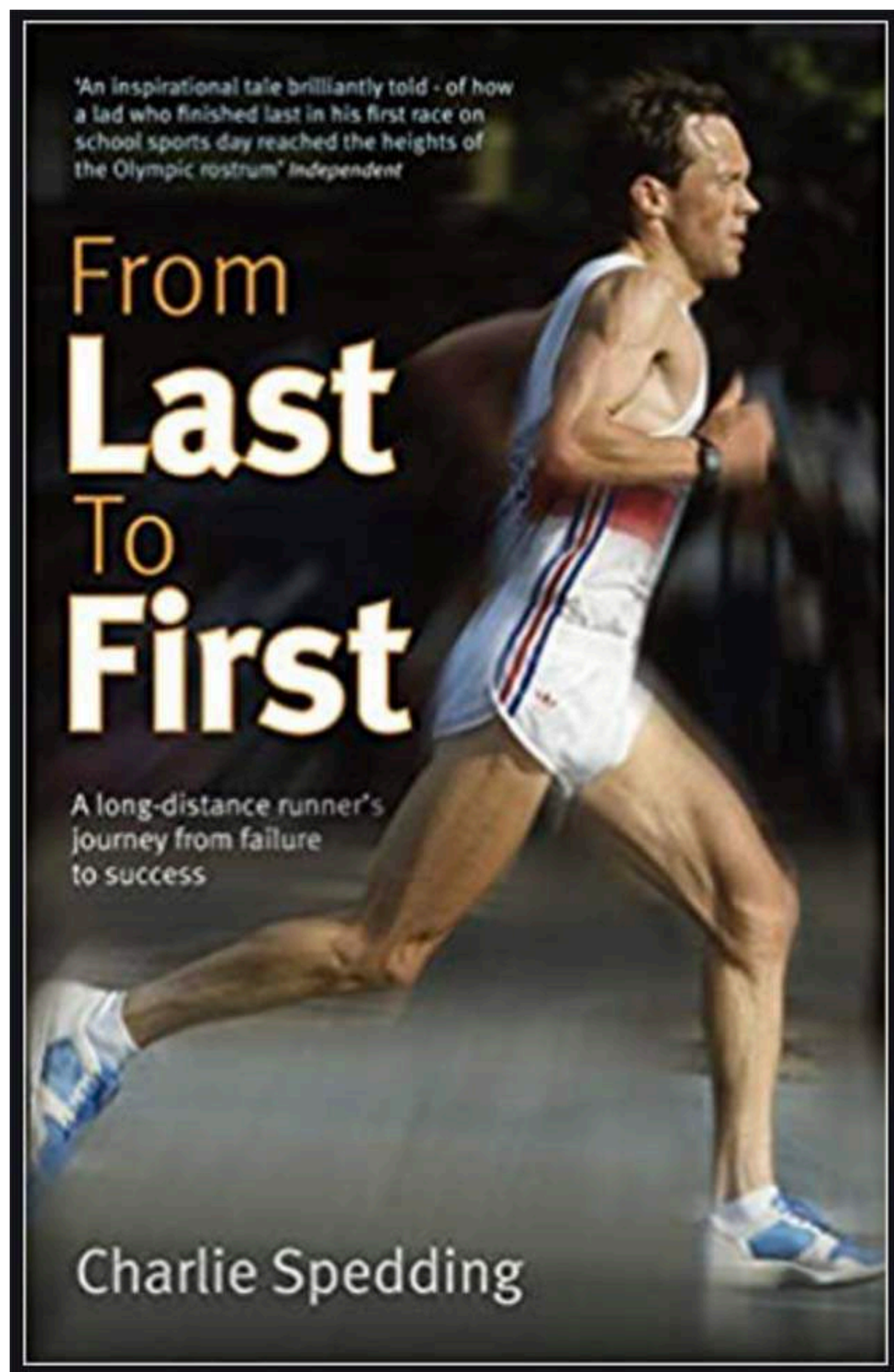
Canterbury Legend: Mike Gratton

A Canterbury teacher at Archbishop's School and runner with Invicta East Kent. Won 1983 London Marathon in 2:09:43, a time which currently places him 15th on the UK all-time marathon leaderboard.



Geordie Legend: Charlie Spedding

Charlie Spedding, a runner from County Durham with Gateshead Harriers, achieved a time of 2:08:33 at London in 1985, currently the 4th fastest marathon time by a UK runner.



'An inspirational tale brilliantly told - of how a lad who finished last in his first race on school sports day reached the heights of the Olympic rostrum' *Independent*

From Last To First

A long-distance runner's
journey from failure
to success

Charlie Spedding

No Pain No Gain - or - Listen to Your Body?

Triathlete and interim Head Coach at Canterbury Harriers, **YIANNIS CHRISTODOULOU** takes his sporting inspiration from watching the Olympic Games and agrees to share his running experience and training tips. In particular, he explains how overtraining leads not to improvement but to exhaustion and injury. Hands up, who's guilty?

Get comfortable -- make yourself a drink -- there is a lot to take in from the coach's answers.

In-Depth Interview

Tom: Yiannis, thank you for agreeing to this detailed interview for the Magazine and congratulations on your appointment as interim Head Coach for Canterbury Harriers. It must feel an honour to step into the shoes of long-standing Head Coach, Gerry Reilly.

Yiannis: Thank you, Tom; I do feel honoured and privileged to take up the interim Head Coach role. It is a tough act to take over from Gerry because of the legacy he has left behind, and he was the club's head coach for a very long time. I have a lot to thank Gerry for: not just for how he helped me develop as a runner in the early days but also as a coach and in mentoring me. I have learnt so much from him and look forward to giving back to the club.

Tom: You have quite a list of your own sporting achievements, and not just in running either. Tell us about your favourite sports and how you got into them.

Yiannis: I got into sport after being inspired by the 2012 Olympics; I was watching the Triathlon and was so impressed it made me want to do something. I had no clue what the race was about. I hadn't run before 2012 – only once a few years back for charity in a 5k but didn't train for it. I also

couldn't swim then either. I always wanted to compete in triathlons but didn't think I could do it and got put off the bike as I was convinced the bike gave me injuries. It would take me five years after 2013 to get back on the bike. I got hooked on running but that wasn't enough and then I moved to aquathlons and now triathlons. I am really enjoying triathlons, as you have to have a strategy and it's tough. It's really hard to run fast after you have been swimming and cycling hard.

Tom: Any particular achievements in these sports that you are especially proud of?

Yiannis: First of all, getting up and doing something; if I had never joined the Harriers I wouldn't have achieved what I have. Some of my achievements that stand out are becoming the team captain for the GB Aquathlon age group team and carrying the flag in the opening parade at the 2018 World Aquathlon Championships for Great Britain -- this was a huge honour. Qualifying for the British Triathlon Sprint Team for this year was an achievement I am proud of as it was my first attempt and I just scraped in. Having three top ten World Championship finishes is also a peak for me; but what stands out the most is winning the 2019 European Aquathlon Championships in my age group. This is because it shows that you never know how far you can go and I never expected to be on the podium on the top step in an age group where I have raced against pros and élites.

Tom: That is an enviable record. I know there are many in the club who enjoy multi-sport training such as triathlon, some at a high level like you. How do you maintain motivation and fitness -- and guard against overtraining and exhaustion?

Yiannis: First, as with any training, if you're having bad days in training all the time you shouldn't be, though it's OK to have the odd one. There are two things going wrong here: your training is wrong by training too hard all the time and your body just needs a rest. I believe there is no such thing as a bad session; I mean, every time you do a training session that feels bad you should be reassessing your training.

The biggest mistake people make (we're talking here of a very large number of individuals) is that they do not realize they are overtraining. I train hard on hard days which is only twice a week at the very most. This would include a hard bike session, hard run and hard swim. The mistake people

make is that on easy days, they don't really train easy at all -- they get fixed on pace and don't listen to their body. Easy days have to be easy and are also where you make all the improvements. So I go easy on easy days, nothing above heart rate Zone 2, and I go hard on hard days. You should feel fresh on easy days; not only are you building the endurance and your aerobic system, but also you are using fat as an energy source instead of carbs. Fat is a much more efficient energy source and therefore you can go harder on your hard sessions and not be fatigued. The best marathon runner in the world runs only 9:30 min/mi on easy runs so if you're running your easy runs near race pace, then take note of this example to follow! For me, all easy runs are run as time on my feet and not by pace or distance. In fact I go by whatever my body tells me for that day. If I have to walk up a hill I do so to keep my heart rate below Zone 3.

Another mistake I would mention is when people expect to get a PB all year round with no respite from training hard. Realistically, peaking cycles are most effective if you peak once a year or twice at the most; anything beyond that and you are risking an injury and setting yourself back. Personally I take one day's rest a week every week, where rest means nothing at all, and sometimes two days. Each year I have two weeks of complete rest and time out and build up slowly; this really helps mentally. I regularly taper for races, which is to help recovery and improvement. I have had the best races off the back of rest and tapering. These days I have limited injuries owing to the way I train and haven't had time out from an injury for years. Many of you know that when I first joined the Harriers I was plagued by injuries in the first couple of years and nearly gave up.

So basically you have to know the science behind training and I just keep fresh and have a structure where my two hard sessions are at the other end of the week. So to sum up in a one-liner:

Easy days -- easy Hard days -- hard

I recently came off the back of two weeks very easy training, not doing anything above Zone 2 and with limited training; I hardly ran and when I did run a 5k time trial in training on the third week I had a PB. The importance of rest cannot be overemphasized!

With regard to motivation I always want to improve myself, so I have targets and goals to aim for. Small goals I work towards which then build towards

the bigger goals. It's important to do tests regularly in training to see where you are, so you can progress your training. Mentally this helps with achieving your goals and I never copy someone's training or worry about what they are doing; I do this for me and want to better myself.

Tom There is certainly a lot to take away from all you have just said about training easy and training hard, and about the importance of rest. You have commented elsewhere on the mistake of running too often in the moderate or in-between zones and perhaps this is something to take up another time, as it will be of interest to runners who push a bit harder on their easy runs. In fact, I saw myself that the world-renowned American triathlon coach Joe Friel mentions this in his books. He calls it 'HAPPY HARD' or the GREY ZONE -- too hard to get sufficient recovery in time for your next training session, which then suffers as a result; yet too easy to be effective for race pace training in races shorter than a marathon. Great to have this confirmed by your own experience!

Yiannis: Yes, the famous saying goes run slow to run fast. People don't like to run slow as they think it will affect their fitness -- it does but in a good way. Not only does it make you more efficient aerobically and build muscular endurance safely but you do get faster if you do it the right way.

Tom: So we mustn't let our online Strava stats and image dictate our running output, then?! We all see comments online such as 'Totally crushed this ten miler' but perhaps in truth the run crushed the runner, and they really feel it on their next run.

Yiannis: It's definitely important not to get fixed on pace. After all, your body may not want to run that pace on a certain day, in which case you will just be wearing yourself down. Running by feel is a great way to run and should allow you to take it easy. I know my body well now so I don't look at my watch in long runs unless it beeps to tell me I am running too fast. Readers are welcome to ask me about training zones. There is a lot of confusion and uncertainty among many runners over this aspect of training.

Tom: Turning now to your time with the club, Yiannis, how long have you been with the Harriers and how did it come about you joined the club?

Yiannis: I joined in September 2012. My best friend and previous Harrier who holds many of the club records, Tom Millard, had recently done the

Deal 10k in July and he tried to convince me that we both should join a club. I wasn't keen on the idea, not being a runner myself at the time. It wasn't until August when inspired by the Olympics as mentioned earlier that I was finally persuaded by Tom. I wasn't keen on joining clubs at first as I thought it was just for elites. I emailed a number of clubs but Gerry's response was the best and we headed down together. Everyone was welcoming and we joined up a few weeks later.

Tom: Yes, such a great and friendly club! Which races and distances have you most enjoyed? And is there one race that stands out in your mind and why that one?

Yiannis: I prefer 5k races and enjoy the pain of pushing. These are the races that I love and stand out: first of all, the Fourth of July Village Runner 5k in LA; Mel and I ran this race on our honeymoon. The race was amazing, with 6,000 people for a 5k. Another favourite race is the London 10,000, which I did in its second year. Now it's just too busy. Finally, I really enjoyed Fleet Half Marathon; it's a great course. I was aiming to get near 1h:20 for it. I remember pacing it cautiously for six miles and then in the second half going into negative splits. A great day out, managing sub-1h:20. I was over the moon about the result but also regretted after the event that I didn't go out faster as I reckon it could have got me a better result. Still, you learn in every race and possibly I should have been braver.

Tom: Looking ahead, do you feel you would like to move to other distances or venues for a new challenge? Or maybe you have unfinished business in a particular event and you'd like to return to get it dealt with!

Yiannis: Well, I have moved to triathlons for a challenge and who knows what distances I will end up doing? I enjoy triathlons as they are a big challenge and tough. I have to enjoy the training and races otherwise it doesn't appeal to me at all. I have unfinished business in a marathon but had a bad experience and didn't enjoy the training so we'll see: maybe in the future. I always put in a half hearted ballot entry for London and if I did get in it might give me a kick up the proverbial to do one. A half Ironman is more likely though.

Tom: I'd like to focus on your coaching experience and your new post as interim Head Coach for Canterbury Harriers. But first, with the challenge

of this promotion, will you be continuing with your long-standing and appreciated work in collating club racing results?

Yiannis: I am looking for someone to come forward and I would be happy to pass this over as I don't think I can find the time any longer once the club starts up again.

Tom: It has clearly been time-consuming work for you every weekend. I am sure our readers will join me in thanking you for all you have been doing in that role.

Yiannis: Thank you. I have been involved in this since 2013. It takes an hour or more every Sunday evening. Unfortunately it's not as simple as copying it over to Facebook as you have to enter all the results, times, races etc individually on the website. It is harder now because lots of results don't have club names on their lists so I am unable to search through thousands of runners trying to see if I recognize peoples' names. I only look up local events so anything outside Kent has to be sent to me. It helps in any case if members send their results in as a standard request by 6pm on Sunday evening, ready to be put on the system. Any missed or late results generally have to wait till the following weekend, meaning an inevitable delay.

Tom: With your new role now as interim Head Coach you will understandably appreciate it if someone volunteers to take on the recording of results. Perhaps a Harrier somewhere who is reading this page will find they might have the time to take this on, or knows someone else who would like to come forward.

You have been sharing the coaching on club training nights for quite some time now. I'm thinking of your Tuesday work in supervising interval training at Rheims Way or Wincheap, as well as the 1,000 metre reps round St Stephen's and Beverley Meadow -- not to mention everybody's favourite, also known as Eliot Hills! What advice would you give inexperienced runners when tackling fast reps for their first few times? Maybe a different approach for doing those hill reps?

Yiannis: Anyone that is coming for the first time should not attempt the full amount of reps but should build towards that gradually. So for example if you do three reps the first time, then try for another one or two -- no more, next time. Progress takes time and you need to be patient. With Eliot Hills

you should start off more slowly and build into it when you are tackling it for the first time. If running on your own up Eliot Hills there is a lot you can do to change the session and get a great session out of it. An example is shorter sprints building up to the top; another which I do regularly which is more of a threshold run is run up at 10k race pace and run down the hill the same pace as going up, which in total should feel hard but sustainable. I do this for 20 minutes but in this case as mentioned but it's not an interval session but a threshold run, so your pace should be sustainable.

Tom: At the risk of sounding like a broken record, would you like to repeat your training night advice about the importance of recovery intervals in these sessions? Being a bit cheeky here, I'm sure some of us could benefit from listening to this again.

Yiannis: Unfortunately a lot of people don't like taking their recoveries and this is so important for the session because if you don't do this you end up doing a tempo run. That is not the purpose of Tuesday sessions and will not help progress but possibly tend in the opposite direction. The workouts with time recoveries are fine but, taking the hill reps at Eliot Hills for example, runners go steaming down and if they land up running faster coming down hill then going up that's not the right way. Recoveries are so important for you: in theory, your heart rate should fall significantly so that you are able to go hard on the way back up. This is how you improve and get the most out of the session.

Tom: Looking at sporting sites and social media pages I see your name from time to time in connection with training and events. We have already discussed the place and need for both genuinely easy and proper hard running but what other mistakes would you say runners should avoid in order to keep themselves both fit and healthy over the season?

Yiannis: There are quite a few, so how about you could list them separately on an easy to see page for handy reference?

Tom: Great idea. I am sure we could include them either on a separate page or in an occasional e-mail with some handy hints on training for when members are out running on their own or with their friends.

Editor: 5-point checklist included later in this issue.

And, worst case scenario that does seem to crop up among runners: what should you do if injured? I know the answer might be obvious, but we see so many runners who are unable to fight their training addiction.

Yiannis: Rest means rest – so nothing at all. It does depend how bad the injury is but if it's a minor injury you might be able to cross-train but I wouldn't recommend anything that would make it worse or slow down recovery for the injury. The worst thing someone can do who has been injured and not run for a few weeks is jump straight back into the mileage and training they were doing before. The result is almost always to make the injury worse and set you back weeks or months. A very common mistake: you do need to build back slowly and sensibly.

Tom: Yiannis, we know the club is well served by road and off-road routes in and around Canterbury. On club training evenings are there plans to vary or change our existing popular routes at all, bearing in mind the ever-present need for safety, adequate lighting and so on? We have some great routes for Thursday evening social runs but I know you and others sometimes talk of ringing some changes, especially in the winter months when choice is more limited.

Yiannis: We certainly had some changes that were just coming into place for the field and summer this year. They were already rostered but then of course came the pandemic and all was put on indefinite hold. There will be structured changes to sessions which the coaches have seen and are aware of. For the winter routes, I know one was run in the reverse direction -- something incidentally that we also planned for one of the summer routes. Additionally we had a session planned for Heart Rate training on a Tuesday; we wanted to teach our runners about this. I think this would have been hard for many to start with. Jon and I did check out a new route for the winter but it was a little short and though we found some extra mileage to add to it we haven't yet been able to introduce it. I hope to get that in for us in the winter. Lots of ideas have been submitted by members and of course I am happy for anyone to provide suggestions for consideration.

Tom: I was sorry to miss an event you organized for Harriers earlier this year with a guest speaker at the Olde Beverlie Inn. Would you care to say a few words about the evening, for the benefit of other members who weren't able to attend?

Yiannis: It was a lovely event and we were very lucky to have Gloria Hooper pop down. She was very nice and friendly and gave some valuable advice. I think it was a privilege to have a two times Olympian come and chat to us, and even more impressively she is aiming for four Olympic Games. And not to forget Tony Kesisoglou, her coach; it was great to hear his stories and his suggestions -- I think everyone learnt a lot from the occasion.

Tom: You certainly have been busy this year promoting sport and running. Just before we finish, do you have any special tactic or thought to share with us about your running in lockdown or in more normal times?

Yiannis: Yes, with races being cancelled I eased off to easy training, having written off this year. No point going hard and doing more training and risking injuries. I have seen so many friends get injured or end up in boots because they had more spare time so they decided to over-train. I did less training and took it very easy. I enjoyed it more and ran with Mel and feel much better for it. And now I am just beginning to increase my running again.

Tom: Yiannis, thank you very much for taking the time to share your sporting experience and your commitment to running with us. There is a lot of important information and advice here to take in and we all look forward to your coaching sessions when club activities and training resume.

Yiannis: Thank you for your questions. Any Harrier is welcome to ask me for training tips and advice. I am always happy to look at their plans too and am looking forward to the chance to coach again soon.

Cross-Country 2019-20: Unrelenting Challenges

A great toughener in the field, 'xc' last winter was just as gruelling a challenge to organize, from start to non-finish. Supreme manager **STEVE CLARK** keeps his composure while telling us the facts and celebrating the successes.

Reduced Venue Choices

Cast your mind way back to years BC: is that over two thousand years? It may seem like it at times but I'm only talking about January 2020 'Before Covid', when our last cross country season came to an untimely end, although we weren't to know it at the time.

Last season was possibly our strangest yet. The first cloud on the horizon was the loss of our venue at Betteshanger Country Park, hosted by Deal Tri, as it was up for sale and there was much uncertainty about its future. With no guarantee a race could be staged there in the coming season, it was decided to drop that one and try to find another venue.

Next came the news that Rosie Cooper, who together with her husband, our own John Cooper, had been doing a great job managing the flourishing Junior League for several years, was unable to continue in the post and at that time no one could be found who was prepared to take over the reins.

Following that we heard that the Nurstead Court Venue at Meopham was no longer available to us and the hosts, Gravesend Roadrunners, were trying to find another venue.

There were also ongoing worries that we might lose our venue at Knole Park, since the hosts, Sevenoaks AC, were having difficulties with the National Trust over the route of the course and perceived damage to it. To make matters worse, some competitors were using the Parks car park -- a lot nearer to the start -- which they are not supposed to do, instead of the Recreation Centre car park at HQ.

All in all I couldn't remember a more worrying time for the League, which had grown and blossomed over many years. What else could possibly go wrong?

Good and Sad News as the Season Starts

By the time of the league's pre-season meeting in September we had some good news, as Gravesend had done a great job in finding a new venue at Shorne Woods Country Park to replace the one lost at Nurstead. Some other good news came from Petts Wood and New Eltham Joggers: they confirmed that between them they could host at a new venue they had found; however, that would not be till the 2020-21 season and also Betteshanger is likely to be available as an option again in that season.

So it was decided for only the second time since the league began in its current format that the season would consist of six matches, with the League and individual outcomes being based on the best five of the six results. Junior xc races would be run at some venues but on a stand-alone basis with no junior league as such.

Before the season even started there was more bad news for our club, with the tragic and untimely death of Wim Van Vuuren, a longstanding member and stalwart of our cross-country team for many years, who was looking forward to his first season in the Vet 50 category. So, with heavy hearts, we started the season at Knole Park with a brief eulogy for Wim by the League's manager, Dick Whittingham, followed by a minute's silence. He was a well known figure to those in other clubs too.

Back to Back Races - with Record Attendance

Despite only having six scheduled races for the season the second race followed at Swanley Park on the very next Sunday, 10 November. Soon came back to back fixtures for a lot of our veteran runners with the Kent Veterans' Championships in Dartford on 30 November, followed by the third KFL fixture at Oxleas Woods the next day, not to mention squeezing in our presentation evening at Boughton the evening before. Into 2020 and 5 January saw the fourth fixture, now at the new venue in Shorne Woods, which I think everyone who attended felt was a great course. Sterling work was done by Jane Hadler, Jo Norrington, Sian Smith-Keary, Priscilla

Walkington and Hannah Wilding. All five attended despite having done the Kent Female Main Championship XC at Brands Hatch the previous day -- driving round in cars, I believe! (*Ed: is this correct?*)

Once again back to back weekends with the fifth KFL fixture at the local, classic Minnis Bay course the following Sunday, 12 January. A record 49 Harriers turned out and many went on to the Wheel Alehouse in Birchington for a sumptuous post-race fish and chip banquet.

Ciara and Dennis, Liz and Andy

Before long the final fixture hosted by Canterbury Harriers at Blean Woods on 9 February was looming and the finishing touches were being made to all the hard work our Race Director, Roy Gooderson, had put in over the previous months, not to mention the great support from all our members that usually makes this closing event such a success. Alas! The dark storm clouds of doom were gathering. On Wednesday it was clear that Storm Ciara was crossing the Atlantic and heading our way in time for Sunday with wind gusts predicted to be 50 mph. We were certainly heading for a breezy event but at that time the decision was still to continue with the fixture. By Friday the Met Office had raised the prediction to 60-65 mph winds and rain; the RSPB was closing its car park and tracks in the woods; and reluctantly we had no option but to cancel the event. The day before, the Kent Saturday League had managed to hold its last fixture at Bromley where Liz Batty (our only Harrier in this league this season) completed her third of the four fixtures: well done and the right decision!

There was some discussion put into rescheduling the Blean Woods fixture but it was thought best to finish the season now rather than let it drag on, possibly for several weeks until a suitable date could be arranged. Storm Dennis had already put paid to any thoughts of the following Sunday. So for the first time ever the season was reduced to five races with the best four out of five to count for team and individual awards.

Even so, the cross country season as a whole was not quite over, as our lone intrepid Harrier, Andy Phillips, trekked 'up North' to Wollaton Park, Nottingham and competed in the English National XC Championships on 22 February. Well done, Andy!



Congratulations and Celebrations - with More to Come!

Despite the drop in the number of cross-country events available last season, we still had a tremendous turnout for the club with 64 members (22 female, 42 male) putting in 234 appearances between them (84 female, 150 male). Congratulations to Andy Phillips, our top male with seven appearances, and to Jane, Tina, and Hannah, our top ladies, all with six appearances. And well done to all 28 members who gained the club kit award for five or more appearances. This includes our magnificent assistant team managers, Phil Hadler and Brian Forbes-Turner, standing around in all weathers as they have done for several seasons. A big thank you! Lastly I should like to mention and congratulate our club members who won cross-country awards last season. In the Kent Vets Championships FV55 Team Silver went to Liz Batty, Wendy Smith, and Karen Hoult. In the FV65 Individual category Silver went to Tina Jones. For the men, MV60 Team Bronze went to Ian Stokes, Simon Cox, and Tom Hooley -- with Ian also gaining the MV60 Individual Bronze. In the KFL League Tina Jones won the FV65+ category and Barb Wenman won the FV60-64 category, continuing her unbroken run of category winner for the last twelve years, a remarkable achievement! Simon Jones was third overall and also won the MV40 category, repeating his successes of the previous season. In our own club cross country awards the Club Champions were Simon Jones and Jo Norrington, with the Most Improved awards going to Steve Reynolds and Jane Hadler. Congratulations to all our award winners.

Alas, the storm clouds of misfortune had still not finished with us. All these awards which were achieved in weeks and months BC were scheduled to be celebrated and distributed at the presentation evening in May, but this unfortunately fell in AD -- After Down-locking (*Ed: Don't give up your day job*), when all group events have had to be abandoned for the foreseeable future. Let us hope the event can take place eventually, just possibly before the start of next season. And hopefully we shall be able to stage some sort of cross country season next winter; let's just keep our fingers crossed!

You Are Always Welcome at Cross-Country

If you are thinking of doing cross-country running next season, you will be warmly welcomed, whatever your standard: it's the taking part that counts. Lifts are usually available to these events; you don't have to get to them all on your own!



Photo: Andy Farrant & Matthew Northover on an autumnal warm-up before the KFL cross-country race at Swanley Park





A Christmas Wedding

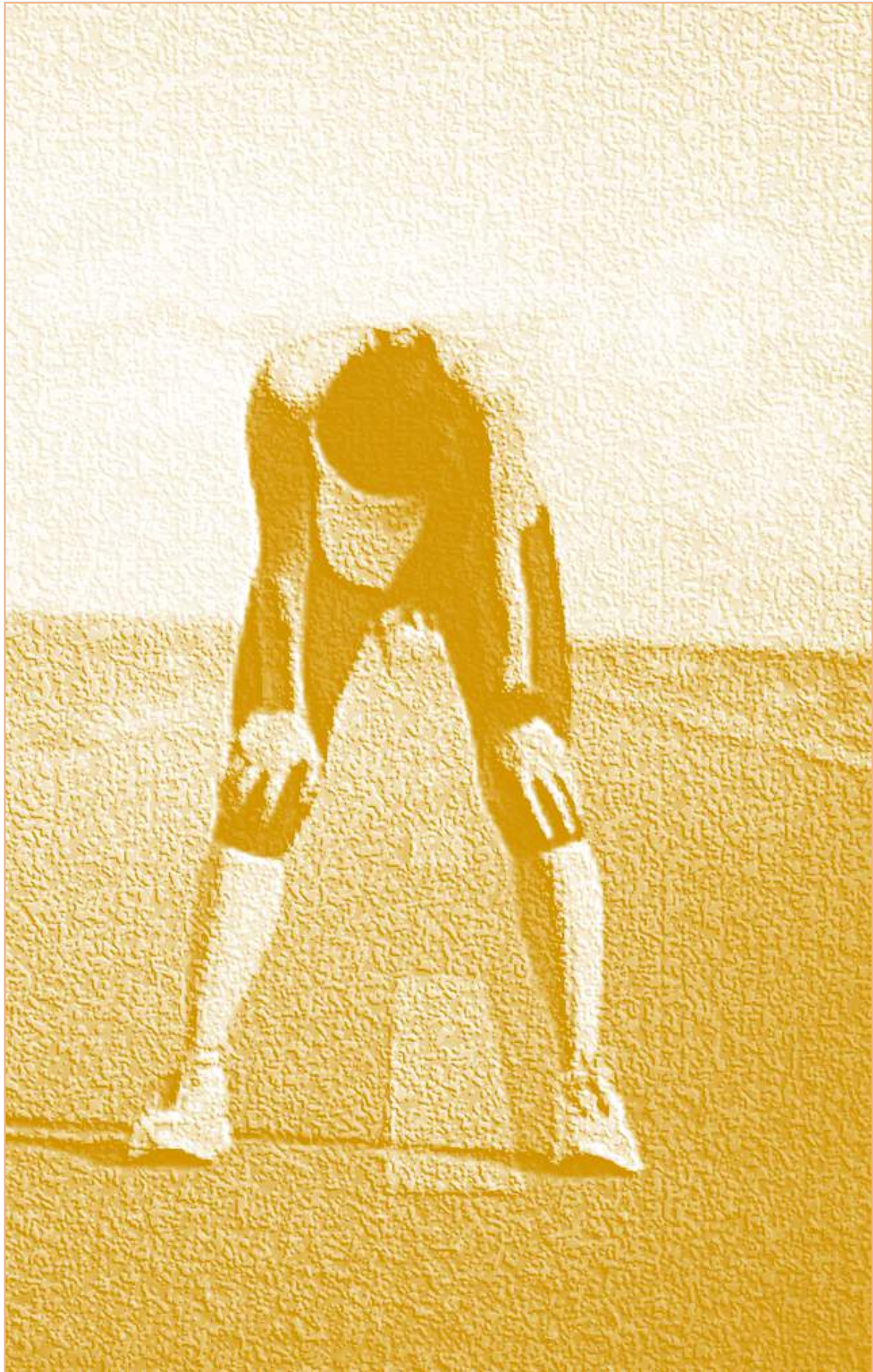
Recent Harriers **TOM PURNELL** and **ROSALIE MALTBY** were married days before Christmas at St Stephen's Church in Canterbury. They are both teachers but met through running at Harriers. Barry Hopkins was Best Man and Tom Hooley was at the wedding, having taught Rosie at St Edmund's School.

Rain then a Rainbow

After the wedding ceremony in the morning a sudden downpour kept everyone in church. But not for long: a rainbow appeared and put a welcome touch on the moment. For the rest of the day guests were treated to a lavish reception and wedding breakfast with fine speeches and even finer wines at the Abode Hotel in Canterbury. We wish Rosie and Tom all the best for the future. Incidentally, mention of a return to running (and cycling) reached the Editor while he was asking the couple for the photo below.







Relax! Don't Do It!

Is this you, constantly crushing your workouts? If so you may be overtraining, according to interim Head Coach **YIANNIS CHRISTODOULOU**. Run a quick training check against the five-point list below – and leave the injury bench behind.

1. Too often going moderate instead of easy ?

80% of runners make this mistake. (Source: *Runners' World*)

2. Too many hard runs, thinking only this brings improvement ?

You need the right balance of easy and hard.

3. Thinking that rest leads to loss of fitness ?

You might feel sluggish but it's during rest that the body adapts and gets stronger from the workouts you have done.

4. Constantly training for year round PBs ?

You will wear your body down if every race is an 'A' race.

Select a few key races, spread over the year

Take recovery weeks – active or passive

Taper for your races, so you're fresh, not worn out!

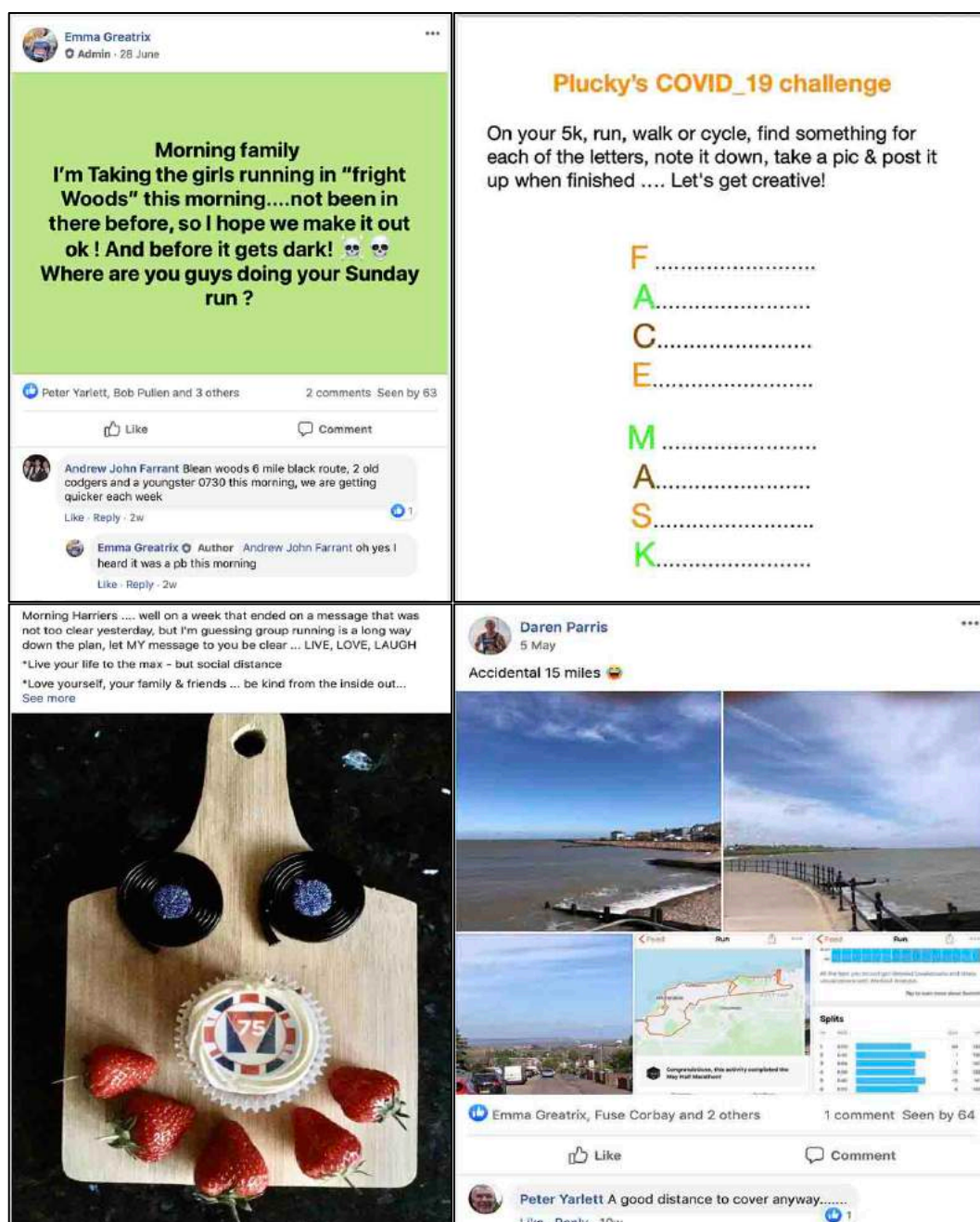
5. All running and no strength training ?

Strength training keeps injuries to a minimum and ultimately makes you faster and more efficient. And it needn't lead to weight increase.

Harriers on Facebook

Love it or hate it, 'social meeja' has had its uses through lockdown, helping us keep in touch and stay motivated, with all the banter, support, and encouragement the club is known for.

CLAIRE, EMMA, PETER, SAMMY-JO and others kept us smiling 😊 😄 and optimistic 🙌 🤞 and running! 🏃 🏃



**Sammy-Jo Foster**

17 April

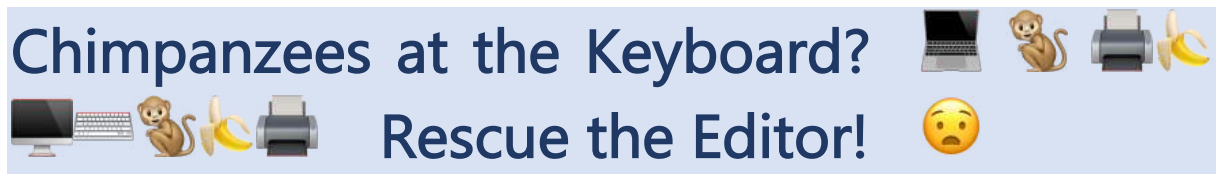


Wore my club kit on my run this morning as I'm missing you all loads and can't wait to get back to training evenings. Hope you're all keeping safe and well. x



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5 comments Seen by 67



Look, what a mess! Please rearrange the letters from each line of dark blue words to make a first name and surname. Each person is a **CANTERBURY HARRIER** (or two from a family).
Tip: a pen and some rough paper will come in handy.

I liked amazed owls (full name - in the news)
lad idiom (Facebook spelling - easier!)

A wit-sprinkling local (ignore hyphen)

Any darn raft

Mega tar mixer

Memorial as legacy (surname is double-barrelled)

Focus by ear --&-- Ferocious bile
(Facebook --&-- real spelling)

Mainstay hikers

Horny Mexican dons (father and son)

Sleepy hill run

Radar sniper

Grenada pilau

Bad man 'Brawn Arm' Ken (husband **and** wife)
(ignore quotation marks)

Slacker vet

Neat joins

Send Mike on

End thy swim

Now some Harrier job/appointment titles - not people's names - with clues:

Nested Rottweiler (2 words. Was MC - not the Spice Girl)

Cowman hair (1 word; prev. **Main char**)

Scarce butlery (2 words; but no typewriter in sight)

Finally, in this order: a Harriers institution, a great day out, a fundraising location, and an ex-Harriers couple who married at Christmas:

Tom met ice (1 word)

Yah! So no relaxers (3 words)

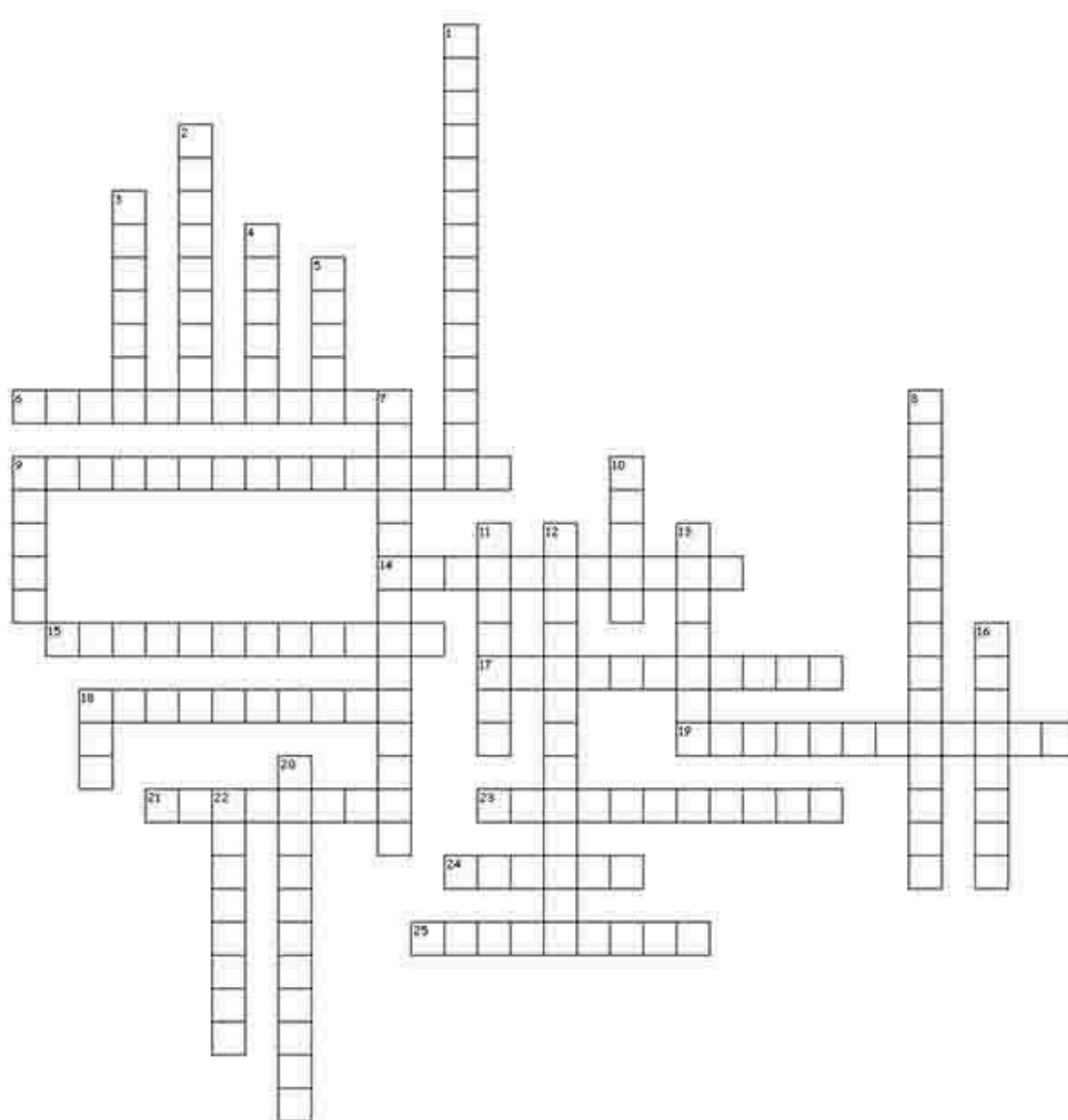
Webs halt it (1 word)

Dominator ales (husband **and** wife)

Runner's Criss-Cross Puzzle



Just like a crossword but in a gawky shape. Test your knowledge of athletes, sports science, race achievements and controversy, running and triathlon. International stuff - - have your Russian dictionary handy!



Across

6. In your muscles they turn food into energy (12)
9. Marshals tried to drag her off the race (8,7)
14. Won 5k,10k & marathon in same Olympics (4,7)
15. Found in sports drinks and supplements (12)
17. Barefoot 1960s 2x Olympic marathon winner (5,6)
18. Vegan 3x winner of Ironman world champs (3,7)
19. Beat Mo to win at Gt Edinburgh XC2016 (7,5)
21. Brother who helped Jonny over the line (8)
23. Pre-marathon ritual popular with some (4-7)
24. Famous marathon they didn't stop her finishing (6)
25. World record 100m sprinter (5,4)

Down

1. Longest postwar marathon record holder (5,9)
2. Gadget largely replaced by GPS (9)
3. You run 407.67 metres in it (4,3)
4. Not the only marathon though you might think so! (6)
5. Measured in watts (W) if you train by it (5)
7. Athlete's rest without inertia (6,8)
8. Harriers' championship 10km race (8,7)
9. Running is bad for them -- so some will say (5)
10. Just don't drop it! (5)
11. ГЛОНАСС -- Russian rival of GPS (7)
12. Local equivalent to 16.1km race (10,3)
13. 1st full gender-parity Olympics for distance running (7)
16. Famous for her Olympic trip-up (4,4)
18. Running word; also nudge or jolt (3)
20. Running at a constant pace or effort (6,5)
22. Recovery time after each hard repetition (8)

Prizes to be Won!



1. The Chairwoman is offering a prize for the winner of these two puzzles and the Editor is adding a runner-up prize.
2. Just take a screenshot or photo of your answers and e-mail them to: harriers.news@icloud.com before the end of August.
3. A draw will take place shortly afterwards. Good luck!

