



The Harrier

The newsletter of the Canterbury Harriers

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CHAIRMAN'S WINTER WELCOME

Dear Harriers

A warm welcome to the latest edition of The Harrier and with thanks to Mel and Tom for their editorial skills and expertise to provide us with this issue.

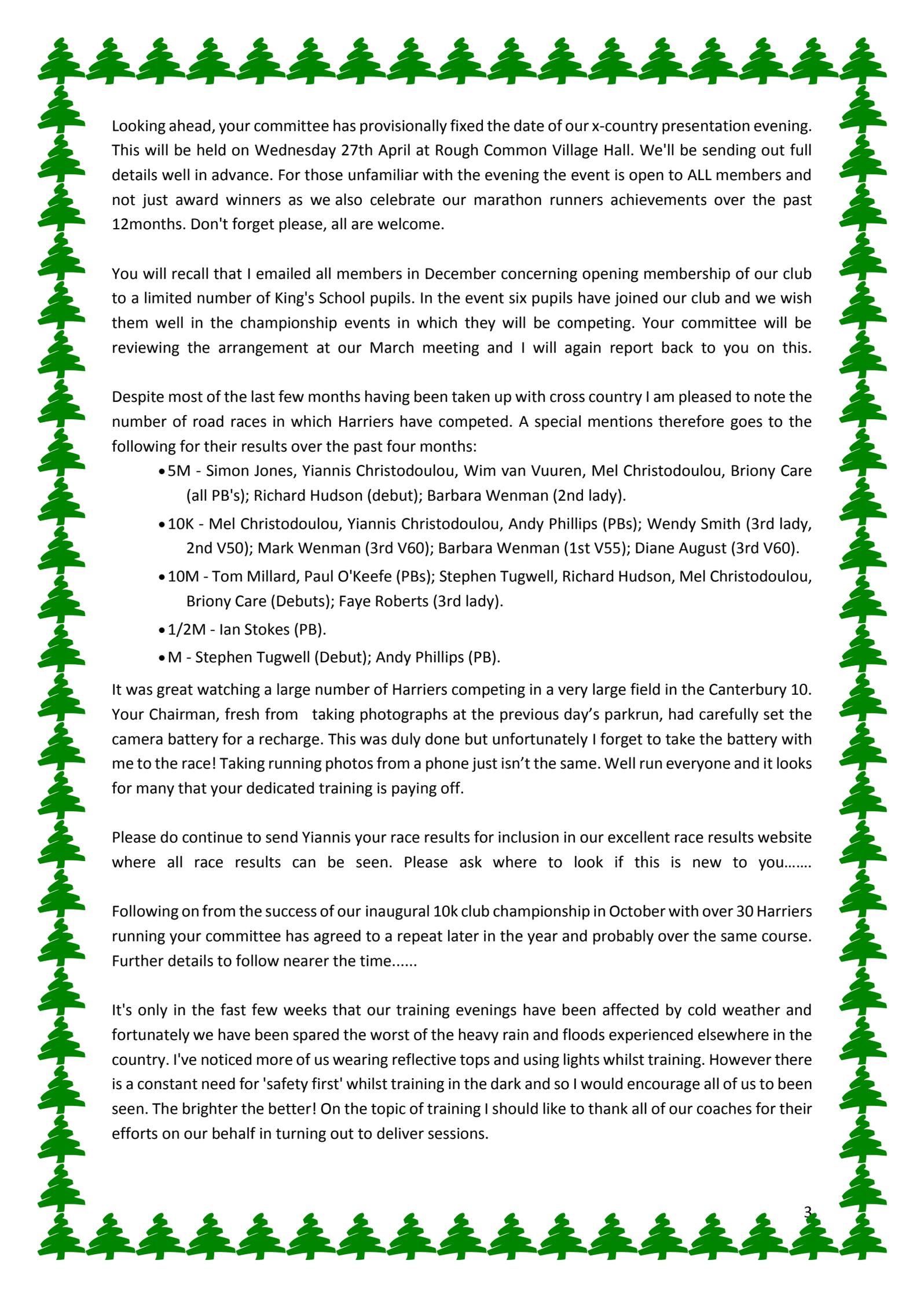
We currently have 135 members made up of 122 running members, 5 honorary members and 8 social members. It's also great to welcome new Harrier members to the club. I hope that you enjoy your membership with us and are already benefitting from the regular training sessions.

With running in mind your committee has arranged a special event after training on Tuesday 1st March. The talk is on 'injury avoidance' and we are very pleased to welcome back Andy Buckley (physiotherapist) who is known to many of us. As well as Andy's professional input we shall also encourage a discussion on all aspects of marathon running from the knowledge that many members are have to share. It goes on for me to wish all Harriers preparing for Spring marathons all the very best with your training and preparation.

I was delighted to make the VLM draw during presentation evening held just before xmas. So congratulations to Ian Stokes and Win van Vuuren for having the first two places drawn. Similarly, we were also allocated two places at the forthcoming Brighton marathon and Andy Phillips and Jo Norrington were the two beneficiaries. You may already have heard that club places for the VLM are based on the number of our members who affiliate to England Athletics. At present we are just over 100 affiliations which gives us 3 places. If we drop below 100 then our place allocation also drops! In referring earlier to our presentation evening let me also congratulate all award winners and especially our two champions - Jenny Benson and joint award winners Adam Stokes Tom Millard - for their exceptional performances during the awards year.

On the subject of club 'awards' your committee recently reviewed the criteria by which points are awarded for your performances over varying distances. After a full discussion your committee agreed that the current criteria for awarding points was robust and continued to fairly reward members performances. For anyone unfamiliar with the club's point system than can I encourage you to take a peek at the Harriers website for this information. We are very fortunate in having Alastair Telford working behind the scenes to maintain the results system.

The challenge of Minnis Bay was evident again as some 33 Harriers tackled this challenging course in what was the sixth of the seven KFL races for 2015/16. We each had own own survival stories to relay once the finishing funnel had been reached. A number of Harriers were then spotted rinsing off in the sea to remove the first layer of mud from grimy legs. The photo of Phil Hadler taken at Minnis (inside the newsletter) shows the spirit of Harriers at our best - grit, determination and never say die attitude. Steve will give a fuller account of the x-country season in our next newsletter but from my point of view it has been successful with good turnouts in each KFL. Having said that we are always looking to have more female runners take on the x-country challenge.



Looking ahead, your committee has provisionally fixed the date of our x-country presentation evening. This will be held on Wednesday 27th April at Rough Common Village Hall. We'll be sending out full details well in advance. For those unfamiliar with the evening the event is open to ALL members and not just award winners as we also celebrate our marathon runners achievements over the past 12months. Don't forget please, all are welcome.

You will recall that I emailed all members in December concerning opening membership of our club to a limited number of King's School pupils. In the event six pupils have joined our club and we wish them well in the championship events in which they will be competing. Your committee will be reviewing the arrangement at our March meeting and I will again report back to you on this.

Despite most of the last few months having been taken up with cross country I am pleased to note the number of road races in which Harriers have competed. A special mentions therefore goes to the following for their results over the past four months:

- 5M - Simon Jones, Yiannis Christodoulou, Wim van Vuuren, Mel Christodoulou, Briony Care (all PB's); Richard Hudson (debut); Barbara Wenman (2nd lady).
- 10K - Mel Christodoulou, Yiannis Christodoulou, Andy Phillips (PBs); Wendy Smith (3rd lady, 2nd V50); Mark Wenman (3rd V60); Barbara Wenman (1st V55); Diane August (3rd V60).
- 10M - Tom Millard, Paul O'Keefe (PBs); Stephen Tugwell, Richard Hudson, Mel Christodoulou, Briony Care (Debuts); Faye Roberts (3rd lady).
- 1/2M - Ian Stokes (PB).
- M - Stephen Tugwell (Debut); Andy Phillips (PB).

It was great watching a large number of Harriers competing in a very large field in the Canterbury 10. Your Chairman, fresh from taking photographs at the previous day's parkrun, had carefully set the camera battery for a recharge. This was duly done but unfortunately I forget to take the battery with me to the race! Taking running photos from a phone just isn't the same. Well run everyone and it looks for many that your dedicated training is paying off.

Please do continue to send Yiannis your race results for inclusion in our excellent race results website where all race results can be seen. Please ask where to look if this is new to you.....

Following on from the success of our inaugural 10k club championship in October with over 30 Harriers running your committee has agreed to a repeat later in the year and probably over the same course. Further details to follow nearer the time.....

It's only in the fast few weeks that our training evenings have been affected by cold weather and fortunately we have been spared the worst of the heavy rain and floods experienced elsewhere in the country. I've noticed more of us wearing reflective tops and using lights whilst training. However there is a constant need for 'safety first' whilst training in the dark and so I would encourage all of us to been seen. The brighter the better! On the topic of training I should like to thank all of our coaches for their efforts on our behalf in turning out to deliver sessions.



You may have noticed a slight change to our Thursday training groups. Arising from informal discussions with members a further group has been added (when numbers allow) so that we now have the fast group, a medium group, a new 'inbetweenies' group and the improvers group. Coaches and committee will continue to review our groups and we also look forward to hearing your views.

Communication between club members and committee are important to us so please do sign up for Facebook if you've yet to do so. Also please look out for club emails in your in-box and if these aren't coming through raise the problem with a committee member.

Do support Mel and Tom in producing the newsletter. You can add to each issue by contributing your account of races you've run, reviews of running gear and equipment, and anything else running related. Speak to either of them if you're unsure about contributing an item.

Jo Norrington does a great job as kit manager in coming up with fresh ideas for new kit. We encourage all club members to wear club colours when racing, indeed for most events club kit is a necessity as part of race recording. It's also good for team morale to see a good turnout of Harriers in full kit. The practical side is that a range of different sized vests, t-shirts and hoodies are available from Jo on training evenings. In her absence other committee members can also supply kit from our stock. Payment can now be made online, or by the usual cheque or cash. The kit page within the newsletter gives full purchase details.

I always like to finish by thanking members who have made a special effort over the latest period. So here goes and apologies if I've missed anyone out.

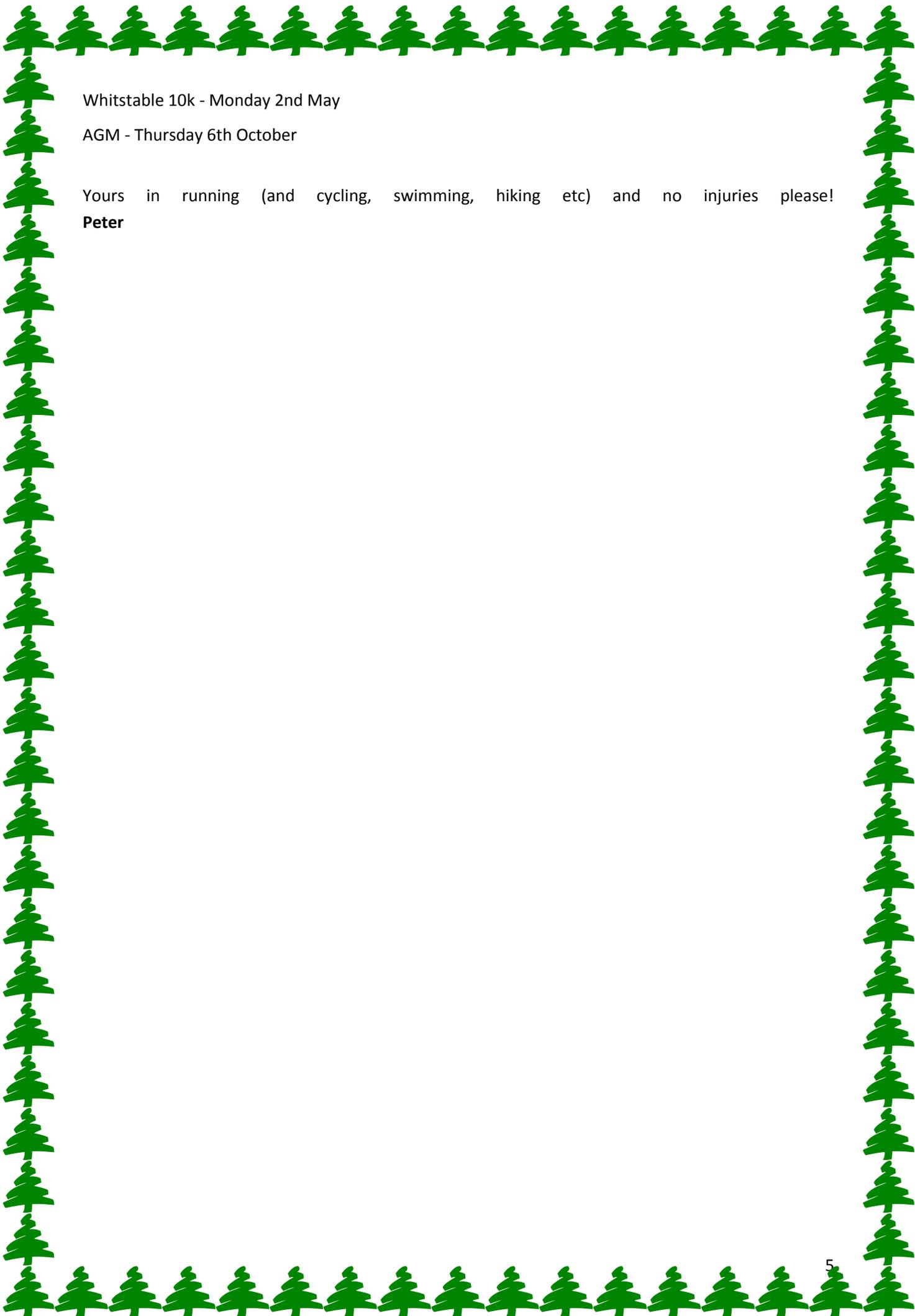
- Our coaches for their unstinting efforts.
- Steve and Yiannis for organising our cross country teams.
- Jane Hadler for patiently collecting our finish places after each KFL.
- Roy for race directing our Blean cross country and John Hartley for coordinating our marshals.
- John Cooper for leading the co-ordination of the junior races at each KFL event.
- Bob Davison for arranging post KFL refuelling in The Elephant.
- Jim at The Elephant for his hospitality.
- Tina for organising tickets for our presentation evening and Steve, Roy and Gerry for arranging awards, raffle, etc and Mel for the music.
- Roy for hosting his annual Christmas run (nice and muddy this year).
- All Harriers, family members and friends for marshalling at Blean.

Events reminder:

Quiz night - Friday 5th March

Cross country presentation evening - Wednesday 27th April

Avoiding injury evening with Andy Buckley - Tuesday 1st March



Whitstable 10k - Monday 2nd May

AGM - Thursday 6th October

Yours in running (and cycling, swimming, hiking etc) and no injuries please!

Peter

YOUR EDITORS

MELANIE CHRISTODOULOU



Hi everyone! Most of you probably know me by now, and if you don't, I am usually the one at the back complaining that it is cold!

As some of you know, I don't particularly enjoy running, I do it to keep fit and healthy. However, the reason as to why I run with the Harriers is for the social side of it; I love the friends that I have made, as well getting to socialise with so many friendly members at events and races. This just shows how the Harriers are so different from most other clubs, there is a real sense of "family" in the club. Happy reading!

melaniegeorg@hotmail.com

TOM MILLARD



Hello Harriers! In order to free up some time for our esteemed Chairmen for his numerous duties and to help out my friend, Mel and I have offered to come on board the newsletter team. I joined the Harriers three years ago straight from the couch-potato club and have become addicted to running. Not only have I lost three stone of fat I have also run my first marathon and met some really good people through the club. A plea to all members - please do send in articles, points of interest, run reports and photos as this makes our job so much easier instead of chasing around for contributions. It is great to be part of such a vibrant and friendly club!

tomillard161@yahoo.co.uk



NEW MEMBER: SARAH MARTEN

What is your story about how you got into running?

About 8 years ago I noticed that the gym I was a member at had a running club and I thought why not give it a go! I became hooked and about a year later I ran a 10k for Cancer Research in loving memory of my Uncle. A while after that our second child came along and the next few years are a bit of a blur; I was working from home whilst raising our two children and I also decided to study so I took on a course. Before I knew it I had a bit of a burn out; I had Glandular fever and was laid up for a while. However, in the past year I'm back on track and I've re-discovered that love of running, and since joining the Harriers a few months ago I'm feeling pretty positive about getting my fitness level to where I want it to be.

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

I used to love pilates and spin classes, and many moons ago I used to horse ride! As for now it's mainly running and bootcamp!

What is your favourite training session?

Difficult to choose. I like the variety between the speed/hill work and the different running routes. But if I had to pick I'd say Eliot Hills as I like a challenge!

What is the most beautiful spot you have run in and why?

Probably just a few minutes from my home to be honest. Living on the downs I get to see some stunning sunsets, especially in the spring/summer months. Seeing the sun go down over the hills after a village run is beautiful! I'm yet to see the sunrise mind ;-)

What shoes do you run in?

Asics!

What is your favourite post run snack?

A couple of Kallo corn cakes, a good smothering of peanut butter (any of the Whole Earth variety), topped with a chopped banana.

What other sports are you interested in watching?

I don't actually support a team or watch sport; instead I just have a love for the great outdoors and being active. I love going for walks with the family at the weekends, especially in the woods or along the Kentish coast.

How do you manage to run with your work commitments?

I'm fortunate enough to have a really good work / home life balance. I work at my children's primary school, which I love. I get home sometime in the afternoon and then it's dinner and homework time. My husband is back around then so I can get my trainers on and head out to the training sessions! Neither of us work weekends so again I am able to run / exercise.

What is a typical week's training for you?

On Tuesdays and Thursdays I go to the training sessions with the Harriers. Saturday mornings is bootcamp time. It's so rewarding; getting together with a fab bunch of people in my village and we run, do body weight exercises and generally get covered in mud I love it! Sundays I go for a run and I'm building up the distance each time. One other day in the week I fit in a HIIT workout along with a good walk at the weekend too.

What are your favourite races and distances?

Well I've only completed one race and that was my 10K years ago. I'm looking forward to working hard and perhaps putting in for a race in the not too distant future!

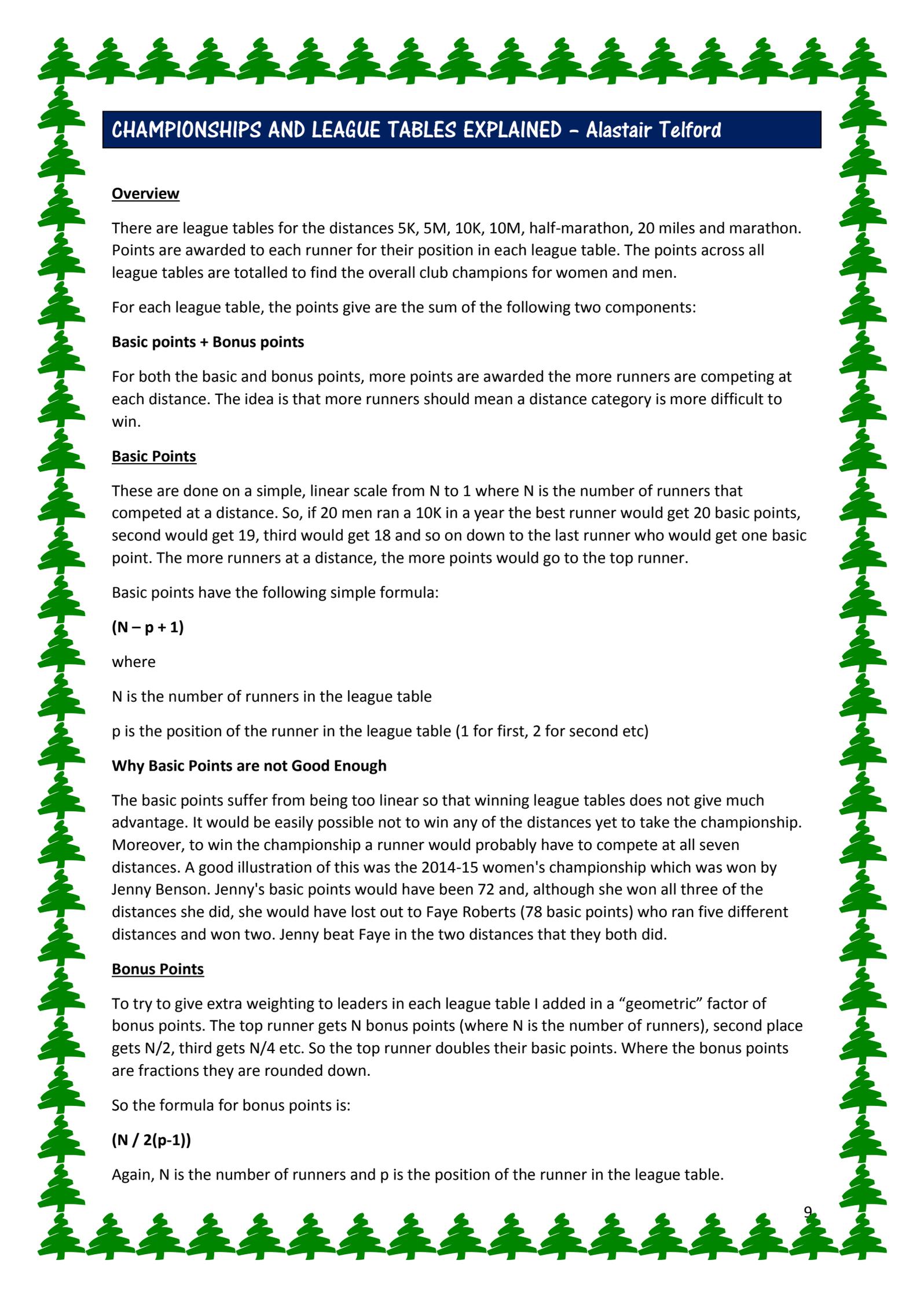
What are your future goals and ambitions?

To keep improving and getting my fitness back to where it used to be!

How do you keep motivated to run?

Yes! And that is continue to be the welcoming, encouraging and friendly bunch of people that you are! :-)





CHAMPIONSHIPS AND LEAGUE TABLES EXPLAINED – Alastair Telford

Overview

There are league tables for the distances 5K, 5M, 10K, 10M, half-marathon, 20 miles and marathon. Points are awarded to each runner for their position in each league table. The points across all league tables are totalled to find the overall club champions for women and men.

For each league table, the points give are the sum of the following two components:

Basic points + Bonus points

For both the basic and bonus points, more points are awarded the more runners are competing at each distance. The idea is that more runners should mean a distance category is more difficult to win.

Basic Points

These are done on a simple, linear scale from N to 1 where N is the number of runners that competed at a distance. So, if 20 men ran a 10K in a year the best runner would get 20 basic points, second would get 19, third would get 18 and so on down to the last runner who would get one basic point. The more runners at a distance, the more points would go to the top runner.

Basic points have the following simple formula:

$$(N - p + 1)$$

where

N is the number of runners in the league table

p is the position of the runner in the league table (1 for first, 2 for second etc)

Why Basic Points are not Good Enough

The basic points suffer from being too linear so that winning league tables does not give much advantage. It would be easily possible not to win any of the distances yet to take the championship. Moreover, to win the championship a runner would probably have to compete at all seven distances. A good illustration of this was the 2014-15 women's championship which was won by Jenny Benson. Jenny's basic points would have been 72 and, although she won all three of the distances she did, she would have lost out to Faye Roberts (78 basic points) who ran five different distances and won two. Jenny beat Faye in the two distances that they both did.

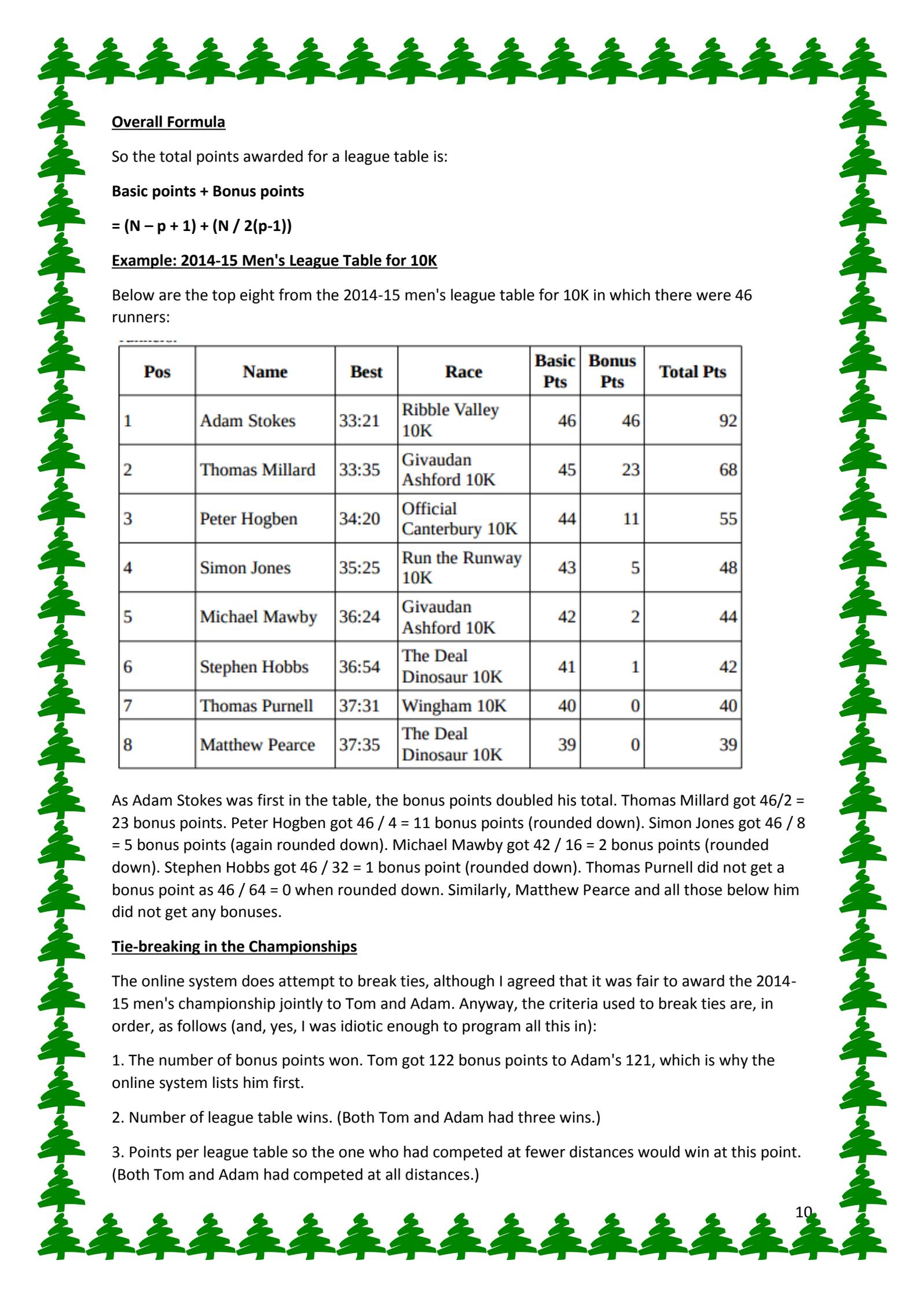
Bonus Points

To try to give extra weighting to leaders in each league table I added in a “geometric” factor of bonus points. The top runner gets N bonus points (where N is the number of runners), second place gets N/2, third gets N/4 etc. So the top runner doubles their basic points. Where the bonus points are fractions they are rounded down.

So the formula for bonus points is:

$$(N / 2^{(p-1)})$$

Again, N is the number of runners and p is the position of the runner in the league table.



Overall Formula

So the total points awarded for a league table is:

Basic points + Bonus points

$$= (N - p + 1) + (N / 2(p-1))$$

Example: 2014-15 Men's League Table for 10K

Below are the top eight from the 2014-15 men's league table for 10K in which there were 46 runners:

Pos	Name	Best	Race	Basic Pts	Bonus Pts	Total Pts
1	Adam Stokes	33:21	Ribble Valley 10K	46	46	92
2	Thomas Millard	33:35	Givaudan Ashford 10K	45	23	68
3	Peter Hogben	34:20	Official Canterbury 10K	44	11	55
4	Simon Jones	35:25	Run the Runway 10K	43	5	48
5	Michael Mawby	36:24	Givaudan Ashford 10K	42	2	44
6	Stephen Hobbs	36:54	The Deal Dinosaur 10K	41	1	42
7	Thomas Purnell	37:31	Wingham 10K	40	0	40
8	Matthew Pearce	37:35	The Deal Dinosaur 10K	39	0	39

As Adam Stokes was first in the table, the bonus points doubled his total. Thomas Millard got $46/2 = 23$ bonus points. Peter Hogben got $46 / 4 = 11$ bonus points (rounded down). Simon Jones got $46 / 8 = 5$ bonus points (again rounded down). Michael Mawby got $42 / 16 = 2$ bonus points (rounded down). Stephen Hobbs got $46 / 32 = 1$ bonus point (rounded down). Thomas Purnell did not get a bonus point as $46 / 64 = 0$ when rounded down. Similarly, Matthew Pearce and all those below him did not get any bonuses.

Tie-breaking in the Championships

The online system does attempt to break ties, although I agreed that it was fair to award the 2014-15 men's championship jointly to Tom and Adam. Anyway, the criteria used to break ties are, in order, as follows (and, yes, I was idiotic enough to program all this in):

1. The number of bonus points won. Tom got 122 bonus points to Adam's 121, which is why the online system lists him first.
2. Number of league table wins. (Both Tom and Adam had three wins.)
3. Points per league table so the one who had competed at fewer distances would win at this point. (Both Tom and Adam had competed at all distances.)

4. The maximum number of points in any single league table. The idea here is that the winner at the most competitive distance (in terms of numbers of runners) would be seen to be best. (Adam would have won on this score as he took 92 points for his 10K victory whilst Tom's best was 78 for winning the 5K category.)
5. The best equivalent 10K time. This is calculated using Peter Riegel's formula (see https://en.wikipedia.org/wiki/Peter_Riegel) and not by age-graded calculations which would give an advantage to older runners. (By this criterion, Tom would win having a best 10K equivalent time of 33:16 as against Adam's 33:19.)
6. The best age-graded performance rating. (Adam would have won on this score as the age-graded formula is slightly different from Riegel's formula.)
7. The age-graded performance ratings in order, from best to worst. So, the second best ratings would be compared, followed by the third and so on...
8. The number of races run.
9. The date of birth with the older runner winning.

Viewing Tie-Breaking Criteria

The main tie-breaking values can be seen by hovering the mouse pointer over the total points of the runner in the championship standings, as shown in the following screen-shot for the 2014-15 standings where you can see some of the breakdown for Tom Millard:

Female Championship (max pts = 234)										Male Championship (max pts = 366)										
Pl	Runner	Pts	RM	RS	R+	IR	PBP	ltx		Pl	Runner	Pts	RM	RS	R+	IR	PBP	ltx		
1	Jennifer Benson	144	77.67	71.42	6.25	3	9	18.25		1	Thomas Millard	299	81	77.70	64.02	13.68	32	37	82.68	
2	Faye Roberts	130	73.95	70.99	2.95	4	9	15.95		2	Adam Stokes	299	82	75.24	76.61	-1.37	0	0	-1.37	
3	Jennie Gardner	96	66.39	66.71	-0.31	0	10	9.69		3	Peter Hogben	157	82	77.10	77.10	0.00	0	3	3.00	
4	Sarah Maguire	82	76.49	76.93	-0.44	0	0	-0.44		4	Stephen Hobbs	144	76	75.24	76.61	-1.37	0	0	-1.37	
5	Joanne Norrington	76	69.98	63.32	6.66	12	8	26.66		5	Thomas Purnell	136	76	76.38	73.97	2.41	3	14	19.41	
6	Ellen Rowe	71	70.45	64.03	6.42	12	24	42.42		6	David Bowden	130	76	69.56	73.50	-3.94	0	0	-3.94	
7	Penny Birchall	70	77.12	81.92	-4.79	0	5	0.21		7	Yiannis Christodoulou	126	71	77.01	75.94	1.07	2	3	6.07	
8	Fiona Tester	68	69.82	69.52	0.30	1	4	5.30		8	Alex Horsley	121	73	75.35	75.79	-0.44	0	0	-0.44	
9	Emily Thomson	66	65.44	63.42	2.02	4	23	29.02		9	Simon Jones	115	81	69.01	63.39	5.62	9	9	23.62	
10	Bethany Burnett	61	65.94	64.55	1.40	2	7	10.40		10	Matthew Pearce	113	72	65.62	68.49	-2.87	0	4	1.13	
11	Barbara Wenman	48	83.80	84.83	-1.03	0	0	-1.03		11	Andy Phillips	107	77	77.70	64.02	13.68	32	37	82.68	
12	Anna Fisk	43	80.87	83.08	-2.21	0	1	-1.21		12	James Scanlon	98	71	71.04	65.55	5.50	15	20	40.50	
13	Theresa Johns	36	73.39	71.86	1.53	1	0	2.53		13	Michael Mawby	85	77	77.10	77.10	0.00	0	3	3.00	
14	Melanie Christodoulou	30	58.66	54.51	4.15	6	11	21.15		14	Mark Cooper	80	75	75.24	76.61	-1.37	0	0	-1.37	
15	Deborah Parris	30	84.50	62.43	2.06	1	11	14.06		15	Colin Kent	72	76	76.38	73.97	2.41	3	14	19.41	
16	Gemma Jeffrey	29	60.85	60.32	0.53	1	6	7.53		16	Joe Thomsett	61	69	69.56	73.50	-3.94	0	0	-3.94	
17	Wendy Smith	27	73.27	71.03	2.24	4	0	6.24		17	Jacob Hussey	59	77	77.01	75.94	1.07	2	3	6.07	
18	Karen Houtt	26	62.00	56.30	5.70	29	29	63.70		18	Bob Davison	58	75	75.35	75.79	-0.44	0	0	-0.44	
19	Jennifer Lucas	26	65.63	69.13	-3.51	0	4	0.49		19	Wim Van Vuuren	57	69	69.01	63.39	5.62	9	9	23.62	
20	Francesca Paton-Smith	23	71.50	69.27	2.23	1	1	4.23		20	Barry Hopkins	53	65	65.62	68.49	-2.87	0	4	1.13	
										21	Ian Stokes	52	78	78.30	77.18	1.12	1	8	11.12	

Hovering the mouse over the total points for a runner gives extra information about the points breakdown and tie-breaking values



Tie-Breaking in League Tables

For each league table the following criteria are used if there are runners with the same best time:

1. If the runners set their best times at the same event then their positions in the race, if known, would determine the winner.
2. The date of the event, with the runner setting the time first winning. (This is why Thomas Purnell appears above Alex Horsley in the 2014-15 5K league table, despite both running 17:59, as Thomas set his time four days before Alex.)
3. The age-graded performance rating in each case.
4. Other times at the same distance in the same year. So the second-best times for each runner would be compared, then the third best times etc. NB This criteria is lower than might at first be expected so as not to disadvantage unduly a runner whose second best time did not reflect their ability (perhaps due to injury or illness). It would not be good to have people deliberately avoiding racing or even dropping out of races to avoid setting a “bad” second time. The point of the league tables is, after all, simply for each runner to aim at improving their best time.
5. The number of races run at the distance with the greater number winning.
6. If one made a debut at a distance and the other did not then the debut runner would win.
7. The percentage improvement from one year to another, if applicable.
8. The number of personal bests.
9. The date of birth, with the older runner winning.

Flaws with the Points System

Some flaws in the points system include:

1. The system of points and bonus points is, of course, arbitrary. Ditto for the tie-breaking criteria.
2. As the points awarded depend on the number of runners at each distance this can make the championship standings quite volatile and change unexpectedly. A new runner could turn up for the Whitstable Park Run, run the worst recorded 5K ever and still affect the standings as they had added one to the total number of runners at that distance.
3. The basic idea that more runners equates to more competition and therefore worthy of more points may not be valid in all cases. Many club runners treat park runs as training runs rather than all-out efforts. So that may actually dilute the value of those points added.
4. Some runners may be surprised to see their championship points actually decrease after a weekend's racing.
5. As bonus points are rounded down this means that there is not a “smooth” increase in bonus points awarded for each league table. People may feel cheated out of the fractions of a point that have been removed by rounding. If that's a problem then the system could be improved by multiplying all points by 1000, say.

By Alastair Telford



SPOTLIGHT: STEVE HOBBS

What is your story about how you got into running?

I got to 39 years old and thought "I better do something here" so started doing triathlon training at herons swimming pool, then started doing triathlons. My swimming wasn't great and I was good on the bike but it was the running that I really enjoyed! I'd met Yiannis at tri training and he said to come along to Harriers training.... and it all started from there!

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

I played football as a kid, and then played golf for about 10 years, I now coach girls football but don't really have time for anything else.

What is your favourite training session?

Elliot hills.

What is the most beautiful spot you have run in and why?

I was in the Lake District in October and did some fell running, running up to the top of a few high peaks and seeing the views from up there was amazing, but also I'm so lucky to live by the sea and run along the coast most days which I sometimes take for granted

What shoes do you run in?

Adidas adios boost.

What is your favourite post run snack?

Biscuits!

What other sports are you interested in watching?

Football, golf and American football

How do you manage to run with work commitments?

I'm really lucky that I own my own business and give myself plenty of time off for running!

What is a typical week's training for you?

6 days a week, running about 60km and a couple of swim sessions, and in the summer I get out on my bike a lot.

What are your favourite races and distances?

I like marathons (probably why I did 12 last year). Brighton Marathon is my favourite race so far, it was my first sub 3hr marathon.

What are your future goals and ambitions?

I'd like to get my marathon PB down to 2hrs 45m, but I need to stop doing so many marathons to do that (which I'm working on) and I would like to go sub 17 for 5k

How do you keep motivated to run?

I suffered heavily with depression for years and running has changed all that! That's all the motivation I need!

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

On those days when you really can't be bothered to run..... Just do it! You'll feel better for it!



MUD, SWEAT AND TEARS...



Philip Hadler at the Minis Bay Cross Country – either the face of “I have come the wrong way” or grit, willpower and never say die attitude!

WHITSTABLE PARK RUN DETERMINATION



Either Tom has stepped in something yucky or that’s just the face of pure determination...



REIMS 2015-2016 THE GREAT NORTH RUN – Race Report

Hi happy new year to all Harriers

I had the great pleasure of running in Reims (Canterbury's twin town) in France on the same day that many of you were doing the Club Championship in Ashford. Unlike you though I did a half marathon in the rather slow time of 2h04 which I put down to not being fit and running with an injury. Still we (Paul Commons of Maidstone Harriers was my running partner) had a wonderful two days and were admirably hosted by the Reims Twinning Association (RTA), being given a short guided tour of the champagne winery – the harvest was just completed so new champers to try! Also we were taken to dinner, cheered off at the start, welcomed at the finish and treated to a lunch before travelling back to Calais. Reims is about 2h30 mins easy motorway driving SE of Calais. The RTA also sorted and paid for accommodation for us at a local equivalent to a Premier Inn (without Lenny Henry!!). For completing the race we got a tech T-shirt and a number of other goodies, very similar to what you would get at London Marathon. Finally we were presented with a trophy by Reims Mayoress, a very nice lady whose name I forget.

The RTA are keen to see more Harriers taking part next year in what is a growing field of runners. The event organisers also put on the Tour de France so they know what they are doing and are hoping for a mass start of around 20000 runners in 2016. For my sins I have agreed with Peter to organise the Harriers team this year. So here are your options.

Provisionally the race is booked for Sunday 9th October with 10k, 21k (half) and 42k choices. There might be a 30k (20 mile option also listed this year).

You can travel alone or with your partner and family and you can have the option of partaking in the RTA hospitality or if you prefer you can make your own arrangements for Saturday evening. Previously other runners have hosted us in their own homes but I believe there are fewer families able to do this these days so we will all probably stay in the “Premier Inn” or similar. To keep costs down solo runners will probably share twin rooms.

As for travel I am happy to organise a minibus or we take several cars which will give us more flexibility on the returns.

Anyway to get the ball rolling please email me timbo2604@hotmail.co.uk to indicate your interest.

Finally Reims will be coming to the UK sometime probably in June/July to run in a local event. It would be good if we could put out a team to compete against them. I will let you know details when I have them.

Tim Richardson-Perks



INJURY PREVENTION/MARATHON DISCUSSION - 1 MARCH 2016

Following on from the success of last year's talk / social evening at the **Olde Beverly**, we are pleased to announce we will be holding another evening on **Tuesday 1st March** after training at **8.30pm**. The evening will begin with a talk from physiotherapist **Andrew Buckley** on injury prevention, this will be followed by a marathon themed question and answer session. We have a wealth of marathon expertise within the club coaches and members, please come along if you are a seasoned marathon runner to help answer questions and share your experience or if you are embarking on your first marathon this year.

SPORT COMPANY DISCOUNTS AVAILABLE TO HARRIERS

The Running Outlet 10%

Andrew Buckley – 10% off

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

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

AGM PHOTOS - CLUB CHAMPIONSHIPS



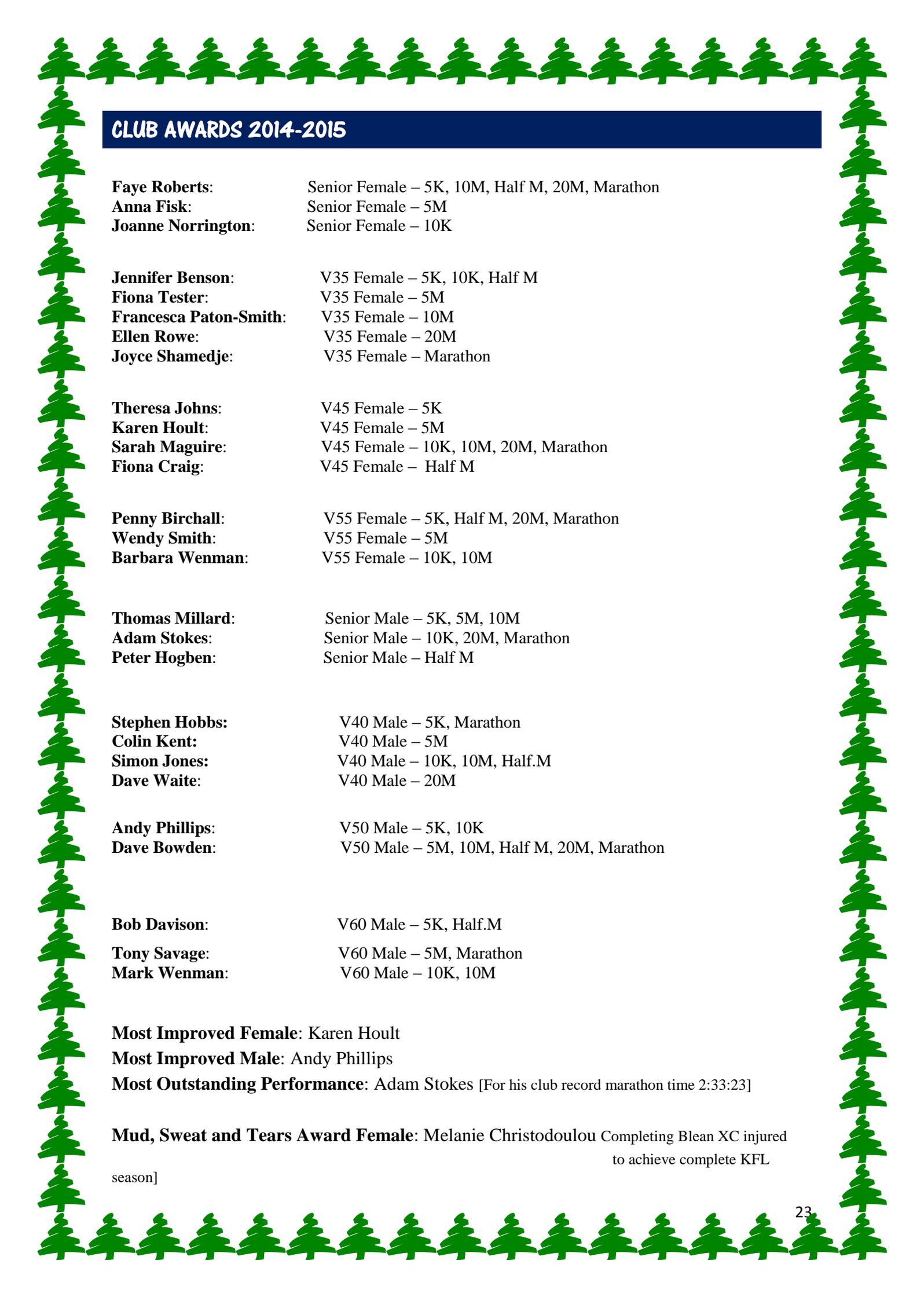




CHRISTMAS PRESENTATION EVENING







CLUB AWARDS 2014-2015

Faye Roberts: Senior Female – 5K, 10M, Half M, 20M, Marathon
Anna Fisk: Senior Female – 5M
Joanne Norrington: Senior Female – 10K

Jennifer Benson: V35 Female – 5K, 10K, Half M
Fiona Tester: V35 Female – 5M
Francesca Paton-Smith: V35 Female – 10M
Ellen Rowe: V35 Female – 20M
Joyce Shamedje: V35 Female – Marathon

Theresa Johns: V45 Female – 5K
Karen Hoult: V45 Female – 5M
Sarah Maguire: V45 Female – 10K, 10M, 20M, Marathon
Fiona Craig: V45 Female – Half M

Penny Birchall: V55 Female – 5K, Half M, 20M, Marathon
Wendy Smith: V55 Female – 5M
Barbara Wenman: V55 Female – 10K, 10M

Thomas Millard: Senior Male – 5K, 5M, 10M
Adam Stokes: Senior Male – 10K, 20M, Marathon
Peter Hogben: Senior Male – Half M

Stephen Hobbs: V40 Male – 5K, Marathon
Colin Kent: V40 Male – 5M
Simon Jones: V40 Male – 10K, 10M, Half.M
Dave Waite: V40 Male – 20M

Andy Phillips: V50 Male – 5K, 10K
Dave Bowden: V50 Male – 5M, 10M, Half M, 20M, Marathon

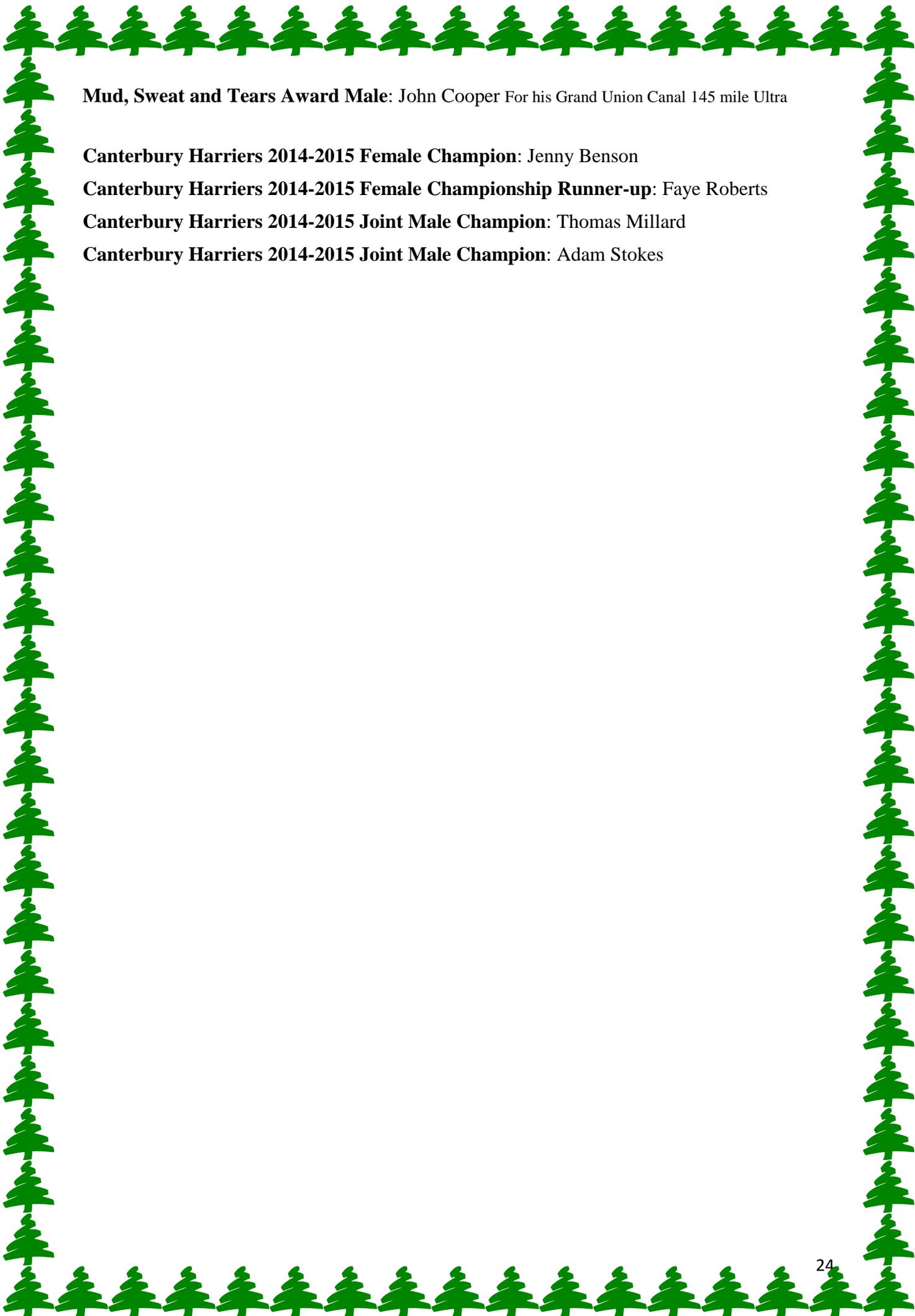
Bob Davison: V60 Male – 5K, Half.M
Tony Savage: V60 Male – 5M, Marathon
Mark Wenman: V60 Male – 10K, 10M

Most Improved Female: Karen Hoult

Most Improved Male: Andy Phillips

Most Outstanding Performance: Adam Stokes [For his club record marathon time 2:33:23]

Mud, Sweat and Tears Award Female: Melanie Christodoulou [Completing Blean XC injured to achieve complete KFL season]



Mud, Sweat and Tears Award Male: John Cooper For his Grand Union Canal 145 mile Ultra

Canterbury Harriers 2014-2015 Female Champion: Jenny Benson

Canterbury Harriers 2014-2015 Female Championship Runner-up: Faye Roberts

Canterbury Harriers 2014-2015 Joint Male Champion: Thomas Millard

Canterbury Harriers 2014-2015 Joint Male Champion: Adam Stokes

THE CYPRUS INTERNATIONAL 4-DAY CHALLENGE 26-29 NOV 2015

The Challenge takes place annually and is now in its 11th year. It is organised jointly by Arena Sports and Mike Grattens 2:09 Events. Basically, it's a challenge over four consecutive days, starting on the Thursday 26th November.

DAY 1 - Coral Beach 6K Time Trial

DAY 2 - AKAMAS 11K Hill Run in the Nature Reserve Park

DAY 3 - AKAMAS Multiterrain 1/2 Marathon

DAY 4 - 10K Paphos City Run

You could chose to do all four days or Day three or Day four.

I arrived Monday 23rd November at the Coral Beach Hotel, west of Paphos airport to be greeted by Mary Penfold and Debbie Tyler who were also taking part. Also taking part were Martin and son Liam Burke of 'Nice-work' fame, who arrived on Wednesday. Mary, Martin and Liam were doing all four events, Debbie the half marathon and myself the City 10k. We arrived a few days in advance to be able to 'acclimatise' ourselves! The weather was glorious, warm, with fast scudding clouds. The hotel was superb, gorgeous food, lovely big kidney shaped outdoor swimming pool where the water was cold and just right for sinking legs in after the runs. There was also an indoor pool and gym as well and plenty of outside patio sitting areas of great comfort and various bars dotted about the place. The



hotel offered, B&B, half or full board but we opted for B&B and every evening found us a mile up the road in the nearest village in different restaurants for our evening meal.

Beautiful Coral Beach hotel, swim pool and sea

time participant from Malaysia.

On Thursday 26th at the 1pm briefing it transpired that this was truly an international event with runners of all levels and ages from the UK, Germany, Holland, Belgium, Switzerland, USA, Canada, Italy, Ireland, Austria, Norway, Russia, Czech Republic, Japan, Poland & Cyprus, and first

At 3.30 pm it was time for the Day 1 challenge which was a 6km more or less flat timed race with 10s in between each runner to allow for the pinch point just after the start. It started at the back of the hotel and on reaching the front took the wide (with hardly any traffic) roads round the banana plantations with two loops before finishing on rocky ground under the blow up arch and timing mat with lovely sea views complete with ship wreck in the cove. Mary, Martin and Liam took part whilst Debbie and myself took the more direct route to get there first and help with the marshalling.

On the second day, Friday 27th it was the 11km mountain run. As it was point to point buses were ready at 0815 to take us to St. Georges on the coast for the 9.30 start and finishes by the beautiful village square / church of Pano Arodes 600m high in the Akamas.. This was by far the toughest of all. After the first 800m, runners start to climb with beautiful scenery including a forest, a moonscape like valley and vineyards!. The non runners were taken to the village for the finish where the final climb was really tough. Everybody, without fail, said it was the toughest event they had ever done.

Finished in the beautiful village square of Pano Arodes. Tough but still smiling. Photo Debbie Tyler

On the third day Saturday 28th Nov it was time for the half marathon. Again, a point to point with competitors and spectators taking to the buses at 0745. The spectators to the finish at St. Georges and competitors to Smigies picnic area just outside Neo Chorio, high in the Akamas mountains. The race combines a "soft" mountain run during the first 10 kilometres as runners climb from 280m to 600m through the Akamas Nature Reserve forest, and a tough, steep descent of 9 kilometres, running through stunning scenery finishing on the coast for the last 3 km back to the beach. It was multi terrain and anybody who has been to Cyprus will know just how rocky the off road trails can be so extreme care was needed to place your feet safely. The sea was beautiful at the finish but because of the wind, it was too dangerous with the high waves to take advantage of a cool down dip.



Liam, Mary, Debbie and Martin all finished and I did what I do best....volunteered. I wore my parkrun 25 volunteer t-shirt which raised a call or two at the water station, 2km from the finish.

On the last day, Sunday 29th November, the buses were ready and loaded at 0645 to transport everybody to the Fortress in the harbour for the 8am start. The volunteers and marshals were already in place with plenty of water, bananas, finish other goodies and the finish arch in place.

Liam, Martin, myself, Andy Bashford (Hasting Harriers) and Mary just before the Paphos City 10k

This was a 10k fairly flat road race and it got hot very quickly on the way out until you turned at the 5km and headed into the wind. We started out along the pretty harbour heading east and then took to the road in a rectangular loop to finish back along the harbour prom. At the finish there was beer, food and music. It was a fabulous atmosphere with lots of photos and congratulations for those who had completed the entire 4 day challenge.

There was a gala dinner on the Sunday evening at the hotel where all the awards were handed out but with early flights the next morning, Monday 30th it was time to bid new found friends farewell and an early night.

Everybody said, despite the difficult challenge they would be back next year. The organisation of the event by Mike Gratton and Arena Sports was a challenge in itself but it was great to meet some of the ex pat marshals who looked forward to helping out as much as the competitors.

Finishing times

	6km timed	11km Hill run	Half Marathon	10k City Run
Liam Burke	25:22	1:08:17	1:47:28	43:29
Mary Penfold	30:15	1:23:48	2:41:35	52:48
Martin Burke	44:14	2:17:31	3:25:53	1:19:57
Debbie Tyler	na	na	2:41:35	na
Jacky MacDonald	na	na	na	1:13:11



Liam and Martin Burke, myself, Andy Bashford (Hastings Harriers) and Mary - photo Debbie Tyler



SPRING MARATHON CHAT WITH ADAM STOKES

Last year Adam Stokes set the standard with a great new club record at marathon distance of 2 hours 33 minutes and 16 seconds. This was following an excellent training plan which Adam was able to adapt to. Every runner is different and there is certainly no one size fits all to training but with Spring Marathons coming up Adam gives his advice on the steps he has taken to become an elite level marathon runner.....

You achieved a great PB in 2015 but what has been your favourite marathon you have taken part in?

Every race is different and looking back on them now I can say that I've loved every marathon I've ran to date for different reasons. The first time you run London is always special, no matter how much you hear about the atmosphere and the crowds lining the route, it doesn't even come close to what you experience on the day. My first was 2014 and was significant for me as it was the race I finally surpassed Dad's PB of 2.49 at the third attempt and broke the mythical 2.45 mark to boot. Kent Road Runner 6 weeks later was special because I won and set a course record (which has subsequently been beaten in 2015) and another PB! Obviously London 2015 had it's moments but if I had to pick an out and out favourite it would have to October's Marine Corps Marathon. I'd had a difficult summer with injuries and was worried that I hadn't strung together a good enough block of training to run a decent time. As soon as I settled into the run though I felt great and ran away from the group I had been hoping to hang onto, and overtook the USMC's top runner in the final mile and was only a minute off my time at London. I remember giving out high fives to all the bereaved families lining the route on the 'Remembrance Mile' and actually sped up!

When you look back at your first marathon, how has your training changed?

When I first started out my training was fairly unstructured, lots of steady runs and no real speed work except for the odd farther session. I like to shop around a bit and take things I like from the myriad of training schedules you can find online and in books. Mike Gratton has a few on his 2:09 events website including his own from his build up to the 1983 London Marathon. I've not been brave enough to attempt many of his sessions but its reassuring reading that we all experience the same highs and lows and tiredness no matter what standard we are. After my first MCM I began to add gym work into my routine which I credit with leap I took from 2014 to 2015. The most obvious change though has to be my weekly mileage, building up to my first marathon I think my longest week was around 60 miles which I was super impressed with at the time, now 70 miles is a short week and I'll run 100+ some weeks.

Like most of us you will have to balance running with work and your social life. How do you cram the mileage in?

I'm luckier than most here as being fit is part and parcel of my job as a Royal Marines Commando and so I enjoy dedicated periods in my working day to get a run in or a circuit in the gym. On some days I'll be training times a day though and as understanding as work is I still have a day job to do and so I'll be up early and out again in the evening. Working away during the week means that I only really get to see my girlfriend, Ellie, at the weekends but we find ways to make the most of it. A race is a great opportunity for a weekend away somewhere and she'll often cycle alongside me on a long run or meet me at various points on my route to keep me hydrated etc.

There is a great deal of debate around different intensity sessions for marathon training. Do you balance out your efforts through the week of mileage? How intense are the long runs with regards to distance and effort?



I'll run through the week at a variety of different intensities, I run a lot of double days and at least one of those runs will be a recovery run at around 1.30-2 minutes slower than marathon pace. I'll also do at least one long interval session (1k to 2 mile efforts) and one decent length tempo run (usually around 10 miles at half marathon pace) a week. The rest of the week is steady mileage (15-45secs slower than marathon pace), I like to include a midweek run of 13-15 miles at this pace. My long runs are a mix of steady, progressive and pace block runs. The first is just a long plod at my steady pace. The progressive long run is probably my favourite session, you start off steady and crank up the pace throughout so that you're going all out by the end. It's a hard session but very satisfying when you've got it right. The last is the pace block long run which is sort of like a long interval session, you use the first couple of miles to warm up and then run a chunk at marathon pace (5 miles works for me) before having a mile recovery and then repeating the process. For the last two marathons I've raced I've also done one run of equal or longer than marathon distance, I think it's a great way of preparing your body for what to expect on the day and knowing that you're capable of it- if you can run for 3hrs30 then 2hrs30 should be a doddle! A marathon training schedule is all about cumulative fatigue and you should be absolutely knackered going into your taper. It's all about training yourself to run fast when you're tired and your legs and lungs are begging you to slow down or stop so when/if it happens on race day you're familiar with the feeling and can crack on.

We have spoken in the past about “carb bleeding” which is becoming popular again. What diet do you recommend around marathon training in order to get you the best recovery and preparation in your training programme? What does a standard day of nutrition look like for you around these crazy high targets of calories to consume?

What worked for me was to increase the percentage of fat and protein I was eating. Your body can only store enough carbohydrate to fuel about an hour of vigorous activity, after that it switches to using fat for energy instead which is more efficient but is a slower process. By cutting down the carbohydrates I found my body became better at processing the fats into energy and when I did put some carbs into the system it was like rocket fuel! The extra protein was to help in repairing the damage I was doing to my muscles training at such an intensity. A typical day would look like; porridge with a handful of raisins and nuts for breakfast; a salad for lunch, jazzed up with some cold meats, cheese or avocado; and a variation of meat and vegetables for dinner. I always let myself have a cheat meal once a week too, usually at the weekends whilst out for dinner with Ellie- it's not much fun for either partner if one is sat looking on forlornly as the other tucks into dessert! The carb bleed is an idea I first came across whilst reading through Mike Gratton's training diary, the science is a bit ropery nowadays but it seemed to work for guys back then so I thought I'd give it a go. The idea is that you eat your final carbohydrate around a week out from race day and follow it up with an hour plus high intensity run. As I said earlier your body can only store an hours' worth of glycogen so this run is aimed at clearing out your stores completely. Every meal for the next few days should be completely carb free, think eggs and bacon for breakfast etc., before you start to carb load again (3 days out for me). The idea is that your body will be craving carbohydrate so much that when you finally give it some it will go into overdrive and pack your liver to bursting point with nice fresh glycogen for race day. I think that it's since been proven that this is nonsense but if nothing else it's brilliant for keeping your weight low during the final days of the taper when you're running less miles and before you carb loading. Before and during the race I use SiS energy gels, I take one about 20 minutes before the gun goes and then at 8, 14-15, and 20 miles, that last one is probably more for mental reassurance than physical but if it helps then why not. I find it beneficial to train as I'd race and so for any run around half marathon distance or longer I follow the same fuelling strategy.

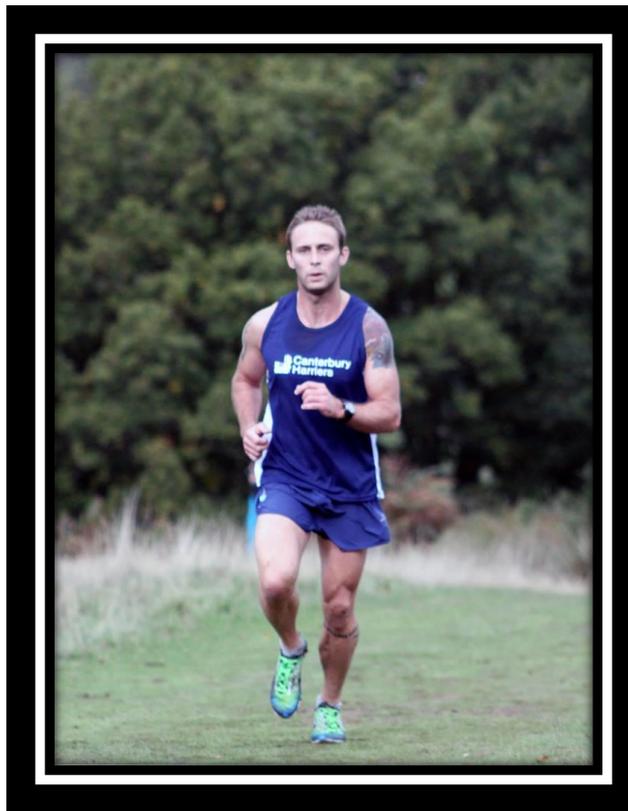
When it comes to kit, do you have any recommendations for the type of footwear and are there any extras you have purchased which you find vital on race day?

I prefer a lightweight shoe for training and an even lighter one for racing, so I do most of my miles in Adidas Boston Boosts which I've found are fairly reasonably priced for the number of pairs I go through

a year but still good enough not to fall apart. For racing and speed work I like a Brooks T7 Racer which are so comfortable and light it feels like you're running in slippers! I do like a gadget so I have Garmin Forerunner to help me keep track of my training. I've recently started wearing Injinji toe socks too, which if you suffer from blisters are an absolute god send. My final recommendation is to invest in a set of race shorts with both a zipped back pocket and bungee loops/pockets to carry your energy gels, most races now have points on route that hand these out but there's no guarantee that they'll be in the right place for your fuelling plan, or even be a brand you like (I once had a bad experience in the Marine Corps Marathon where I found my mouth being gummed up with a foul, sticky chocolate flavoured energy gel and no water to wash it or with for another mile and a half)! At London I've always started carrying 2 gels, and aim to pick up another at both gel stations. I finish with one still in my pocket but it's there as a spare in case I miss a gel station or the wheels really fall off.

Are there any golden on to Harriers first marathon?

Train hard, race easy more miles you run at pace in training the be when it comes to advice I would give, hard way, is to pace adrenaline is flowing fresh (hopefully) after easy to go tearing line. The first half easy if it doesn't then hard. If you still feel left to give then 18-20 put your foot down do, I ran a 2.43 and Barnstaple after chatting to another miles is a long, painful after 10k, like I was on (got on the telly

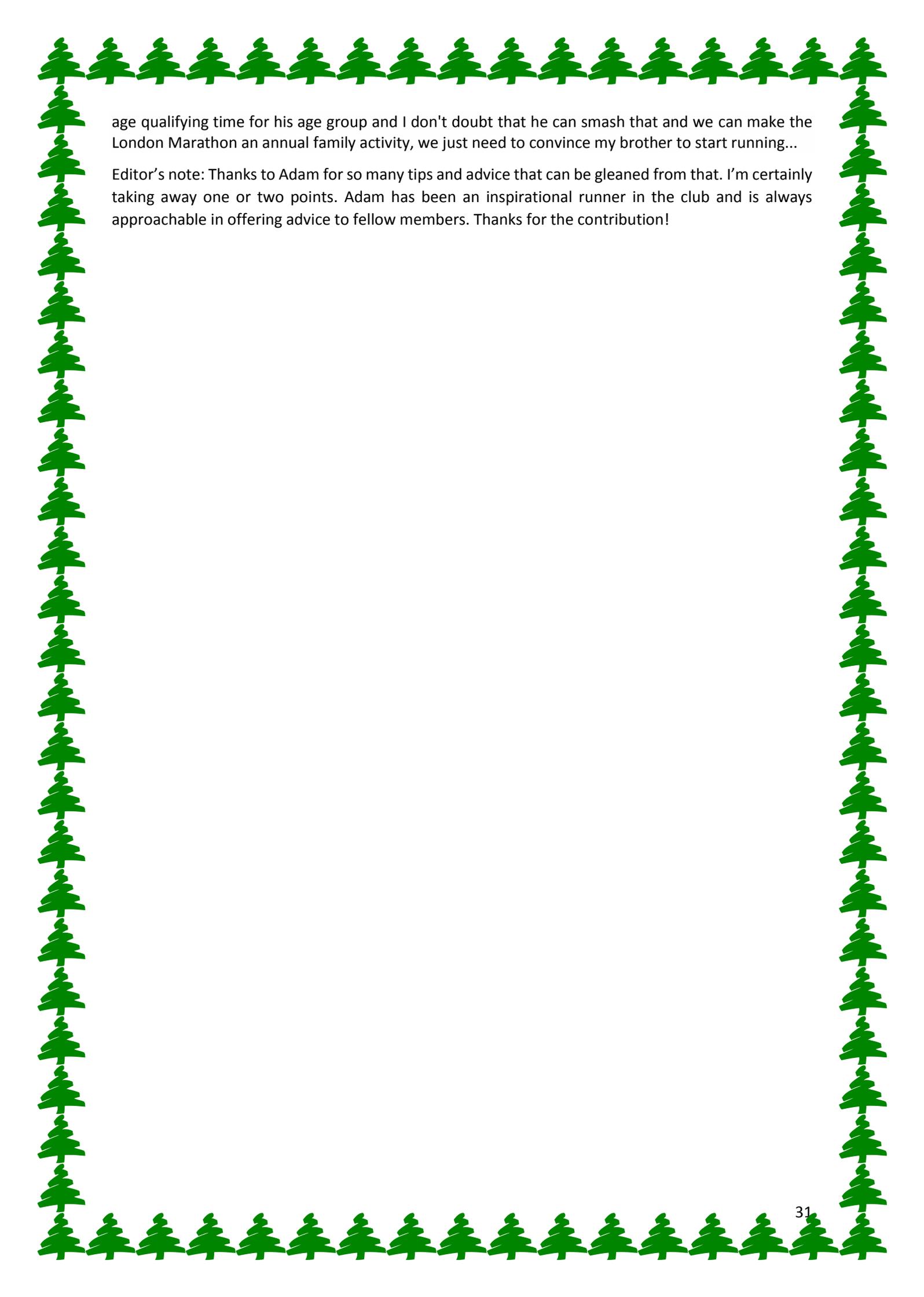


rules you could pass starting out on their

is my motto. The or close to marathon easier that pace will race day. The other and I've learnt this the yourself. When the and you're nice and your taper it's all too away from the start marathon should feel you've gone out too like you have loads miles is the time to and see what you can finished third at jogging to halfway runner in 1.25. 26.2 way if you're cooked my first at Brighton though).

This year your father and fellow member Ian is running the same race. Has training changed much from his programmes and has he given you any important advice?

When I first told Dad I was going to run a marathon and that I was after his personal best I remember he told me 'it won't be easy'. Over the course of my training though I think I had him sweating and just before the race he gave me the same advice that I've echoed above. The gun went and I set off in hot pursuit of the television bike and elite women, and then I fell apart, the same happened 7 months later in Valencia and to an extent again at my first London. So, yes Dad, you were right- I'm pleased to say that I have now finally learned to pace myself (almost) correctly and it wasn't easy. Looking back through Dad's old training diaries he was never the most prolific runner but when he did train he trained hard and fast, a 55 minute 10 mile tempo run and a 75 minute half marathon spring immediately to mind! Dad's been amazing supporting my running for the past couple of years getting up early to drive with me to races, getting about the course to issue advice/water/gels and fulfilling the role of support cyclist/motivator on long runs. Now that he's back running too I'd love to return the favour some day. I'm absolutely thrilled to bits that Dad's got the opportunity to run London this year although I am now in need of a new official race photographer! I think that 3.20 is the good for



age qualifying time for his age group and I don't doubt that he can smash that and we can make the London Marathon an annual family activity, we just need to convince my brother to start running...

Editor's note: Thanks to Adam for so many tips and advice that can be gleaned from that. I'm certainly taking away one or two points. Adam has been an inspirational runner in the club and is always approachable in offering advice to fellow members. Thanks for the contribution!

CLUB LEGENDS: ROY PALMER

In a new feature we interview stars from the past of Canterbury Harriers. The idea of this was following the publication by lead coach Gerry of the club records, many of which are held by Roy Palmer. I spoke to Roy last month who shares with us some of his memories of being in the Harriers....

Good place to start would be are you still running? Do you still enjoy running? When was the last time you were in a race?

Yes I'm still running. I love to run, to keep fit and to enjoy the seasons.

I wanted to run the London marathon at 50, so I ran the 2013 Edinburgh marathon to get the good for age time for London 2014. I did London in 2:55.36.

It was a two year plan that so nearly went wrong! At Edinburgh, at about the 24 mile mark, I pulled up with a painful calf injury. I thought that was it - over. I realised though that even if I walked I still might make the time. So I started walking, hobbling along and then run again (the muscle had started to numb). I managed to get the time!

What made you get into running?

I was playing football in the garden with young relatives, I was 25 at the time, and I felt so unfit. After running on my own for a few years a friend suggested that I join a running club. I also harboured an ambition to run 10 miles in under an hour.

How different was the running scene when you began running?

I don't think the younger generations are running so much. The races were cheaper!

What sort of training did you used to do?

For the marathon I would run 6 times a week and build up to 80 miles a week. The longest run would be 26 miles 3 or 4 weeks before the race. I know that's not for everyone, but it gave me the confidence that I could do it! In the Summer it would be sprinting speed work and shorter races. About 50 miles a week.

What was best memory of a race?

The 2002 London marathon, I ran 2.36. I did end running a couple of minutes quicker in 2004, but that was my favourite PB. Didn't think I'd ever do that!



What was your favourite local and national race?

There's nothing quite like the London Marathon. My favourite local race would have to be the Ashford and district 10k. A scenic route with a nice down hill section towards the end. What was your favourite distance? 10 miles.

How did you balance your job with running at a good standard?

I had to get up at 4.20am for work back then working as a postman. Which meant having the afternoons free to train. I always thought being on a bike helped as a form of cross training and to ease stiff muscles. I'm still a postman, but we don't start (or finish) so early now - I hate running in the dark!

What advice would you give to a runner starting out looking to improve their PBs?

Speed work and tempo runs are the key. I couldn't believe that a once a week training session, where you are only running hard for 20 min or so, could be so beneficial. My favourite session was alternate weeks of 10 x 600 metres / 6 x 1000 metres. You can end up running through the 600 mark of the 1000's at the same time as the 600 rep's. >> Do you have any funny/good memories of Canterbury Harriers? I remember travelling back from Rheims after the half marathon. We had been presented with a few bottles of champagne. On the train under the English Channel someone decided to open the bottles, one at a time, and pass them round. We took a swig and celebrated everything from PB's to successfully tying shoe laces!!

Do you think you will return to running in the future?

I've been thinking about it! But just running for fun!



Team Harriers from the past!

Editor: Everybody looks young here apart from Clarkie of course!



CANTERBURY HARRIERS AND A PARKRUN CHRISTMAS

For the last three years parkrun ask if any parkruns would like to hold additional events to celebrate Christmas and the New Year.

We have always been fortunate at Whitstable with our core volunteers wanting to give a hand and this year was no different. The usual team stepped forward plus extras who decided to come along. Whereas this year we thought we could get away with a skeleton of 11 volunteers we actually had 22.

The unusual thing about Christmas this year is that it was on a Friday. That is the day before a Saturday which meant two consecutive parkrun days. This is OK for the runners who wanted to take part but it meant not just loading the results but getting the kit all data cleaned and recharged, kit packed away ready to do it all again the next day, as well as compiling the volunteer roster. However this all worked well. We are such pro's!!



We had intended to do the two lapper on Christmas Day but remembering back to last year there were so many people out with their dogs it was decided that we would have to do the one lap lollipop instead, the impact of which, for the Harriers, means that they cannot use the results for their league tables as it's not a UKA recognised, measured 5km.

New Year's Day was the same, occurring on a Friday. The special thing about NY'd is that you can do two parkruns officially on that day. I usually confer with our local parkruns and in previous years we have managed to plan with Margate so that Whitstable is at 9am and Margate at 1030am to give people time to travel between the two. However, Canterbury decided to have one this year and it was more convenient for Whitstable parkrunners to go there. Pegwell Bay had theirs at 1030 so that was another choice.



Amazingly 65 people took up the offer of the double parkrun with 7 others running Whitstable and marshalling at Canterbury. We also had Margate, Canterbury Event Directors and Pegwell Bay Run Directors taking part in the early Whitstable event.

The most amazing specie of this event was Steve Hobbs, who not only ran from home to take part in Whitstable parkrun but ran to Canterbury to take part in theirs. Not only that, he came first at Canterbury! Well done Steve.

Although 65 parkrunners took part in both Whitstable and Canterbury parkruns 16 Canterbury Harriers were part of the equation. Here are the results.

<i>Name</i>	<i>Whitstable</i>	<i>Canterbury</i>	<i>Total</i>
<i>Steve Hobbs</i>	<i>00:20:01</i>	<i>00:18:58</i>	<i>00:38:59</i>
<i>Alex Horsley</i>	<i>00:19:12</i>	<i>00:19:58</i>	<i>00:39:10</i>
<i>Andy Phillips</i>	<i>00:20:10</i>	<i>00:20:24</i>	<i>00:40:34</i>
<i>Matthew Carl Pearce</i>	<i>00:20:00</i>	<i>00:20:35</i>	<i>00:40:35</i>
<i>James Scanlon</i>	<i>00:21:29</i>	<i>00:20:40</i>	<i>00:42:09</i>
<i>Colin Kent</i>	<i>00:23:58</i>	<i>00:21:14</i>	<i>00:45:12</i>
<i>Martin Henry</i>	<i>00:23:14</i>	<i>00:24:16</i>	<i>00:47:30</i>
<i>Andrew Farrant</i>	<i>00:23:58</i>	<i>00:24:51</i>	<i>00:48:49</i>
<i>Theresa Johns</i>	<i>00:23:32</i>	<i>00:25:24</i>	<i>00:48:56</i>
<i>Bob Davison</i>	<i>00:27:40</i>	<i>00:23:09</i>	<i>00:50:49</i>
<i>Daren Parris</i>	<i>00:27:02</i>	<i>00:23:47</i>	<i>00:50:49</i>
<i>Mike Denson</i>	<i>00:24:41</i>	<i>00:25:35</i>	<i>00:50:16</i>
<i>Gary Hovery</i>	<i>00:24:56</i>	<i>00:25:57</i>	<i>00:50:53</i>
<i>Richard Hudson</i>	<i>00:25:16</i>	<i>00:25:57</i>	<i>00:51:13</i>
<i>Deborah PARRIS</i>	<i>00:31:22</i>	<i>00:27:28</i>	<i>00:58:50</i>
<i>Karen Hoult</i>	<i>00:33:04</i>	<i>00:33:05</i>	<i>01:06:09</i>



REPORTING YOUR RACE RESULTS

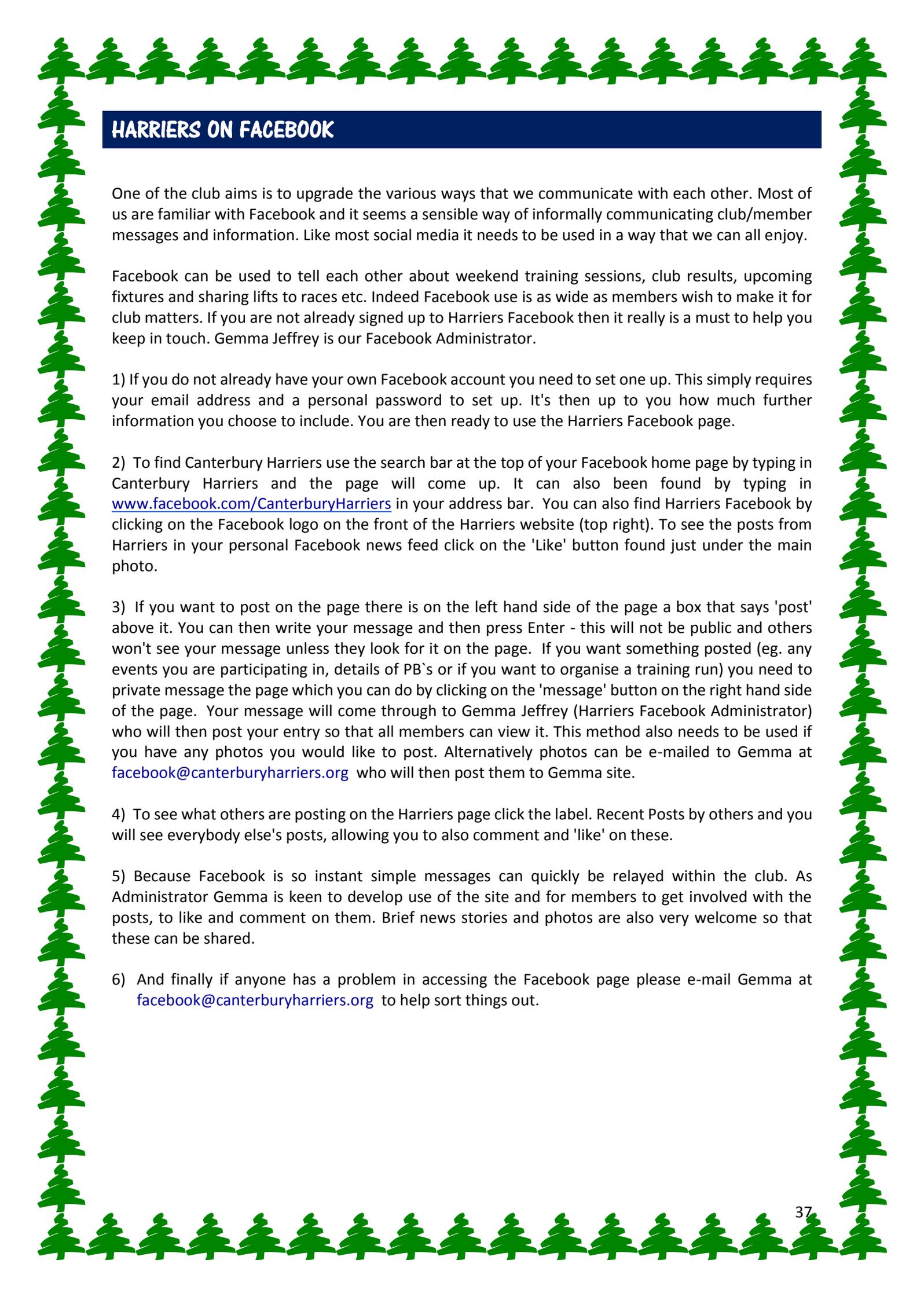
For information Yiannis Christodoulou is the Results Manager for the club. Yiannis regularly monitors the major local road races and record Harriers results on our website. As part of this process he checks whether a road race event is certified accurate (i.e. it has been measured and certified as accurate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



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 - Jo Norrington



Full zip hoodie



Hoodie rear



Hoodie



Ladies tech T-shirt



Long sleeve cotton



Long sleeve technical



Mens vest

Kit prices are as follows:

- Hoody (unisex) £17
- Fleece jackets (on request) Non Branded £18/Branded £23
- Full zip hoody (unisex) £20
- long sleeve tech t shirt £13
- long sleeve cotton t shirt £10
- vest £15
- short sleeve tech t shirt £13.50

There are male and female options for all kit apart from the hoodies which are unisex.

The gender options are S,M,L, XL in each.

To order contact Jo Norrington either at training or to norrington.joanne@gmail.com



HARRIERS TRADING PAGE

rgelectronics

All radio equipment including Roberts digital radios.
Audio equipment, connectors, leads, metal detectors etc.
Telephone and broadband installation and fault finding

Contact details:

Roy Gooderson

66 Oxford St

Whitstable

Kent

CT51DG

01227 262319

www.rgelectronics.co.uk

Faye Wyard, daughter of the Harrier's member Phil Wyard, can offer a reliable babysitting service in the Faversham, Canterbury and Whitstable area. If you need a babysitter, then contact Phil on a club night.'

Holiday Retreat - special rates for members

Barbara and Mark Wenman would like to offer Canterbury Harriers members a discount on the usual rental rates for their holiday home in France. They offer a 20% throughout the year apart from July, August and September. It is an old stone farmhouse in the Gers (formerly Gascony) in South West France, set in beautiful rolling countryside ideal as a training base. www.farguet.co.uk

Jo Norrington - holistic and sport massage therapist

Sports massage and indian head massage, £15 per 30 mins session for members. Fully qualified, insured and member of The Sports Massage Association. Tired legs after a race or training session? Massage can really help in the recovery process! Call or text Jo on 07708545021.

Steve's Reynolds Maintenance

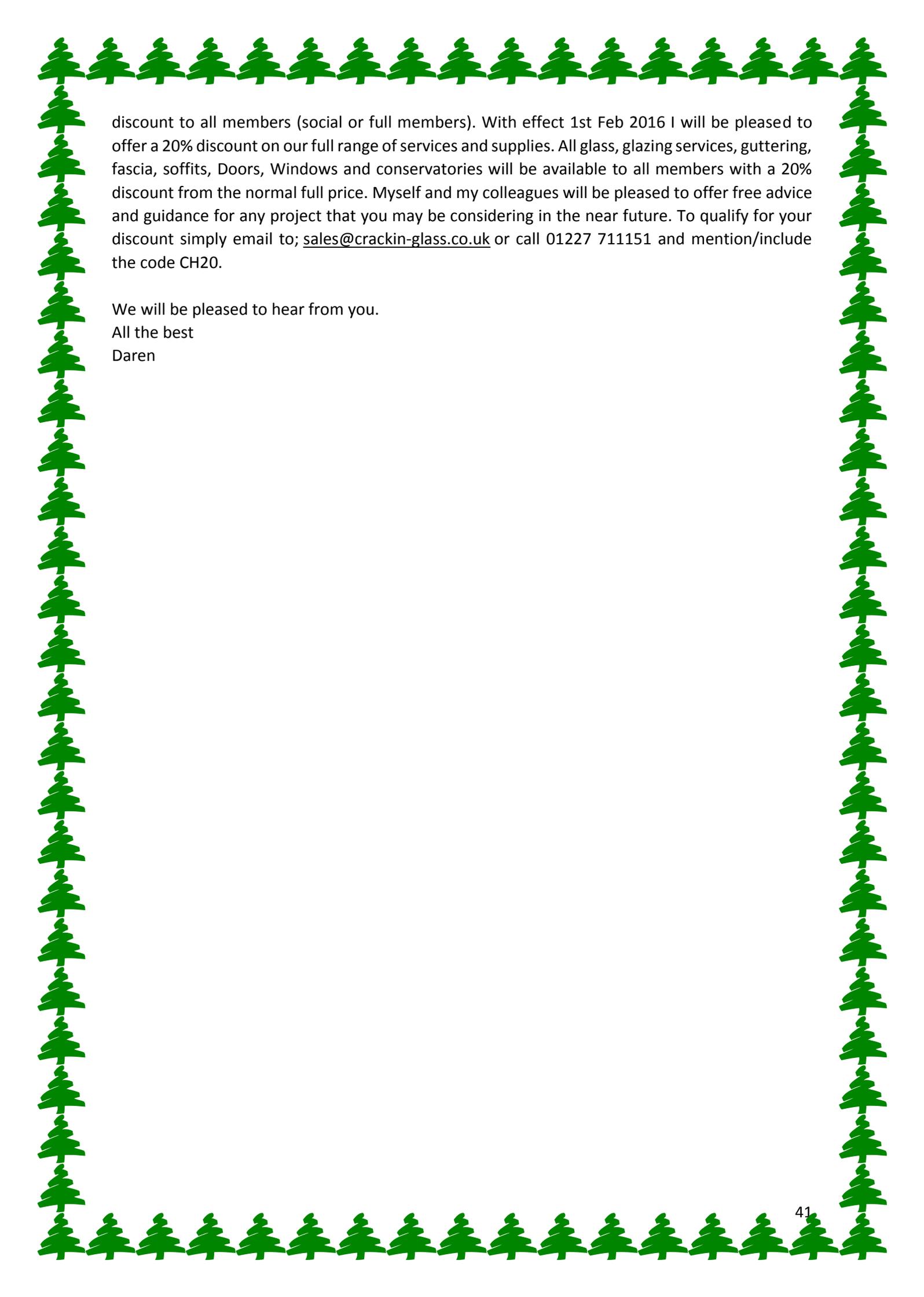
All house and garden maintenance
01227 361112 or 07951754926

Crackin' Glass

Hello to all members.

As you know we Harriers enjoy some 'perks' in the form of corporate discounts and advantages with various suppliers connected or associated to our shared pastime of running. Some of you may already know that I have my own business and this year CRACKIN' GLASS has agreed to a joint sponsorship of the Whitstable 10k event.

This being the case it seemed a natural extension of this arrangement to also offer a 'Harriers'



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

We will be pleased to hear from you.
All the best
Daren