



The Harrier

The newsletter of the Canterbury Harriers

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CHAIRWOMAN'S SPRING WELCOME

Hello Canterbury Harriers

Time seems to have flown by since my very first Chairwoman s introduction to the autumn/winter edition of the newsletter. We have finally got past the cold evenings and are now in to the lighter evenings along with training on the track and also the slightly more off road summer routes for our Thursday runs.

Since the last edition we have had a successful cross country season and I am very looking forward to seeing many of you at the cross country presentation evening on Friday May 3rd at our usual venue of Rough Common Hall, this is open to everyone and not just those who have participated in the cross country races, it is a good opportunity to come and chat to members out of the running setting, there will also be the usual sumptuous buffet, so come along if you have never had the pleasure.

We had a good turnout at the Canterbury 10, which was an extremely chilly and windy affair this year, although we had a few debuts along with the usual PB's, well done to all those that ran it was tough this year.

As I write this to you, we are in the midst of the spring marathons with just London to go, and so far we have had some excellent results and even a new club record has been broken, well done Tom Hooley!

We must now look forward to the summer training, a whole host of ever popular 10k's and the summer relay season which begins in just a few short weeks.

Finally, our Team GB athletes will be jetting off in a few days to take part in their individual races, and I would like to take this opportunity to wish them all the best of luck and we will be following their performances, we are of course very proud of all of you.

Gemma
Chairwoman

NEW MEMBER PROFILE: EMMA GARCIA-SOLLEY

What is your story about how you got into running?

I joined the University of Kent's running club in 2010 having never run before. I completed three half marathons (very slowly) with the club and this is where I met my husband, Jon, who has kept me running ever since.

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

I'm a fully qualified horse-riding instructor and used to compete in both show-jumping and One Day Eventing. Our horses are semi-retired now though so I don't ride as often as I used to anymore. I also swam competitively as a teenager.

What is your favourite training session?

The Thursday golf course route.

What is the most beautiful spot you have ran in?

Mauritius. We were on honeymoon and the whole island is incredible, there's giant tortoises and the beaches are pristine!

How do you manage work life and running?

I've recently finished a PhD so have been lucky enough to manage my own time for the past three years which made finding time for running very easy.

What shoes do you run in?

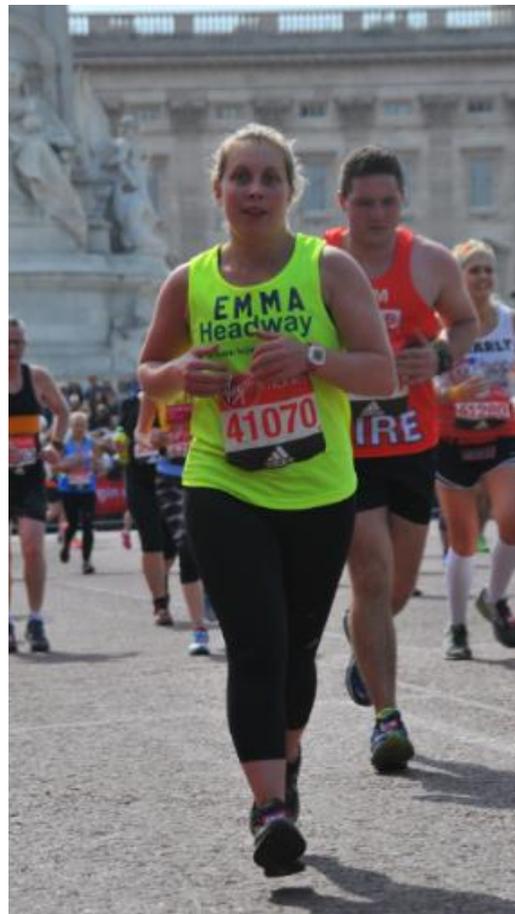
Nike Zoom Structure 22

What is your favourite post run snack?

A special crepe from Chocolate Café. If you've not tried this before, you're missing out!

What other sports are you interested in watching?

Equestrian eventing, swimming and triathlons.



What is a typical week's training for you?

I train with Harriers twice a week and usually fit in two gym sessions/ classes too.

What are your favourite races and distances?

I've only ran it once before but the London Marathon has a very special place in my heart. I ran it in 2017 in memory of my close friend and had the best experience. I also love 10 mile races, especially Canterbury 10 and the Great South Run.

What are your future goals and ambitions?

In the short term, I'm aiming for a 10K PB at Vitality 10,000 in May. Longer term, I'd love to run the London Marathon for Headway again with the aim of completing it in 4hrs30.

How do you keep motivated to run?

I don't have much choice in the matter, Jon forces me!

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

Most of them are much faster than me so keep doing what you're doing!

GB REPRESENTATION THIS SPRING

Four Canterbury Harriers have qualified and will be competing a various multisport races at the ITU World Championship in Pontevedra between 27th of April to the 6th of May.

Dave Bowden (AG) the 2018 European Silver medallist at the European Long distance triathlon will take on the 2019 World ITU long distance Triathlon World Championships in Pontevedra on 4th May in his 55-59 age group after impressive races last year.

Dave will take on the 3k swim, 113km Bike ride followed by a 30km run. Dave says:

"Despite preparation & training being disrupted by injury and illness, I am hoping to build on last year's 13th place at the World and 2nd place at the European Long Distance Triathlon Championships."

In the World Aquathlon Championships on the 2nd of May, Yiannis Christodoulou the 2018 National Aquathlon champion (AG) will compete at the World Aquathlon Championships on the 2nd of May in his 35-39 age group, he will also be joined by club mate Simon Jones 40-44 age group who will take on the 1k swim followed by a 5k run.

This will be Yiannis 4th World Championships with two top 10 finishes the past two years. Yiannis who was Bronze medallist in the European Championships in 2016 and captained the team states:

"I am looking forward to this more than before. It is a huge honour to put the GB suit on again and to look back how far I have come when I couldn't swim in 2012. I am moving to triathlons this year which is a huge gamble for me and I think it's about time I did. I have been focusing more on my weak part the bike part in training. With my season focused on triathlons I have no pressure on myself and to just go out and enjoy it. Training has gone very well and I am in the best shape I have ever been and my coaches have worked hard with me. I have trained very hard over the winter so very much looking forward to this year, of course I will attack this race with a target of aiming for the top 10 again and higher but my targets are elsewhere."

Simon Jones 40-44 top 10 who will be competing in his 3rd World Championships, who has also managed top 10 performances the last two years states:

"In Spain I am hoping to see an improvement in my swim placing having focused on my swim over the winter, unfortunately a series of achilles injuries over the last 3 months has meant run training has been very limited so am unlikely to match the top 10 finishes of the previous 2 world championships so will be looking just to enjoy the event and hopefully finish in the top half of the field."

Claire Pluckrose will take on the Sprint Duathlon in the 50-54 age group which consists of a 10k run, 40km bike ride, 5km run after qualifying last year off the back on some very impressive National races. This will be Claire's first time wearing the GB vest and states:

"Last year I turned 50 and set myself a 5 year goal to see if I could qualify for an Age Group place to represent GBR in the sprint distance triathlon. I worked with a great coach who helped me understand my training zones and set effective training sessions. In July 2018, I competed at Thorpe Park & qualified for the 2019 Kazan ETU European Sprint Triathlon. My cycling and running were improving so I set another goal to try for a GBR AG place in the 2019 Pontevedra World ITU Duathlon championships, winning a place at Oulton Park last October. Trying on my GB kit has got to be one of the most motivational things I have done, giving me the focus to work hard across the three sports, especially in my weaker area of swimming."

"When I line up on the 27th April to compete for Great Britain for the first time at 50, I want to ensure that I have got myself in the best possible place, ready to give it my all. None of this would be possible without a great support network, especially my family, the Canterbury Harriers and the Speedy Pluckers. I hope that I can show readers that there are no barriers to achieving your goals if you apply yourself, train hard, rest and eat well ... life is for living so go grab it."

Gemma the Canterbury Harriers Chairwoman states:

"We are all extremely proud of Claire, Simon, Dave and Yiannis to be competing and representing Great Britain in the world championships in Northern Spain. We wish them good luck and all the best from the Canterbury Harriers."



SPOTLIGHT: VICTORIA DAY



What is your story about how you got into running?

I started running in summer 2017 as I decided to sign up for the Royal Parks Half Marathon on a whim. My husband had completed a half and full marathon before, so he joined me on lots of training runs as I lacked confidence. The half marathon didn't go too well, so it took me a while to recover and to sign up for a second half marathon the following year! I only started doing parkruns last April and joined Canterbury Harriers in September, and now I'm doing the London Marathon!

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

I played roller derby for over five years for Croydon Roller Derby and Kent Roller Girls. Roller derby is a contact sport played by two teams of five members roller skating counter-clockwise around a track. My position on the team was a jammer, who scores points by passing members of the opposing team who attempt to block you, called blockers.

What is your favourite training session?

I love long runs! I always get a sense of achievement after clocking up a few miles and I enjoy the headspace of a long run.

What is the most beautiful spot you have ran in?

I'm not originally from Kent, and so I love running by the sea and in the woods. My favourite running route is along the Swale Estuary towards Whitstable.

How do you manage work life and running?

I get out and run in the evening straight after work and in the morning on the weekend. I also have a lazy greyhound, and so have to make sure he gets his walks!

What shoes do you run in?

My marathon shoes are a pair of Asics and I also train in Hoka One Arahi 2s. I need stability shoes due to a left knee injury sustained playing roller derby.

What is your favourite post run snack?

Marmite on toast!

What other sports are you interested in watching?

I don't really watch other sports...

What is a typical week's training for you?

I normally train four/five times a week; interval/hill session, mid-week middle distance, parkrun, and a Sunday long run.

What are your favourite races and distances?

My favourite distance is the half marathon, but I'm relatively new to running and so I've never completed a 10k race (and I'm just about to do my first marathon)!

What are your future goals and ambitions?

To set a 10k race time and to PB at a half marathon later this year.

How do you keep motivated to run?

Running 26.2 miles is my current motivation! Otherwise I follow other runners on social media for inspiration and to keep motivated.

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

I'm a relatively new runner, so I need all the tips and advice I can get! My main tip is to not always chase a PB, but to enjoy races. I like to pick scenic races when I can.

RUNNING ABOVE AVERAGE - SAMMY-JO FOSTER

Last Saturday I raced the race of my life, put in a performance that I am incredibly proud of and got round a marathon in 4 hours, 1 minute and 1 second. I never imagined, in a million years, I would achieve this time, so I thought it was best to give you all my insight to where I think I got it right.

The Magna Carta marathon is quite a low-key event that follows the Thames Path trail starting at Runnymede. The route is essentially two relatively short out and back loops (2.5 miles) in one direction followed by four longer out and back loops (5.3 miles) in the other direction. This is only the second year it has run and there is the half marathon event on the same day, starting an hour later, with a much larger amount of runners. The terrain is a mixture of trails, grass and cement paths and very flat. There were some exposed tree roots on a couple of sections so you had to be careful to mind your footing, especially as fatigue set in. The other difficulty was when the half marathon runners set off it created awkward moments on the narrow sections where you had to squeeze in to let them pass you but this didn't impact on me too much.

I must say that I have really enjoyed the training in the lead up to this race, which is quite different to how my training went for the only other marathon I ran back in 2017. Training this year kicked off with a mammoth run on New Year's Day. This involved running to a parkrun approximately 6 miles from my house, running parkrun, running back to my home city, running another parkrun, then running home. Approximately 20 miles in total. I had done a few longer runs up to this point but those 20 miles felt like a proper slog. This is when I realised that in order to succeed in this marathon I was going to have to **respect the distance**.



I have heard a few people say that whenever they are training for a longer distance event they only ever get up to half the distance in training. Now whilst this may work for them this was never going to be a viable strategy for me. I was going to have to get comfortable with feeling uncomfortable. With this in mind – my Sunday long runs started at around 13-14 miles and gradually got longer every week up to around 22 miles. And these were not just road miles, some of these long runs were technical trails with massive hills to climb that felt like mountains when you were into double figures in terms of mileage. I am extremely lucky that not one of these runs I had to do alone. My wonderful boyfriend, and super ultra-marathon runner, Paul, was there with me every step of the way. We had a laugh and chatted (most of the time!), took stupid selfies and had some proper adventures. Having Paul with me meant that my whining was fairly minimal and we pushed each other on when we were struggling. By the time I hit the taper, 2 weeks before race day, I had reached the point where 20+ miles didn't scare me anymore. Even typing that out now seems ridiculous. By the time I got to race day I knew I had done everything I could to prepare me for those 26.2 miles.

Now in terms of race goals I would be lying if I said I didn't have a time in mind. My previous marathon time was 5 hours 11 minutes but this was my first marathon and it was a hilly trail route so I knew that getting a PB this year would be more than achievable. My running has got much stronger over the last 6-8 months and I have been able to run at a quicker pace for longer runs with my running club. I knew that a sub 4 hour marathon was extremely ambitious, but I was going to shoot for it anyway. This is a race I have trained for 100%, my A race, so you can be damn sure I will be giving that race my all. On the Tuesday before race day I went out for a little 5k leg stretcher and tried to keep at sub 4 hour marathon pace. It still felt pretty fast and I found it really hard going so I had no idea how the race itself was going to go when I would have to maintain that pace for another 37 kms. In reality a sub 4:30 would have been a more than realistic goal based on training times and my previous marathon. So I was more than a bit chuffed to come in just over that 'completely unobtainable' 4 hour mark. If I could go back in time to some of those longer training runs, particularly the ones that followed very flat routes, I would attempt to run one or two at a faster pace. This may have enabled me to get used to how it felt to run faster over the longer distances but hey isn't hindsight a wonderful thing?

I had been feeling really chilled out about the run in the 2 weeks leading up to race day. I knew I had put in the training and I felt completely prepared for it – you could even say I was looking forward to it! I had managed a parkrun PB the Saturday before and I was in a very positive

mental place. My 7 year old unfortunately came down with a tummy bug a few days before the race and even that didn't phase me, I was completely calm. Thankfully the bug avoided everyone else in the house. By pure coincidence I had the week off work leading up to the race so I'd had loads of time to recharge my batteries and focus on the challenge ahead. All week I had been dithering over what to wear as the weather forecast was fairly cool. I have very limited experience of how fast I could run 26.2 miles so I didn't know how warm I was going to get. I opted for shorts and my club t-shirt with no sleeves – on the basis that if I did feel a bit cold it might make me speed up! The other element I had been flip-flapping over all week was my fuelling strategy. Throughout all of my longer runs I have been fuelling with tailwind (electrolyte drink) in my flasks that I carry in my race vest. There were aid stations at both the start and turn around point on the route, stocked with tailwind, so technically I didn't need to carry anything. However, I wanted to be sure that I followed exactly the same strategy as I had done in training which involved taking a sip of tailwind approximately every 1k after the 5k point. With this in mind I decided to wear my vest on race day especially as it is so light and comfortable so it was unlikely to slow me down. It was more like a security blanket to be honest, knowing that what I needed to see me through that marathon distance was with me at all times.

Then **BAM** the day of the race arrives and I am completely overcome with nerves. They were so bad I didn't even want to run the race anymore. A drama free 90 minute car drive later and we arrived at the race HQ in plenty of time and collected our race numbers. After a few nervous toilet trips we gathered round for the pre race brief and set off promptly at 9am. I suspected that all I needed to settle my nerves was to run and I was absolutely right, by the time that first 2.5 mile lap was out of the way I had got into a good rhythm and I was enjoying it. I think a good taper makes you miss the sensation of running so I was relieved to be back to it. Predictably I set off a bit too quick and by the time the 2 shorter laps were done I had banked a couple of minutes. But I wasn't too worried as I headed out onto the first of the longer 5.3 mile laps and I was still smiling. The race director was absolutely right when he said that these longer laps were scenic. A few hundred metres in and I was already caught up in soaking up my surroundings – I was really enjoying myself. A couple of these laps flew by and I had already reached the half way point, still at a decent pace, and not suffering in the slightest. The best thing about this out and back style of lapped race is that as Paul was running too and was ahead of me we got to pass each other twice per lap and shout out some encouragement to one another. It really helped to take my mind off the distance, thinking about when I was likely to see him next, or if he had managed to gain any places. I was also very relieved to see that the gap between us didn't widen too much as the laps went on. I always knew I would struggle on the 3rd longer lap as the first 2 were about getting half of them done and the 4th was the final lap. The 3rd lap was always going to be a 'grin and bear it' 5.3 miles. So I was more than a little thankful when a fellow runner started a conversation with me on this lap about a mile in. It turned out that he is doing the Thames Ring 250 mile event and was using this a training run but I was more than happy to listen to him chatter on about his training. By the time I hit the 4th lap I was in a very positive head space. I kept thinking that I would hit that dreaded wall or the wheels would fall off...but I just kept going. I knew the pace had dropped off a bit but I was still running well and sipping my tailwind, I just had to keep pushing. I reached the turnaround point on the final lap, downed a cup of the sweetest blackcurrant squash I have ever tasted and thanked the super friendly marshals for the final time before heading back to the start/finish line for the *very last time*. I just could not believe how strong I felt for these last few miles. Paul finished about 10 minutes before me so came and met me on the corner of the final field. I even managed a little sprint finish!

Crossing the line, looking down at my watch to see a time of just over 4 hours and realising I was 5th female finisher was incredible. I wish I could bottle that feeling. I'm not ashamed to say

I was a little bit emotional. I was so proud of myself. Not just for those 26.2 miles but all the training I had put in leading up to the race itself. This is a medal that I am so pleased with and will keep me smiling for a very long time. I am not only proud of the time I achieved and my performance on the day but the fact that I had a really enjoyable race. There was not a single point on that race where I wished it was over or I couldn't wait for it to be done so that I never had to run again. This couldn't be more different to my race experience earlier in the year at the Canterbury 10 which you can read about [here](#). I knew all I had to do was believe in my training, I had nailed it.

So what next? Firstly I am going to have a week of recovery. Much lower running mileage and some swimming thrown in to help with this recovery. Then I have my first ultra-marathon booked in, the Weald 50k, in a little under 8 weeks time. My focus will be on longer runs with quality mileage – lots of trails and hills. If I have learnt anything from training for this marathon it is that you have to make your body familiar with what is to come. You absolutely have to get familiar with the distance and not just rely on race day adrenaline to get you through. I need to make my legs (and my head!) accustomed with what running 50k of trails feels like. The marathon has given me a good basis for the distance so I just need to continue with all the hard work I have put in so far. But most of all I want to continue to have fun and enjoy myself out on those trails because if running isn't fun then what is the point?

KENT FITNESS LEAGUE 2018/19: A SPECTATOR'S VIEW – BOB PULLEN

I'll leave it to your esteemed Supreme Chief XC Team Manager (AONB SSSI) to give you the lowdown on how the 2018/19 cross country season has gone in performance terms, but as I have had to sit (stand?) aside for most of the fixtures this year, I just wanted to share my experiences of being a reluctant observer.

I ran my first ever Kent Fitness League cross country fixture on 30 November 2003 at Blean Woods and joined Canterbury Harriers on the morning of the race. This was nine months before we moved to Whitstable from Croydon and two months after we decided to make that life changing decision after I ran the Faversham 10k and met up with some friends on Tankerton beach who had already made the move from London.

74 races and 16 years later, I have only managed to complete one fixture this season (Knole Park) mainly as a result of an achilles injury, but to my great surprise that has been a big positive rather than a negative. Some fixtures were missed for other reasons (Bettshanger Park – man flu; Oxleas Woods – judicious booking of a weekend away in Ostend) but essentially it was my ankle.

I used to dislike the Knole Park fixture because of the hills, but in recent years this has become one of my favourites. As I have got slower, I have been very fortunate



Nurstead Court XC, Meopham – Matthew, Marco, Peter and Gerry making a splash

to witness herds of deer not only crashing through the undergrowth above the path the race takes, but also streaming across the path itself. A wonderful sight to behold in the Autumnal gloom.

There are so many runners at Swanley Park that I never usually get to hear the pre-race announcements nor the signalling of the start of the two minutes silence for Remembrance Day. Not running the event this year meant I had a ringside view and was able to video it and post the video to Facebook. The mass start spread over such a wide field is a wonderful spectacle as is the poignant two minutes silence.

I've no idea what the conditions were like at Oxleas Woods as I was preoccupied with a plate of roast pheasant with braised endives washed down with a Sint Bernardus Christmas ale in a town near the French/Belgian border. I decided not to go to Bettshanger Park as I was worried that my man flu might develop into something more serious.

I was gutted not to be able to run at Nurstead Court as this is my favourite XC venue, an equestrian centre near Meopham. It has everything. Hills, water, woods, paddock, muddy paths, hills, hay bales, bomb craters, more hills. What I hadn't realised is the nature of the course lends itself to being an ideal one for spectators. The water jump, halfway stage and finish line are all fairly close together so after snapping most of the Harriers negotiating the water splash on their first lap, I was able to see people start their second lap and get back to the finish line before the front runners came through. I have never had the opportunity before to see the battles that go on for those all important placings in the top hundred finishers. Truly inspiring!

2019 was only the third time I had missed completing the Minnis Bay fixture since 2005 (it wasn't held there in 2009/10 and I missed 2011/12 for some reason, probably due to a debilitating bout of man flu).



Minnis Bay XC – Bob on the switchbacks in a previous season (blood, sweat and tears)

Whenever I have completed this fixture in the past, I have always dreaded not so much the infamous drainage dykes, but the lead-in to the finish across the switchbacks. One year I managed to trip over and fall into the brambles and cut my leg, the only time I have had to seek medical attention at a XC fixture. On that occasion I didn't fully appreciate the head coaches words of encouragement as I approached the finishing line and had to subsequently apologise for swearing at him. Luckily he saw the funny side.

For this year's event, shortly before the race started I walked down to the dykes to take some photos of the Harriers. There was already a large crowd surrounding the deepest dyke so I opted to stand by the penultimate one. This was probably the shallowest one of the series, but even so the lack of coordination displayed by many of the runners meant that it wasn't long before I was laughing my head off at the state of some of the people coming through. Honestly, if you've got no inclination to take part in XC but want half an hour of unbridled joy, get along to next year's Minnis Bay fixture. It's a hoot!



Minnis Bay XC – Jethro taking care not to get his hands wet

I will again be on duty ferrying the St John's Ambulance volunteers up to the halfway point in Blean Woods which is certainly no hardship if the weather is anything like it was last year. I'll also be nice and dry for the post-event lunch at the Dolphin.

I can well understand that XC is not for everyone, but even if you don't want to participate, do consider coming along to spectate and cheer on your fellow club members. The Kent Fitness League is probably the friendliest and most inclusive XC league in the country and with participants regularly topping the 400 mark, they are great events to watch. The post-race rehydration and calorie replenishment in a suitable pub is good fun too!



Minnis Bay XC – Emma, and her hat!

YOUR RUNNING COACHES

Gerry Reilly UKA Level 4 Coach (Endurance, Long Distance and Marathon) Head Coach

Steve Clark UKA Level 2 Coach (Endurance, Long Distance and Marathon)

Yiannis Christodoulou UKA Coach in Running Fitness

Jenny Benson UKA Leader in Running Fitness , UKA Coaching Assistant

Francis Maude UKA Leader in Running Fitness

Jo Norrington UKA Leader in Running Fitness

Thom Fentem UKA Leader in Running Fitness

Fiona Tester UKA Leader in Running Fitness

Paul Elderton UKA Leader in Running Fitness

REPORTING YOUR RACE RESULTS

For information Yiannis Christodoulou is the Results Manager for the club. Yiannis regularly monitors the major local road races and record Harriers results on our website. As part of this process he checks whether a road race event is certified accurate (i.e. it has been measured and certified as accurate by a qualified Association of UK Course Measurers Measurer). If it is certified as accurate then Yiannis ticks the "certified accurate" box for the event when entering the results and these results are then automatically transferred on to the website league tables and count in terms of club awards and points tables. The same applies to the principal international road races which club members take part in including the Reims and Le Touquet events and other major international city distance road races and marathons all of which are assumed to have been certified as accurate under their own national measuring systems and rules.

With regards to parkrun 5K results Steve Clark monitors the Whitstable Park Run website and records the weekly results on the website separately – the results from the Whitstable Park Run when the race is run on the standard two lap route are recorded as "certified accurate" and are automatically transferred to the league tables as this course has been officially certified as accurate by AUKCM. If the race is run over the "lollipop" route or the normal route is shortened on the day for whatever reason then the "certified accurate" box will not be ticked and these results will not be transferred to the league tables. These results and any other results where the course is not certified as accurate will show on the results table in green italics.

If you wish to check before entering whether a race is certified as accurate you should visit the UK Course Measurers website at <http://aukcm.org.uk/>. The association measurements apply to the standard road race distances of 5K, 5 Mile, 10K, 10 Mile, Half Marathon, 20 Mile and Full Marathon and these are the only race distances which qualify for our road race league tables and road race club awards.

Please note that statements on UK road race websites or entry forms that a course has been "accurately measured" are meaningless unless the course has been officially measured and certified as accurate by AUKCM. Races which have been given AUKCM certification will usually show the AUKCM triangle/wheel symbol on their entry forms, information sheets or websites. The AUKCM certificate is valid for a ten year period after which it is subject to a renewal process on expiry or if there is a change in course routing in the intervening years.

If you wish to notify a race result for logging on the website **PLEASE NOTIFY DETAILS DIRECTLY TO YIANNIS CHRISTODOULOU** at yiannis_christodoulou@hotmail.co.uk similarly if you have any queries or corrections with regard to results already entered please contact Yiannis. (Please note the underscore between the first name and surname).

SPORT COMPANY DISCOUNTS AVAILABLE TO HARRIERS

The Running Outlet 10% off

Bay Running Shop 10% off

Andrew Buckley 10% off

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

Order over 6 packets for free delivery

Use code YC10



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

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

Strength and conditioning offer. Remote & 1 on 1 strength & conditioning packages available to get you in peak condition for your race. Fully periodised plans & support network. Contact cogglesfitness@gmail.com & receive 10% off training with the code Yiannisgb10.



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PULSE ROLL

Get £10 off all products, use the code **YIANNIS10** in the shop. Go to pulseroll.com



7 CM LONGER
NEW IMPROVED DESIGN
EVEN MORE POWERFUL



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



HARRIERS ON FACEBOOK

One of the club aims is to upgrade the various ways that we communicate with each other. Most of us are familiar with Facebook and it seems a sensible way of informally communicating club/member messages and information. Like most social media it needs to be used in a way that we can all enjoy.

Facebook can be used to tell each other about weekend training sessions, club results, upcoming fixtures and sharing lifts to races etc. Indeed Facebook use is as wide as members wish to make it for club matters. If you are not already signed up to Harriers Facebook then it really is a must to help you keep in touch. Gemma Jeffrey is our Facebook Administrator.

- 1) If you do not already have your own Facebook account you need to set one up. This simply requires your email address and a personal password to set up. It's then up to you how much further information you choose to include. You are then ready to use the Harriers Facebook page.
- 2) To find Canterbury Harriers use the search bar at the top of your Facebook home page by typing in Canterbury Harriers and the page will come up. It can also be found by typing in www.facebook.com/CanterburyHarriers in your address bar. You can also find Harriers Facebook by clicking on the Facebook logo on the front of the Harriers website (top right). To see the posts from Harriers in your personal Facebook news feed click on the 'Like' button found just under the main photo.
- 3) If you want to post on the page there is on the left hand side of the page a box that says 'post' above it. You can then write your message and then press Enter - this will not be public and others won't see your message unless they look for it on the page. If you want something posted (eg. any events you are participating in, details of PB's or if you want to organise a training run) you need to private message the page which you can do by clicking on the 'message' button on the right hand side of the page. Your message will come through to Gemma Jeffrey (Harriers Facebook Administrator) who will then post your entry so that all members can view it. This method also needs to be used if you have any photos you would like to post. Alternatively photos can be e-mailed to Gemma at facebook@canterburyharriers.org who will then post them to Gemma site.
- 4) To see what others are posting on the Harriers page click the label. Recent Posts by others and you will see everybody else's posts, allowing you to also comment and 'like' on these.

5) Because Facebook is so instant simple messages can quickly be relayed within the club. As Administrator Gemma is keen to develop use of the site and for members to get involved with the posts, to like and comment on them. Brief news stories and photos are also very welcome so that these can be shared.

6) And finally if anyone has a problem in accessing the Facebook page please e-mail Gemma at facebook@canterburyharriers.org to help sort things out.

CLUB KIT CORNER – FOUISE CORBAY

See the Kit page on the Canterbury Harriers website

Canterbury Harriers - order your Harriers Kit here....

The club has a wide range of club kit and all members are encouraged to wear club kit, especially when representing Harriers in races...

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

There are male and female options for all items apart from the hoodies that are unisex. The size options are S, M, L or XL.

All items are printed with club logo and 'Canterbury Harriers' name.

Vests	£16.80 (a few older style vest ones available at £15)
Technical t shirts	£13.50
Long sleeve technical top	£13.00
Hi-viz long sleeve top (yellow or pink)	£11.50
Hoody	£17.00
Zippered hoody	£20.00
Running cap	£6.50
Running tights	£14.00
Jacket	£32.00
Skirt	£13.50

Also, if anyone who may have any **preloved kit** of any kind, but there is still wear left (size change or bought new kit), we can arrange a sale between club members.

HARRIERS TRADING PAGE

Holiday Retreat - special rates for members

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

Jo Norrington - holistic and sport massage therapist

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

Steve's Reynolds Maintenance

All house and garden maintenance
01227 361112 or 07951754926

Crackin' Glass

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

Hello to all members.

As you know we Harriers enjoy some 'perks' in the form of corporate discounts and advantages with various suppliers connected or associated to our shared pastime of running.

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

We will be pleased to hear from you.

All the best

Daren