



The Harrier

Vol 2 Issue 1 Summer 2009 Official Newsletter of the Maidstone Harriers.

HARRIER'S TO HAVE A NEW RUNNING KIT!

It was decided at the AGM that it was time for a redesign of the Maidstone Harriers club colours and also that it would be a good idea to have short sleeve T-shirts and long sleeve tops available in the club's colours. The proposed change was approved by England Athletics and the committee agreed to pay for all paid up members of the club in 2009 to have a vest in the new club colours.

The new supplier of the kit will be Wasp Sports and they sent us some different sized sample vests to try on over the last few weeks. Paula has been collecting peoples vest sizes and is planning to place our first order in mid July.

We are now also able to order short sleeve and long sleeve tops in the same good quality, technical fabric in our club colours so that you will be able to run in something warmer than a vest in races in the cooler months. The club won't be paying for these but you will be able to order these at cost.

We will also be able to order Hoodies and Waterproof jackets with the club name and logo on from September time onwards.

We hope to have the new vests and T-shirts available sometime in September ready for the launch of our new, improved image in the autumn!

If you have any queries about kit then please email Paula at StocktonPJ@aol.com or have a word with her on a Wednesday evening.



Existing Kit



Proposed Kit

Maidstone Harriers Club Colours

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Internet

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2009 FLORA LONDON MARATHON RESULTS

Once again the Flora London Marathon was a great success for the Harriers, both for our runners and marshals.

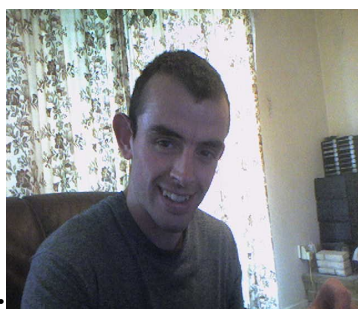
Lets take a look back and see exactly how well the Harriers did during the big race!

Sharon Hawkins	W45	3:06.34
Michael Murdoch	M40	3:17.18
Jonathan Harrison	SM	3:27.03
Andy Hall	SM	3:36.26
Michael White	M45	3:38.44
Paula Stockton	W40	3:42.37
Julie Stoppani	W45	3:45.24
Kay Risby	W45	3:50.23
Richard Sears	SM	3:58.25
David Thornby	M55	4:01.57
Matthew Fraser	M40	4:09.19
Floyd Risby	M45	4:11.36
Sarah Brenton	W40	4:13.24
Andrew Burgess	M40	4:29.07
Julie Wing	W55	4:46.58
Graham Pearson	SM	4:51.26
Gwen Moss	W55	5:17.31
Amanda Wetz	W40	5:19.58
Stephen Wing	M55	6:33.53

SPEED TRAINING ON THURSDAYS!

Speed training has recently started on a Thursday night. The sessions are organised by Nigel, and take place on the field behind the clubhouse.

The sessions start at 7:15pm. A good variety of speed related training has taken place, as well as agility work. For anyone interested in setting PBs or getting good race results, a speed session each week, is really beneficial to your training and fitness in general.



WELCOME FROM THE EDITOR!

Welcome to the newest issue of the Harrier, been a while since the last newsletter! It's been great to get back down the club myself and be able to do a little training and notice how many new members we are now getting.

Big changes are also happening with the Harriers, we have a nice new style running kit, and this should turn a few heads when the club turns out in force! To celebrate this, I've also slightly changed the look of the newsletter!

This latest edition we see the headline news being the 'NEW KIT' also read Paula article on the new Gazebo plus my own supermarket energy drink piece. Hannah Milford writes a very interesting article on finding the fastest marathons, plus updates from the Kent Road Running Grandprix.

I do need articles though to publish future editions of the newsletter, so if you feel like writing an article please do so, and then send it on to me! More material means extra newsletters, which can only be a good thing!

Ed.

SOME THINGS OF INTREST TO FILL THE TIME!

BY Michael Gore and Paula Stockton

THE MAIDSTONE HARRIERS GAZEBO!

Maidstone Harriers unveiled their new Gazebo at the Weald of Kent 10 in June. It was used to provide shelter for the tea and cakes stall. It is a top quality gazebo in green with the club's logo and name printed on it.

It is hoped to be used at all of the future Maidstone Harriers races. It is also planned that the gazebo will be taken to the cross-country fixtures in the autumn and winter to provide a meeting point and some welcome shelter for members from the rain and gales before and after the races. It will also be a good place for us to leave our belongings whilst racing. Hopefully we will no longer need to cover our bags with a black sack, still to find that everything is wet when we've finished!

Paula Stockton

SUPERMARKET BRANDS OF ENERGY DRINK: *By Michael Gore*

There are four main brands of energy drink, which you can purchase from your local supermarket such as Morrison's or Tesco's. These drinks are well advertised on the television and also within magazines such as Runners world and Athletics Weekly.

The most well known brand amongst the Harriers is Lucozade. Lucozade is the official drink of the Virgin London Marathon, and has proven a race saver for many a runner in its Lucozade sport version, including myself during the 2004 Flora London marathon! The drink is a special formulated Carbohydrate drink with minerals to help rehydrate when the body most needs it, you can also get other lucozade drinks, which also include added Caffeine.

The next brand is Red bull, this is a slightly different drink and is intended to be used as a pick me up, mainly before sports events, it can be used to help give you energy but it is not so good at rehydrating you as say lucozade. Red bull has a very high Caffeine content so acts pretty much the same as a strong black coffee would. Red Bull, are very well known in sponsoring sports events, Air racing and Grandprix racing are the better known sports they have involvement in.

Gatorade is the next brand, this is an American company and the drink works pretty much the same way as Lucozade sport does. This drink is my first choice for energy drinks on my long Sunday runs, not because it works any better than Lucozade, but I find it has a better taste and is easier to drink. This drink is used on most American marathons, so if anyone has ideas about running either the Boston or New York marathons, then it may be a good plan, to pop into the supermarket and get used to drinking this product on training runs.

Powerade is the last brand I'm going to mention, this is popular drink with footballers mainly and bodybuilders, it works in a similar way to Lucozade and Gatorade but has some interesting flavours! This drink is probably the lesser known drink out of the brands I've mentioned in this article.



2009 Kent Road Running Grandprix update

After six rounds of the 2009 Kent Grandprix, Maidstone Harriers are placed very strongly in both the men's and women's competitions.

In the men's standings, the Harriers are placed 4th team overall out of 35 clubs, with Tunbridge Wells Harriers in first place and Invicta East Kent AC 2nd. Individually in the men's standings, our top three placed are:-

Aaron Hughes 8th with 378pts

Graham Clarkson 9th with 361

Mike Murdoch 30th with 189

Graham Clarkson also currently leads the M40 category, whilst our top M50 is Dave Thornby who places 20th. Moving onto M60, David Hattersley is 17th overall.

In the women's standings, the Harriers are currently leading the standings which is a brilliant team performance. Larkfield AC are second with Paddock Wood AC placing third place.

Individually, we have four runners in the top 10! Sharon Hawkins places 1st overall with 282pts.

Sharon Barnett is 2nd overall with 216pts. Our third scorer is Julie Stoppani who is 6th on 160pts, these all being vet age group runners! Our first senior women is Hannah Milford, she is placed 7th overall with a score of 156.

Sharon Barnett also places 3rd overall in the W35 age group. Sharon Hawkins currently leads the W45s, with Julie Stoppani 2nd overall.

So overall, things are going very well for the Harriers this season, with a few rounds left to go, plus our strong events which are the longer ones, Thanet marathon and the Folkestone Half marathon we stand a good chance of scooping lots of trophies this season.

MEMBER FEATURE:

On a quest to find the flattest marathon

By Hannah Milford

I decided to run my first marathon in 2007 after my partner Tim ran the Tresco marathon in April that year. For those of you who haven't heard of Tresco, the course consists of 7 and a half laps of the island, incorporating three challenging hills per lap. After hearing Tim's tales of Tresco, I decided that we had to find the flattest marathon there is. I didn't fancy my chances on a hilly route!

And so, after a little research, we decided to run the Amsterdam marathon in October 2007, and have a little holiday while we were there. The Amsterdam course is an interesting one, starting and finishing in the Olympic stadium, looping along the banks of the Amstel for quite a stretch, and through the industrial part of town. But boy, is it flat! In fact, the only slight incline that I saw was a ramp up to a drinks station! There were around 8000 runners in the marathon which meant that even though we were at the back of the pack, we didn't have to wait too long to cross the start line, after the gun went off. The organisation of this race is very good, with lots of support from the locals in town, although there are parts which are pretty quiet. The Olympic stadium is a little way out of town, but it is well served by public transport, making the pre-race build up relatively stress-free. The weather was sunny but cold, making it pretty good conditions for marathon running (although not so great for the few days that we were sightseeing). The route is measured in kilometres which was slightly off-putting to start with, as it feels like you have a huge number to mentally 'tick off', but I actually found it encouraging how quickly each kilometre passed. I would highly recommend this race to anyone looking for a new PB, or a new city to explore. After finishing the race, I knew I wanted to run another, and so the quest to find another flat race continued.

After looking at the Runner's World top rated marathons, and deciding against one in America, we settled upon Berlin. Run in September, this is the world's fastest marathon, and is not only flat, but slightly downhill for a lot of the route. My mind was made up! And so, in September 2008 Tim and I arrived in Berlin, eager to race round this fast course. With around 40,000 entrants (making it bigger than London), I was overwhelmed at the scale of the event. Where Amsterdam had been an orderly affair, the start of Berlin was a challenge. There was one channel for all competitors, and fences along the side, and I watched as people tore down the fences, just to get into the starting area. I think I waited around 30 minutes to cross the start line, weaving through the piles of clothes that people had discarded in the middle of the course. On setting off, I found it really difficult to get into my stride through the sheer volume of runners all around me. The course is indeed flat, but could be wider at some points to ease congestion. Unlike at Amsterdam which is very popular with British runners. My high point was finding another Maidstone Harrier, Phil Savil, to share a few words of encouragement. When I finally got there, a little slower than I had hoped, the finish line just beyond the Brandenburg Gate was a truly welcome sight. Although my experience of the marathon was fairly negative, those towards the front of the pack had a different experience altogether. In fact, Haile Gebreselassie broke the world record, taking it under 2:04 for the first time. Tim wasn't far behind (in 3:03) and found the course, weather and crowds all worked to his advantage.

For our next attempt we thought we'd stay on home turf, and so, when we discovered that 'the fastest marathon in the UK' is apparently Edinburgh, we decided to enter that. The course profile isn't what I would call 'flat' but I'm hoping that after training around Maidstone, the hills won't be too much of a challenge. After that, who knows? I have my eye on a marathon in the United States, in the state of Minnesota. If anyone has been there, they'll know it is as flat as a pancake. Conveniently, the marathon coincides with our honeymoon which we will be spending out there. And so the quest continues...

RUNNING ON THE INTERNET

This is a list which has been printed in previous editions of the newsletter. The list below contains the web addresses of some interesting running sites. The sites are either mail order companies, where you can purchase new running kit or shoes. Other sites included, are information and also running communities which are becoming ever more popular.

Fetcheveryone – www.fetcheveryone.com

Web based running community, where you can share your training logs online. Has many members with a good race database, and often has lots of interesting things going on, the site is getting bigger by the day.

Runners World - www.runnersworld.co.uk

Homepage of the well known running magazine. Also has a free forum you can join, which has many runners posting both interesting and good training based topics.

Start Fitness – www.startfitness.co.uk

Running specialist online store. Many good offers on shoes and running tops. ASICS is a brand which start fitness specialises on, which means some good bargains to be had, if you use Asics products!



Harriers in action during the recent Weald of Kent 10-Mile Road Race

Coming up in future issues....

Latest News
Kent Fitness League 09/10
Latest info on Kent Grandprix 2009
Member features
Social events
Plus much much more!

Upcoming Road Races in Kent 2009

Sept 6 th	Thanet Half Marathon
Sept 6 th	Thanet Marathon
Sept 6 th	Weald St George's 10K
Sept 13 th	Canvey Island 10K
Sept 13 th	Wingham 10K
Sept 20 th	Faversham 10K
Sept 20 th	Tunbridge Wells 10K
Sept 27 th	Folkestone Half Marathon
Sept 27 th	Windsor Half Marathon