

NEW RECRUITS

NONE

NOVEMBER HASH

They don't learn, do they? 38 half wits, including THE MAJOR (since re-handled to SEMAN STAINS), back from his round the world single handed yachting expedition and FLASH, from the S.U.C.K. Hash, all of whom have clearly not got enough going on in their lives.

Never mind, hares for the day, PITCH and HUMPTYDUMPTY, were up early and laying their devious trail around the nether regions of Harvel. Quite what possessed them to take a pack of obviously skewey hashers through the famous valley, god only knows, but at least it only cost them the loss of one hasher. Poor old GADGE, who must have found the experience such a trauma, he couldn't make it past Whitepost Lane.

Just to make GOLDEN NUTS' day, the ladies were out in force, including a rare appearance these days, from 'EVERREADY. A new front running bastard was discovered in the shape of POCKETROCKET, BREEZERBABE's little treasure, while IRONMAN had the pleasure, at the rear of the proceedings, of the company of LITTLE PRINCESS and HUMPTYGIRLIE.

CLUB MEETING -

Quote

"Sunday isn't usually a W&NK day!"
(FOZZIE to BARRABOY and LOOPY)

BARNS GREEN HALF MARATHON

Thank fuck it's not only us! Other people daft enough to drive all the way to Sussex to run were also saying that, no matter how many times they go, they can never find the place. That was the answer! It's obviously in the middle of the Bermuda triangle! Well, not the Bermuda triangle, but you get my point?

Anyway, a maximum field of 1,000 were there, poised at the start for the off and.....nothing! So many late entries meant the start had to be put back 15 minutes, which from FOZZIE's point of view was good, as it gave him time to have a shit before he started and bad because it meant it was going to be longer until he could get back to his car to throw up and have a sleep. BIDDY and BANZAI on the other hand, were right in there, chomping at the bit, waiting for the start and 11.15am and they were off!

BIDDY was not the happiest hasher in the world, when he finish in 300th place and was given a bronze medal, only to find out that 299th place got a silver medal! Gutted or what ???

That'll make him run faster next time.

DARTFORD TRACK

Any die-hard no-lifers who attend Dartford track on Wednesday evenings, instead of keeping their finely honed arses in the armchair the watching Eastenders, should be aware of the etiquette of track running.

Obviously, you are likely to encounter a wide range of talents and abilities (and some of the talent is enough to make even the most hardened hasher run faster) and to ensure everyone can carry out their training relatively unobstructed, there are rules.

In general, anyone running faster than someone they are passing has the right of way and should be permitted to pass through on the inside, the slower runner moving aside to let them through. If you are running up behind a runner who is recovering or running slower than you, you should shout "Track" loud enough for that person or group to hear. They should acknowledge your call to show they have heard you and move aside to let you pass.

This rule is slightly different for runners from Swanley AC. In this case you should simply shout "Get out of the fucking way, wanker." loud enough for that person or group to hear. They will then fail to acknowledge your call and carry on in their own sweet wanker way. If you are approached by any strange individuals who make comments regarding their having the sole right to use lanes 1 and 2, simply smile at them and suggest they piss off and refrain from being so small-minded.

Provided everyone is alert at all times to the goings-on around them, use the call of "track" at the appropriate times and listen out for others doing the same, there should be few problems. The specific rules for Track and Field Conduct (as published by Central Park Athletics Ltd) otherwise known as the "THE TEN COMMANDMENTS", is printed later (as I'm pulling me hair out for anything printable to print - Ed)

Quote from the Fitness Professionals !

"Ange has got big saucepans!"

YesPleaseJeff (only he and possibly the LANDLORD would know! -Ed)

HARVEL HARE LINE

	2005	
2 January 2005	FOZZIE & SUPERMAN	Amazon & Tiger
6 March 2005	DURACELL & WIZ	Amazon & Tiger
1 May 2005	FATNAT & GOLDEN BALL	TBA
3 July 2005	GADGE (oh fuck! - Ed)	TBA
4 September 2005	SHAGGY & IRONMAN	Amazon & Tiger
6 November 2005	PITCH & PADGE	TBA

.....apply early for 2006 !

I include this, not only because some sad bastards will find it interesting, but also because it's quite a light running month and I'm short of other bollocks to write about:

Easy runs

Top coaches and exercise physiologists believe that most runners should do 80 to 90 per cent of their weekly training at the easy run pace (this includes your long runs, done at approximately the same pace). Easy runs build your aerobic fitness, and your muscular and skeletal strength. They also help you burn more calories and recover for harder workouts.

Tempo runs

Tempo runs help you improve your running economy and your running form. They are sometimes described as 'threshold' or 'hard but controlled' runs, and they will help you prepare for races of 10K to the marathon. Tempo sessions generally fall into one of two categories: steady runs of 2 to 6 miles; or long intervals with short recoveries. Here's an example of the latter: 4 x 1 mile at tempo run pace with 2 minutes of recovery jogging between efforts. You should do tempo runs no more than once a week, and they should make up no more than 10 to 15 per cent of your total training.

VO2-max runs

VO2-max training helps you improve your running economy and your racing sharpness. These sessions are sometimes called 'intervals', and are most useful when you are preparing for a race of 5K to half-marathon. Here's an example of a good VO2-max workout: 6 x 800 metres at VO2-max pace with 4 to 6 minutes of recovery jogging between efforts. You should do VO2-max workouts no more than once a week, and they should make up no more than 6 to 10 per cent of your total training. (When you run these workouts, you are running at or near 100 per cent of your maximum oxygen capacity, which scientists call VO2-max.)

Speed-form runs

Speed-form workouts help you improve your running economy, form and leg speed. These are also interval sessions tailored to help you prepare for races of 800 metres to 5K. Here's an example of a good speed-form workout: 8 x 400 metres at speed-form pace with 3 to 4 minutes of recovery jogging between efforts. You should do speed-form sessions no more than once a week, and they should make up no more than 4 to 8 per cent of your total training.

Yasso 800s

Yasso 800s are an invention of Runner's World US writer Bart Yasso, who has run more than 50 marathons and ultra-marathons. They're simple: if you want to run a marathon in 2:45, 3:29 or 4:11, you should train to the point where you can run 10 repetitions of 800 metres in the same time: 2:45, 3:29 or 4:11. The only difference is that your marathon time is hours:minutes and your 800 time is minutes:seconds. Bart suggests doing Yasso 800s once a week as part of your marathon training. Start with perhaps 4 x 800 and build up to 10 x 800. Between the 800s, take a recovery jog that lasts as long as your 800s. A good Yasso 800 workout: 6 x 800m at Yasso pace with recovery jogs between the 800s.

Long runs

Long runs form the foundation of all marathon training programs. Long runs build everything from your confidence to your discipline to your fat-burning. So, even when you're not training for a specific marathon, it's a good idea to do at least one semi-long run a week. Because long runs are done at a relaxed pace, there's great latitude in how fast you actually run. In general, we believe that slower is better than faster. Let your long runs be your slow runs, and save your legs for other days of the week when you might do tempo runs or maximum-oxygen runs. But there are a thousand theories about how to do long runs, none of which have yet been proven superior to the others. The important thing is building up the distance and training your body to keep going for 3, 4, 5 or however many hours it's going to take you.

Putting it all together

Don't overdo your training!

Hard days

We recommend that most beginner and intermediate runners do just two hard days a week. More advanced runners can do three hard days if they're careful. Each of the following is a hard-day workout: tempo runs, VO2-max sessions, speed-form workouts, Yasso 800s, long runs.

Hard days/Easy days

A hard session should usually be followed by one or (even better) two easy day sessions. Easy days can include rest days and cross-training days.

Rest days

Most beginner and intermediate runners should run no more than 4 to 6 days a week. We recommend one or two rest days, when you do no training at all (or just take a relaxed 30-minute walk) and one or two cross-training days.

Cross-training days

The world of cross-training has expanded dramatically in recent years. While research indicates that cross-training probably won't make you a faster runner, it can make you a stronger and healthier and less injury-prone runner. Runners do best with cross-training exercises that are non-weight-bearing. This includes swimming and aqua-running, strength-training, bicycling and rowing. We also like non-impact exercises, which include nordic skiing, elliptical training and step climbing.

Thanet Coastal 10 Miler. (Sunday 5 December 2004)

What a turnout ! 11 of the 'best' the club can offer mustered outside Harvel Hall at the unearthly hour of 8am for this one. Is this really surprising, with POPEYE on everyone's case about the possibility of a gold medal in the team event and FOZZIE waxing lyrical about SUPERSAM's chances of picking up a trophy!

The team, lining up a bit like a football team, with SUPERSAM, IRONMAN, PADGE, HUMPTYDUMPTY, PSYCHO and SHAGGY at the back, FOZZIE and PITCH in the middle, with HAIRY, POPEYE and BANZAI up the front! FATNAT was obviously tending to the nerves of the defence as she was at the rear, no doubt giving them a fucking good counselling !

10am and off they go and in no time at all, SUPERSAM clearly decided holding up the rear wasn't for him, as he went cruising past each of his team mates, reaching to the dizzy heights of 'in front of HAIRY'. The others were all seen to be giving it everything they had, coming home with a good all round performance. The resulting medal and mug was well worth the effort (for sale - one unused mug. Any reasonable offer considered. Contact FOZZIE).

TUESDAY NIGHT TRAINING

7.15PM OUTSIDE HARVEL VILLAGE HALL

(SEE CONTACT PAGE FOR DETAILS)

CIRCUIT TRAINING

Don't forget there's circuit training (by FOZZIE)

in the Harvel Village all on Tuesday & Thursday

(except 2nd Thursday of each month) 8pm, £3.50 per session

TRACK TRAINING

Wednesday evenings, Dartford Track.

Meet outside Harvel Village Hall 6.30pm SHARP or at the track 7pm.

It's floodlit and anyone can do it.

(£2 charge, payable to the lady with the sweeties and a very large broom !)

More details from FOZZIE.

THE TEN COMMANDMENTS

(As Approved by Dartford Harriers AC)

- 1 Only walkers in Lane 1
- 2 Where possible, walk or jog recoveries on the outside of the track.
- 3 Always look left and right before crossing the track.
- 4 No group to use more than three lanes at any time, excluding starting practice.
- 5 Never cross the throwing field inside the ropes.
- 6 All throws must be made from the proper throwing area in the correct direction.
- 7 Young athletes (under 18's) must be supervised by an adult, if throwing.
- 8 Equipment placed on the track or field should only be moved by the person using it.
- 9 All equipment must be returned after use, in the same condition as it was borrowed.
- 10 Please be considerate of other athletes.

NB - Track staff have been asked to ensure that athletes follow the above guidelines at all times. Failure to do so may result in athletes being asked to leave the track.

Please help to keep Central Park Track a safe and happy place to train on.

Forthcoming Events.....

January 2005

- 2nd HARVEL ANNIVERSARY HASH. On On The Ammy, 11.30am HARE by FOZZIE.
- 15th H4 CHRISTMAS DINNER. Harvel Hall. Black tie, three courses. (fucked if I'm running any course in only a black tie - Ed) Contact IRON MAN for details.
- 16th Dartford 10 (miles) 9.30am. Princes Golf & Leisure Club, Darenth Rd. £8/£9.

February 2005

- 1st CLUB AGM. Harvel Village Hall. 9.15pm(ish)
- 6th Ashford & District 10K. 11am. Sandyacres, Sandyford Lane. £7/£9.
- 13th Handicap H5
- 27th Tunbridge Wells Half Marathon. 10am. Tunbridge Wells Sports Centre, St Johns Rd. £8/£11. Entries on the day close at 9.30am

March 2005

- 6th Greenwich Meridian 10K. Greenwich. Details in Runners World Magazine
- 6th **Harvel Hash**
- 20th Adidas Breakfast Run 16. Kingston, Surrey. Details in Runners World Magazine
- Gatwick Half Marathon. Redhill , Surrey. Details in Runners World Magazine
- 27th Paddock Wood Half Marathon.
- WimbledonPremier 10K. Details in Runners World Magazine

April 2005

- 3rd Fullers' Thames Towpath 10. 9.30am. Chiswick, W4. University of Westminster Sports Ground, Hartington Road, W4. £10 o/t/d only. 600 limit.
- 10th Darent Valley 10K. Farningham, Kent. Details in Runners World Magazine
- 17th Flora London Marathon

AMAZON & TIGER (Club Sponsor)

Opening hours:-

Monday to Thursday 12 Noon to 3pm and 6pm to 11pm
Friday & Saturday 12 Noon to 11pm
Sunday 12 Noon to 10.30 pm

SWEATSHOPS

Newham Court Shopping Village, Bearsted Road, Maidstone, Kent, ME14 5LH.
01622 735 520

Fitness First, Princes Road, Dartford, Kent. 01322 311 119

H4 club members can get a 10% discount (5% if you pay by credit card. Doesn't apply to sale items) at Sweatshop. You need to show you club membership card, if you haven't got one of these ask IronMan and he will supply.

CLUB MEETINGS

Quarterly, Harvel Village, 9.10pm ish.
Liquid refreshments provided.

MEMBERSHIP SUBSCRIPTIONS

2005 subs to be set at AGM

CLUB MERCHANDISE

Running vests (£10), polo shirts (£7) and hats (£5)
Contact Fozzie or IronMan to order.

CONTACT HHHH...

This is the list pre AGM - Update on website & in next Joey

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