

THE HARRIERS HERALD

No. 182, April 2008

Editor: Sue Francis

In brief

- Thursday night schedules for April and May
- Compton Challenge – Dick sums up another successful event
- Correspondence received – additional detail on SEAA registration & England Athletics Affiliation
- IAH Relay preliminary details
- Thanks to Mo and Sus for their contributions this month
- Copy date for May's Harriers Herald – 30th April

Features and reports

- Silverstone Half – a strong performance for Sus and a PB for Elo
- Reading Half – PBs for Ryan, Peter and Sally
- Banbury 15 – a good result for Phil
- Oxford Mail X-C league – an end-of-series trophy for Sue
- Race results in brief – three Harriers complete 'The Grizzly' and Phil races the Oakley 20
- Handicap Race – Andy smashes his PB
- Website Update – Mo features pictures and comments from the Compton Challenge
- Events Diary – Mo's choice of races for spring and early summer

Thursday night schedule for April

Thurs 3rd Peter L to lead
Thurs 10th Lucy to lead
Thurs 17th Handicap Race
Thurs 24th Tom to lead

Thursday night schedule for May

Thurs 1st Pete H to lead
Thurs 8th Martin to lead
Thurs 15th IAH Relay
Thurs 22nd Mo to lead
Thurs 29th Sue to lead

Compton Downland Challenge

On behalf of the many, many competitors who took the trouble to come and find me in my nice warm classroom, I would like to say a big thank you for a job well done.

Runners were very grateful for the professionalism and dedication shown by everyone under such dreadful conditions. There was praise for all aspects of the race from the organisation at registration; through route-marking, nourishment and encouragement en route; the welcome and memento at the Finish; to the quality and presentation of the meal afterwards. It really was a very good show.

I wish everyone could have been at the school to hear all the kind words but believe me, your efforts really are appreciated.

Dick

Results now online at: <http://www.comptonharriers.org.uk>

Correspondence received		
Sender	Subject	
St Albans City Council	St. Albans Half Marathon (08-06-08)	Events Diary & notice board
Chinnor Christian Aid	Icknield Way Half Marathon & 10K (10-05-08)	Events Diary & notice board
SEAA	Info. update #13; EGM re revised constitution 2008/2009 club affiliation fee	File See below
Abingdon Amblers	Abingdon Marathon (19-10-08)	Events Diary & notice board
2:09 Events Ltd. / Saab Salomon	Entry forms for the following events: S. Downs Marathon & Relay (14-06-08); Forest Trail 10K series (various dates & venues); Turbo X-trail challenge series (various dates & venues)	Events Diary & notice board
England Athletics	Update on registration scheme	See below

SEAA affiliation fee 2008/2009 (extract from their note to clubs)

‘The reduced affiliation to the Association that your club paid for 2007-2008 runs out on 31st March 2008 and the Association intends to ask clubs for an affiliation fee of £10 for the year to 31st March 2009. The Association is no longer a governing body for sport in the south, but will continue to provide South of England Championships in all disciplines..... The affiliation fee is to commit clubs to the Association for team competition at our championship events and to cover the cost of administration in sending newsletters, entry forms and other papers. All affiliated clubs must also be affiliated to the governing body, England Athletics’.

So, for the fee of just £10, Compton Harriers can affiliate to the SEAA, which will enable us to enter teams in SEAA championships such as the Isle of Wight Fell Races.

Update on England Athletics Registration Scheme

When you renewed your Harriers membership recently, you probably also opted to pay the £5 affiliation fee for registration with England Athletics. In May, England Athletics will be asking the club for these fees.

Below are the key points from England Athletics’ recent letter to clubs.

‘...England Athletics apologise to those who experienced delays in receiving their competition licenses following registration ion 2007.....Registered athletes will have enjoyed benefits including the right to compete in closed events and save money on road race entry....The process hasn’t been smooth and, to this end, we will be launching a new club membership module in May 2008. This will enable club officials to:

1. View and export a complete roster of club members.
2. Update club contact information and build a detailed club profile to appear on England Athletics website.
3. Easily add or delete members.
4. Allow club members to update their own details with their own personal login, and opt-in to e-newsletter updates.
5. Keep track of whose England Athletics registration fees have been paid.
6. Automatically calculate registration fees due to England Athletics and produce a remittance advice for simple payment.

Individuals will receive e-mail confirmation as soon as payment is received, confirming their membership status and login details. Membership cards will be posted to individuals.

During the transition to the new system (March – May 2008) it will not be possible to register new members’.

IAH Relay, Thursday 15th May

Sue

The Institute's annual Relay will be held on Thursday 15th May, starting at 5:30 pm from the cricket field. The route will be as in recent years, each stage (1.6 miles, or 2530 metres) starting and finishing in the cricket field.

The Relay is open to those employed on the Compton site, and to other IAH Recreation Association members; in each team, at least two members should be employees and/or other Rec. Soc. members, but up to two team members may be relatives, friends or other guests, should you be struggling to make up a foursome. There will be start time advantages depending on the number of ladies and veterans in a team. Teams should be entered (to Sue) by 9th May.

Silverstone Half Marathon, 9th March

Sus

This is a race I normally treat seriously but, for some reason, I was just keen to go out there with no real plan and then see as I went along how it would take shape.

Elo, on the other hand, had a mission - to set a PB, his previous PB from 2006 was 2:42:58. He had done some hard training leading up to the day so I was convinced it would pay off.

A few minutes before 12:00 we went to the start. I had beforehand loaded Elo with 4 gels and told him not to shoot off like a rocket and, no matter what, just go out there and enjoy yourself. Somehow I am never very popular saying that because he actually does not like running but only does it to keep his weight down.

Dave Bedford dropped the famous chequered flag and we were off, when I realized that I had forgotten to tell him that he needs to drink water with the gels. In a situation like this he would do what I had advised him to and then struggle in swollen the dam thing and thinking "how do runners put up with these repulsive things". But there was nothing I could do now.

Personally I went off too fast but I did not mind; I felt I could afford to try so I just continued. The negative thoughts always come flying through my head during a race but, when I saw a younger lady among the spectators in a wheelchair, I thought how privileged we are to be able to do this and I felt rather naughty to have such depressing considerations.

The end was near and, though the conditions were near perfect in Silverstone terms, this was not going to be a PB but at least it was my fastest time ever at Silverstone so I was content with my performance.

I got changed, had a bit to drink and eat and went out to the stand to see Elo come home. I was not sure how long it took him to reach the start line but when I spotted him from a long distance I could tell that he was working hard to reach the finish line so apparently a PB was within reach. Sure enough, after crossing the finish line he looked up to the stand with both his thumbs up – that is my man I thought - a PB was in the bag!

Elo

Time	Overall	Gender	Age group
2:40:58	4542	3168	13

Sus

1:34:48	369	26	1
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4809 finished the race

Reading Half Marathon, 2nd March

Despite ongoing injury problems, Ryan recorded a P.B. (1:24:08) as did Peter L (1:29:06). Sus was very close to her best (1:33:44), while Andy set a good standard in his first half marathon (1:34:52). Meanwhile James Bird, a potential Harriers recruit, ran 1:36:21, and Sally (Peter's wife) finished in 1:54:56, another P.B. First man was Patrick Makau (Kenya 1:01:19) and first lady was Liz Yelling (GBR, 1:09:34).

Banbury 15M Road Race

Phil

I found it to be a well organised race with lovely hot showers and changing facilities, and plenty of cheap parking. The fact that it was a perfect day for running, with sunny blue skies and practically no wind was a great help too. It's also not too far to get to. I would highly recommend to anyone looking for a longish run before a marathon. It's reasonably flat with one or two gentle hills. My time was 2hr 04min 29sec.

Oxford Mail cross-country series

Race 5: Horspath

The final race of the cross-country series was held at Horspath, Oxford. The course, which includes playing fields, grass tracks, a hill and woods, was remarkably dry this year. Wendy Jones (Cirencester) won the ladies one-lap route in 17:40. The Team Kennet ladies were a bit depleted for this race, but Sue had one of her best runs of the series to finish 10th (20:06) and the team was 6th.

The mens race winner was Matthew Almond (Alchester) in 33:44. No Harriers ran this time, but TK's top finisher was Tom Munt (9th, 36:06) and the team was 6th.

After the races, the end-of-series presentations were made. Sue received a trophy for being 2nd FV35 lady overall. Meanwhile, TK's Rachael Elliot was 2nd senior lady, and Tom Munt was 4th MV40. TK ladies team finished 2nd (to Headington Road Runners) in division 1 of the series, while TK mens team was 5th in division 2.

Race results in brief.....

The Grizzly - Three Harriers had successful runs in 'The Grizzly'. Martin finished the 20-mile multi-terrain race in 2:55, with Dick crossing the line in 3:18 and Lucy in 3:45.

Oakley 20 – Phil finished in 2:52.

Handicap Race

Sue

Once again, only four Harriers made it for the monthly Handicap Race. Despite some very wet and windy days earlier in the week, conditions on race night were good for running, and there was even a little daylight remaining. Kirsty started first, with Lucy close behind. Lucy was on course for victory, until a calf twinge just 300m from the finish reduced her to walking pace. Meanwhile, further back, there was a good battle developing between Sue and Andy. Andy had started just 2 seconds behind Sue and had the misfortune to be engulfed by a fart on the start line. He wisely tracked Sue at a distance, and they passed Kirsty along School Road. Then, up Shepherd's Mount, Andy overtook Sue decisively and opened a big gap. Andy knocked an amazing 15 seconds off his previous P.B. for the route, for a well-deserved victory. Sue took second place, in her fastest time for 12 months. Lucy hung on to third place, with Kirsty not far behind.

Congratulations to Andy, and thanks to Mo and Sus for timing. The next Handicap Race is scheduled for Thursday 17th April, probably around the off-road route (to be confirmed nearer the time).

Pos	Name	Start time	Finish time	Actual time	Handicap Beaten?
1	Andy	3:09	14:25	11:16	-0:35
2	Sue	3:07	14:42	11:35	-0:18
3	Lucy	0:20	15:16	14:56	+0:16
4	Kirsty	0:06	15:46	15:40	+0:46

After three races, Lucy remains at the top of the table, with Sue in second spot and Andy now in third.

Pos.	Name	Race points									Total
		Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	
1	Lucy	5	7	5	-	-	-	-	-	-	17
2	Sue	3	6	6	-	-	-	-	-	-	15
3	Andy	4	-	7	-	-	-	-	-	-	11
4	Martin	6	4	-	-	-	-	-	-	-	10
5	Dick	7	-	-	-	-	-	-	-	-	7
6	Pete H	1	5	-	-	-	-	-	-	-	6
7	Kirsty	1	-	4	-	-	-	-	-	-	5
8	Peter L	2	-	-	-	-	-	-	-	-	2
9	John	1	-	-	-	-	-	-	-	-	1

Website update... <http://www.comptonharriers.org.uk>

Mo

Results for the Challenge are on the website and I will follow up shortly with a comments page to include the various messages of thanks from competitors who enjoyed the race and the fantastic support of all those who helped in making this year's event so successful.

I will also start the count-down to the Compton Canter on the front page shortly ... lets hope for a bigger turnout this year.

Now for a couple of links of interest before the events guide below:

My first link was submitted by our old friend from Denmark ... Jonathan Sydenham who took part in the Compton 20 and sent the following message:

Thanks for yet another great morning ☺

I took my camera along as we were not trying to actually run the 20 miler, and captured several of my minders misbehaving plus a few other runners. I think you may know Mark Shepherd from Team Kennet; another was Rich Kennington who is one of the RW "Dream Team" being "coached" on the Runners World website, and the third was Matt, a pretty good runner with the fastest beer belly I have ever seen (going for a good time at FLM). We had a whale of a time. Feel free to use any of the pics if you dare ...

Jonathan

http://www.flickr.com/photos/serioussocialsjov/sets/72157604245350238/?photo_deleted=2362217812

Another link to help you find that elusive running bargain is to a site which is very well structured and easy to use ... <http://www.dorunning.com>

Events Diary: Most entry forms can be downloaded from race websites; others are likely to be on the club notice board.

Sun 06 Apr 08	WHITE HORSE ½ MTHN , 10:00am, Millbrook School, Grove	13.1 miles	http://www.whitehorseharriers.org
Sun 13 Apr 08	FLORA LONDON MARATHON , 9:00 am Greenwich Park	26.2 miles	http://www.london-marathon.co.uk
Sun 27 Apr 08	BLenheim 7K , 11:00AM Blenheim Palace, Woodstock (OX20)	7k (MT)	http://www.blenheim7k.co.uk
Sun 04 May 08	NEOLITHIC MARATHON (& ½ Mthn) , 10:30am, Avebury, Wiltshire	26.2 & 13.1m	http://tinyurl.com/2f6fwy
Tue 06 May 08	SILVERSTONE GRAND PRIX 10K , 7:30pm, Grand Prix Cct	10k	http://www.silsonjoggers.org.uk
Sat 10 May 08	ICKNIELD WAY ½ MTHN & 10K , 10 am, Chinnor	13.1 m & 10k	Entry forms on club notice board or email webmaster
Sun 11 May 08	HAIRY LEGS CHALLENGE , 10:00am, Gatehampton Rec., Goring	5k, 20k, 5k	http://www.hairylegs.org
Mon 12 May 08	BERKELEY 10K/BEER RACE , 7:30 pm, Berkeley, Nr Dursley	10k	http://www.g4cio.demon.co.uk/berk10km/berkeley.htm (email webmaster for entry form)
Thu 15 May 08	IAH RELAY , 5:30 pm, Cricket Field, Compton		
Sun 18 May 08	WOODLEY 10K , 11:00am Headley Road, Woodley	10k	http://www.woodley10k.co.uk
	TOWN & GOWN 10K , 10:00am Oxford, University Parks	10k	http://tinyurl.com/2cc88t
Mon 26 May 08	KINTBURY 5 MILE RUN , 10.30 am Kintbury Recreation ground	5 miles	Entry forms on club notice board or email webmaster
Sun 08 Jun 08	WALLINGFORD THAMES RUN , 10:30am Howbery Park	~14k	http://www.thamesrun.co.uk
Sun 15 Jun 08	WARGRAVE 10K , 10:00am Victoria Rd Recreation Ground	10k	http://www.wargraverunners.net
Sat 05 Jul 08	THE COMPTON CANTER , 2:00 pm Recreation Gnd, Compton, Berks	10k	http://www.comptonharriers.org.uk
Sun 27 Jul 08	DOWN TOW UP FLOW ½ Mthn , 10:00am Windsor Leisure Centre	13.1 miles	http://www.purplepatchrunning.com
Sat 20 Sep 08	IoW FELL RUNNING SERIES , Ventnor, Isle of Wight	3,7 & 13 miles	http://www.rydeharriers.co.uk
Sun 21 Sep 08			
Sun 28 Sep 08	ADP HIGHCLERE 10K , 10:30 am, Highclere Castle	10k	http://www.newburyac.org.uk (or email webmaster for entry form)
Sun 19 Oct 08	ABINGDON MARATHON , 9:00 am, Tilsley Park, Abingdon	26.2 miles	http://www.abingdonamblers.co.uk

Berkshire Road Running Championships 2008

Distance	Race	Date	Status	Website
Half Marathon	Wokingham Half Marathon	10th February	COMPLETED	http://www.wokinghamhalfmarathon.co.uk/
10 Miles	Maidenhead Easter Ten	21st March	CONFIRMED	http://www.maidenheadac.co.uk/
10K	Wargrave 10K	15th June	CONFIRMED	http://www.wargraverunners.net/
Marathon	Abingdon Marathon	19th October	CONFIRMED	http://www.abingdonamblers.co.uk/
Marathon	Flora London Marathon	13th April	STAND-BY	http://www.london-marathon.co.uk/

Saab Salomon Trail Running Series: exciting new trails featuring; 10k Forest Trails; 10m X-C and Trail Marathons; <http://tinyurl.com/23fdpd>

Don't forget ... if you are looking for events other than those listed above, then just click on the Union Jack in the menu bar of our website and follow the various links.

(Mo – Apr 2008)