

## THE HARRIERS HERALD

No. 194, April 2009

Editor: Sue Francis

### **The 13<sup>th</sup> Compton Downland Challenge: Saturday 11<sup>th</sup> April 2009**

**Can you help with one of the UK's best Ultra Trail Races?**

Race HQ: Downs School, Compton  
40-mile figure-of-eight race route passes through H. Norreys, Ashampstead, Streatley, Aldworth, Compton, Chilton, Hendreds, Ilsleys

Volunteers required for: route-marking, car-park marshals, registration desk, road-crossing marshals, check-point/feed-point crews, finish marshals, first-aiders, serving food.....

Through everyone's efforts in previous years, the Compton Downland Challenge has raised approximately £10K for charity.

**If you, or friends and family, are able to help for all or part of the day, please contact Dick: [dickjan@talk21.com](mailto:dickjan@talk21.com)**

### **Contents, features, reports results**

- Thursday night schedules for April and May
- Correspondence received
- England Athletics registration
- Race results – Compton Harriers have been well represented in the Goring 10K, Banbury 15, Dorking Hilly Half, Grizzly, Forest of Dean Half, Fleet Half, Ashby 20, Hogweed Hilly Half, Basildon Burn and Reading Half.
- Handicap Race – Phil smashes her PB
- Webmaster's article – Mo features efficient recovery from training, and asks for feedback on his chosen 'link of the month'
  
- Thanks to Phil, Sus, Lucy and Mo for this month's contributions
- Copy date for May's Harriers Herald – 29<sup>th</sup> April

### Thursday night schedule for April

Thurs 2 <sup>nd</sup>	Lucy to lead
Thurs 9 <sup>th</sup>	Preparation for Compton Challenge
Thurs 16 <sup>th</sup>	Handicap Race
Thurs 23 <sup>rd</sup>	Tom to lead
Thurs 30 <sup>th</sup>	Martin to lead

### Thursday night schedule for May

Thurs 7 <sup>th</sup>	Pete O to lead
Thurs 14 <sup>th</sup>	Mo to lead
Thurs 21 <sup>st</sup>	IAH Relay?? – to be confirmed
Thurs 28 <sup>th</sup>	Sus to lead

<b>Correspondence received</b>		
<b>Sender</b>	<b>Subject matter</b>	<b>Action</b>
Chinnor Christian Aid	Icknield Way 10K and Half Marathon (09-05-09)	Events Diary & notice board
Handy Cross Runners	Marlow 5 (10-05-09), Wycombe 10K (19-07-09), Wycombe Half (19-07-09)	Events Diary & notice board
Newhaven Lions Club	Seaford Half Marathon, East Sussex (07-06-09)	Events Diary & notice board
St Albans Half	St Albans Half Marathon (14-06-09)	Events Diary & notice board
National Society for Epilepsy	Guaranteed places in London Marathon, British 10K, Women's 5K	Notice board
SEAA	Info. Update #121; form to update club secretary's info.	Form completed & sent off
England Athletics	Renewal of Club Affiliation and Member registration	See below

### ***England Athletics registration 2009/2010:***

**Club registration** is essential for the provision of public liability insurance. The Club registration fee (£50, paid from the Club account) is due on 1<sup>st</sup> April.

**Member registration** is required for runners to obtain a competition licence (many race entry forms now require you to provide your licence no. in order to qualify for the entry fee discount). Registration fees for individual members (£5 each) are due on 30<sup>th</sup> April. If you wish to remain a competing member of Compton Harriers please (if you have not already done so) pay your £3 club membership fee, £5 England Athletics registration fee and £24 Rec. Soc. membership fee to Lucy, our Membership Secretary, by mid-April. I will then complete the online England Athletics registration for all of our paid-up members and Pete H, our Treasurer, will provide me with a cheque payable to England Athletics to cover the £5 fee for each member.

### **Race results**

Members have competed in a wide variety of events in the South of England over the last month, with good performances all round.

### **Sunday 1<sup>st</sup> March**

#### **Goring 10K**

Three Harriers did well in the Goring 10K. Peter L was 64<sup>th</sup> in 42:30 and Sally L 563<sup>rd</sup> in 56:10, both running about 30 seconds faster than in 2008. Pete O was 269<sup>th</sup> in 49:17. 1<sup>st</sup> man was Chris Dettmar (Headington) in 33:48 and 1<sup>st</sup> lady Sam Amend (Handy Cross) in 39:01. There were 999 finishers.

### **Sunday 8<sup>th</sup> March**

#### **Banbury 15**

##### **Phil**

This is a lovely, well organised race which I also did last year after Sus recommended it. Ryan was also there this year with Jerry and Jenna supporting him. The weather this year, unlike last year when it was nice and sunny with practically no wind, was not very runner-friendly and we had some rather strong winds and sleet during the last half of the race. However it was still a very good day out and very enjoyable. Ryan did a brilliant time of 1:44:58 and was 55<sup>th</sup> overall. I was about 50 seconds slower than last year (I blame the weather for that!) and finished in 2:05:54, 222<sup>nd</sup> overall and 9<sup>th</sup> in my age category. In total there were 378 finishers.

## *Dorking Hilly Half*

**Sus**

It is a half marathon from Dorking to the top of the highest point in south-east England - Leith Hill - and back the same way, all off-road in a gully. Initially it does not sound very interesting going up and back the same way, but it is good fun, as you are struggling going up you see the front runners flying on their way back and you know in not such a long time it will be your turn to have a smile on your face. Before the start we were asked to sing the song about saving the Queen, I must learn the words one day, as I stood there feeling rather left out. Unfortunately they are charging an expensive price for it, but you do get a running t-shirt, a memento and a medal for your efforts, and full English breakfast afterwards.

First man	Andy Ward	1:25:57
First lady	Caroline Court	1:42:31
Fourth lady	Sus	1:44:38

231 finished the race, 5 runners started but did not finish.

## *Grizzly, 20M*

Three Harriers took part in this year's Grizzly. Martin finished an excellent 25<sup>th</sup> (5<sup>th</sup> MV45) in 2:45:42. Lucy also had a really good run, and was 226<sup>th</sup> in 3:17:18 (which placed her 2<sup>nd</sup> in the FV45 category). Rich, running his first race for some months can be well pleased with his performance - 381<sup>st</sup> in 3:30:29.

## *National Inter-Counties cross-country*

**Sue**

As I finished 5<sup>th</sup> in the Berkshire ladies cross-country championship in January, I was selected to compete for the county team, along with seven other Berks ladies, in the inter-counties event. The races are held round big loops of an undulating grassy course at Wollaton Park in Nottingham and every county can field a team of up to 8 runners. It's nice to represent the county and take part in a national, televised event, with running commentary over the speaker system, but the standard is high with some famous names racing. The ladies race (8K) was won by Stephanie Twell (28:15), and the winning team was Yorkshire. I was fourth home for the Berkshire team in 202<sup>nd</sup> position (34:57) in a field of 278 finishers. Berkshire finished 26<sup>th</sup> out of 33 complete teams.

## *Sunday 15<sup>th</sup> March*

### *Forest of Dean Half Marathon*

Pete O completed this event in 1:47.

## *Fleet Half Marathon*

**Sus**

It is a well organized race with more than 2000 runners, but for some reason I found it a bit boring. I am not sure why. But do not take my word for it, however be aware that the race start is first 11:30!

	Chip time	Gun time
1 <sup>st</sup> Man Matthew Blunden Royal Airforce	1:10:47	1:10:48
1 <sup>st</sup> Lady Victoria Gill	1:17:46	1:17:49
Sus	1:33:21	1:33:44
Lucy	1:37:49	1:37:56

## Sunday 22<sup>nd</sup> March

### ALDI Ashby 20, 22<sup>nd</sup> March

#### **Sus**

Phil, Ryan and I decided to do this undulating road race. Though a bit of a drive, it is worth it. Ryan wanted a fast finish so we decided to run it together. When we reached mile 15 I knew, seeing him starting to play football with the discarded water bottles, that he had much more in the tank than I had but instead of shooting off he kindly managed to drag me home and we finished together in 2:28:03. Phil, dressed as if she was going to the North Pole suffering from a cold, also did very well finishing in 2:46:54. Afterwards we all decided to have a massage. I had 2 girls working on me at the same time - I think Ryan was a bit jealous because he had an old man working on his leg. For our hard work we were gifted with a goody bag full of food and a warm hooded sweatshirt. Apparently the race is no longer among Runners World top 50 because the internet payment goes through another site – I have been wondering why our Compton races were not listed, now we know!

First man home Nathaniel Williams 1:49:48

First lady home Diana Lobacevske 2:02:40

### Hogweed Hilly Half

#### **Lucy**

I highly recommend this race – although it's a road race and somewhat hilly, it is well organised by runners for runners and is very friendly. The views are fantastic and the race ends on a precipitous downhill so you can overtake people. All the facilities that you could want are there on a small scale – nearby parking, bag tent, refreshments, spot prizes, running gear shop and a nice green area to have a picnic, with a big hall in case it rains.

1:19:00 FISHER, Tom 1<sup>st</sup> man

1:29:37 WILLIAMS, Sophie 1<sup>st</sup> lady

1:38:40 GETTINS, Lucy (4<sup>th</sup> lady, 1<sup>st</sup> FV45)

270 finishers

## Saturday 28<sup>th</sup> March

### Basildon Burn

#### **Sue**

The Basildon Burn is a new charity event held at Upper Basildon, just 5 miles from Compton. The organisers had not advertised this inaugural race very widely, but had contacted Compton Harriers to ask if some of us could take part and advise them on any improvements required before they make it into a larger- scale event. It was a multi-lap race with each lap approximately 3.3K, and there was the option of running or walking 1, 2 or 3 laps. Each lap began in the recreation ground before heading out along a quiet road which joined the Aldworth Road. From here, the route was gently downhill for a mile, heading down Hook End lane. However, there was a sting in the tail at the end of each lap – a steep wooded track back up the Rec. to start the next lap. Tom, Dick and I represented the Harriers. The men opted for the 3-lap event (~10K) while I, having been unwell in the week, decided to err on the safe side and go for 2 laps (~6.5K). Before the start, the organiser emphasised that it was meant to be a fun run (Tom didn't look too sure) and then we were off. There were several fast starters but I was happy to let them get away – I reckoned if I could keep up with Dick I would be doing OK. Dick

and I ran together, and gradually the fast starters came back to us until, at the bottom of the hill on the first lap, there was only one person ahead. Halfway up the hill, Mo was cheering us on, and a marshal with a loud haler announced that Dick and Sue from Compton Harriers were doing well. There was plenty of support from locals as we re-entered the Rec. to begin our second lap. By the time we reached the hill on lap 2, we had caught the leader, and I crossed the finish line to win the 2-lap event (28:55), while Dick set off on lap 3 with his rival in tow. It was great to see him come into the Rec. for the final time and cross the line in 43:15 with a comfortable winning margin. Tom also did very well and completed the 3 laps in 1 hour exactly. About 40 people of all ages took part. All finishers had a Mars Bar and, much to our surprise, Dick and I received very generous prizes – vouchers for a local mountain bike shop. I very much enjoyed the event – pleasant route, well-marshalled, friendly atmosphere, nice and local - and would recommend it.



**Dick & Sue chase the fast starters on lap 1**



**Tom tackles the first hill**

### **Sunday 29<sup>th</sup> March** **Reading Half Marathon**

Three Harriers raced the Reading Half in good conditions. Ryan had a sore throat, but ran well to finish in 1:27:23. Sus had a great run to set a PB of 1:31:41, while Sally, running only her second race this year, did well to finish in 1:55:12. The first man and lady were K. Limo (1:02:46) and J. Kirui (1:12:49) both from Kenya.

## Handicap Race

Sue

New runners have a habit of turning up for the first time on a Handicap night. On this occasion, Pete O brought along two friends, Romy and Terry, for their 'baptism of fire'. Conditions were good for running and there were some good performances. Phil and Pete O both had great runs and smashed their PBs to finish first and second, well ahead of everyone else - this was Phil's first ever handicap victory. Dick ran his fastest time for some years, achieving his target of sub-12. Everyone else followed in close succession. Kirsty showed a good improvement to take fourth spot, while I continued my trend of making a 3-second improvement each month. A fast-finishing Martin set the evening's fastest time, just passing Lucy, who put in another consistent performance. Romy and Terry both put in solid performances to complete the race.

Well done Phil, and thanks to Jan for timing. The next race is scheduled for 16<sup>th</sup> April and should be around our summer off-road route (which is about 300m longer than our winter route).

After three races, Dick and Pete O share the lead at the top of the Handicap Championship table, with Phil and Sue sharing third spot, five points behind them.

Pos	Name	Start time	Finish time	Actual time	Handicap Beaten?
1	Phil	2:04	16:07	14:03	-0:53
2	Pete O	2:58	16:16	13:18	-0:44
3	Dick	4:42	16:38	11:56	-0:22
4	Kirsty	0:37	16:49	16:12	-0:11
5	Sue	5:06	16:53	11:47	-0:07
6	Martin	5:54	16:59	11:05	-0:01
7	Lucy	4:18	17:01	12:43	+0:01
8	Romy	0:37	17:06	16:29	New runner
9	Terry	1:10	17:19	16:09	New runner

Pos.	Name	Race points									Total
		Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	
1=	Dick	6	6	5	-	-	-	-	-	-	17
1=	Pete O	4	7	6	-	-	-	-	-	-	17
3=	Phil	-	5	7	-	-	-	-	-	-	12
3=	Sue	5	4	3	-	-	-	-	-	-	12
5	Martin	7	2	2	-	-	-	-	-	-	11
6	Lucy	3	3	1	-	-	-	-	-	-	7
7	Kirsty	2	-	4	-	-	-	-	-	-	6
8=	Romy	-	-	1	-	-	-	-	-	-	1
8=	Terry	-	-	1	-	-	-	-	-	-	1



## [Website update... http://www.comptonharriers.org.uk](http://www.comptonharriers.org.uk)

### Mo

In last month's Herald, I recommended <http://www.ultramarathonrunning.com> for UK and international ultra running races; shortly afterwards, the site was hacked into and had to go off-line ... well I hope it had nothing to do with me picking it as a link for the month! So just in case you didn't get a chance to look at it, the site is now back on line. In summary, the site provides race information for ultra running enthusiasts; including trail, mountain, desert & other ultra long distance endurance events. For an instant link to the UK events, just follow this link <http://www.ultramarathonrunning.com/races/uk.html> .

Recently I received a request to add a link on our website to [www.yourperformance.co.uk/home.htm](http://www.yourperformance.co.uk/home.htm) . The site provides information and advice on how to improve your athletic and mental performance. I found the site extremely interesting and informative and recommend that you all have a look at it. However, I don't feel entirely comfortable in adding a link on our website as the site does show you how to increase performance illegally, although I don't think that is the intention. Am I being overly sensitive ... what do you think? When you've had a chance to check it out, let me know by email if you think we should add a link to the site.

### **My article this month is a guide to Rest and Recovery**

To run at your best, your body needs time to recover between training sessions. As soon as you pull off your trainers your body kicks into action repairing and rebuilding muscle. Long runs, hard sessions and races will also dramatically lower your immune system, so knowing what to eat, drink and do immediately after exercise is vital for staying fit and healthy.

#### **Keep Moving**

Immediately after a hard run or race, gradually slow down to a walk – avoid stopping abruptly. By keeping your legs moving - and pumping new blood to your muscles - you'll help your legs flush out waste products. Grab an extra layer of clothing too as your core temperature will drop quickly after a run. The colder you are, the harder it is for blood to get to your muscles.

#### **Take A Dip**

Both ice baths and hot baths can have recovery benefits. A quick cold dip immediately after your run will improve circulation and help reduce inflammation. A hot bath later will help ease any lingering soreness.

#### **Stretch Out**

Ease into stretches slowly after a run – to avoid damaging muscles after a tough workout. A light sports massage and/or wearing compression clothing can also boost blood flow and help expel lactic acid. Follow a hard session with an easy recovery run or cross-training the next day. Non-strenuous exercise will encourage the delivery of oxygen and nutrients to tired muscles.

#### **Drink Up**

Re-hydrate afterwards - aim to drink 500ml of water or diluted juice as soon as you get back from a run. For every kilogram of weight loss, you'll need to drink approximately one litre of fluid.

#### **Food For Thought**

Eating for recovery is a long-term strategy; the first hour after a workout is the most crucial - your body replenishes glycogen at three times its normal rate immediately after exercise. This rate slows with every minute you waste. Try to eat a mix of carbohydrates and protein. Recovery drinks and energy bars are quick and easy options; alternatively, snacks like eggs on toast, fruit smoothies and tuna sandwiches all contain roughly four times as much carbohydrate as protein (the recommended ratio).

Don't neglect your nutrition for the rest of the day either. It can take up to two days to fully replace the glycogen you use during exercise. Maintaining a high-carbohydrate diet, even on non-running days, will help build your energy stores for future running.

Getting enough quality sleep should still be a priority. During deep sleep, your body releases human growth hormone (HGH) which helps build and repair muscle, and encourages the body to use more fat as fuel. Without the right amount of HGH, your recovery will be hindered and you'll take longer to increase your aerobic fitness. Disrupted sleep can also interfere with your metabolism.

#### **Listen To Your Body**

Build in rest days to your training regime - how many you need will vary from one runner to the next. What's most important is being alert to any aches, pains or fatigue. Check your pulse as soon as you get up. If it's 20 per cent higher than normal, take a break.

Mo – April 2009