

# THE HARRIERS HERALD

No. 206, April 2010

Editor: Sue Francis

## Contents, features, reports, results

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- Correspondence received
- Compton Downland Challenge – this weekend!
- Compton Harriers Reunion – update
- IAH Annual Relay – details
- Race results: ‘Bath Half’ – first time sub-1:30 for Sus; ‘Oxford Mail cross-country’ - Sue claims a trophy in last race of the series; ‘St. Patrick’s Day Run’ – a win for new member Sarah; ‘Reading Half’ – good times all round for eight Harriers; ‘Spitfire 20’ – a good performance by Pete H; ‘The Terminator’ – Hannah wins her first race trophy; ‘Cranleigh 21’ – Pete H achieves his target despite a hangover
- Handicap Race – Peter & Terry are inseparable at the finish, while Alison wins the trophy
- Webmaster’s article – Mo features the new Harriers Social Network, and maintaining good energy balance
- Thanks to Sarah, Sus, Pete H, Hannah and Mo for this month’s contributions
- Copy date for April’s Harriers Herald – 29<sup>th</sup> April

## Thursday night schedule for April

Thurs	1 <sup>st</sup>	Short run / preparation for CDC
Thurs	8 <sup>th</sup>	Philomena to lead
Thurs	15 <sup>th</sup>	Handicap Race
Thurs	22 <sup>nd</sup>	Ryan to lead
Thurs	29 <sup>th</sup>	Hannah to lead

## Thursday night schedule for May

Thurs	6 <sup>th</sup>	Terry to lead
Thurs	13 <sup>th</sup>	Lucy to lead
Thurs	20 <sup>th</sup>	IAH Relay (see details below)
Thurs	27 <sup>th</sup>	Tom to lead

<b>Correspondence received</b>		
<b>Sender</b>	<b>Subject matter</b>	<b>Action</b>
Women’s Running Network	Half Marathon Series: 18-04-10 (Wiltshire); 11-07-10 (Cheshire); 19-09-10 (Sussex)	Events Diary & notice board
England Athletics	Affiliation fees due	Liaise with Pete & Lucy to pay for Club & for members
London Colney Rec.Centre	St. Albans Half Marathon (13-06-10)	Events Diary & notice board
Loch Ness Marathon	Loch Ness Marathon, 10K, 5K (03-10-10)	Events Diary & notice board

## Compton Downland Challenge – Saturday 3<sup>rd</sup> April

The 14<sup>th</sup> CDC is nearly upon us and, thanks to all those Harriers, friends & family who have been working away behind the scenes over the last few months and/or will be helping over the weekend, I’m sure it will be yet another very successful event for the Club.

## Compton Harriers 20-year Anniversary Reunion, 3<sup>rd</sup> July 2010

Responses continue to trickle in. I’ve been rather busy of late but, after Easter, will track down some more ex-Harriers and send another e-mail update.

## IAH Annual Relay 2010

Sue

The IAH Relay is an annual sporting event for people of all abilities. This year's event will be on Thursday 20<sup>th</sup> May, starting 5:30 pm from the cricket field, and with the same format as in 2009. Teams of four run round a lap which includes both road and tracks (each stage 1.6 miles) starting and finishing in the cricket field. The start is handicapped, and there is a trophy for the winning team.

The Relay is open to those employed on the Compton site, and to IAH Recreation Association members; however, up to two team members may be relatives, friends or other guests should you be struggling to make up a foursome.

The Bar will be open and the barbecue burning. Rec. Soc. have again kindly agreed to give a Pickled Pig drink voucher to all competitors and helpers.

You are asked to enter your team of four by 14<sup>th</sup> May at the latest.

Any volunteers for marshalling or helping on the BBQ would also be much appreciated.

To enter your team, or for maps, route descriptions, offers of help or more information contact Sue.

## Race reports and results

### Bath Half Marathon, 7<sup>th</sup> March

Sus

Though pricy (£30) I think it is worth it. Bath is such a beautiful city and, for those who like it, it is very well supported all the way round.

It was a cold frosty morning, and the ground at the runners' village had during the night frozen but, by the time the sun came out, it started to thaw which meant your shoes started to fill with mud. For those of you who know about my shoe "illness", they have to be sparkling clean every time I set out on a run, and especially a race. So panic got to me and I found myself just before the start, in bare feet, hammering my shoes towards the floor (I was actually not the only one) trying to shake off as much as possible.

After 1 mile, the route is 2 laps and then the same mile again to the finish, which I actually like – you know what is coming and can prepare yourself.

After 3 miles I heard a voice from behind, "*Susanne from Berlin*". It was a guy who had done Berlin with the same travel company as me and he remembered the Compton shirts! It just shows how small the world is! He was going for a sub 1:30 but felt that he was struggling. For a moment I thought I should try to help him, but the task seemed impossible if he already now felt the pain. So I selfishly continued my journey without him.

According to the route description, mile posters would be placed on the nearest lamppost to the mile and the accurate mile would be painted on the ground. I never saw the road painting, so every time I pressed my watch for another mile they were faster than I would normally do. I concluded it must be because they were not accurate – but the following miles were the same, faster than normal, and then I realized I was in for a fast time. I managed to keep the pace all the way to the finish and for the first time ever finished under 1:30. I was happy with my performance, but it was short-lived; I got talking to a girl I stood next to at the start and also finished with. She said this was her *marathon pace* but her coach had asked her not to go any faster due to an injury – suddenly I felt very slow – anyway still some way to go.

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pos	race#	name	category	gun	chip	10k
1		Ezekiel Cherop	M	01:03:03	01:03:03	00:29:27
35		Michelle Ross-Cope	VF35	01:12:07	01:12:07	00:33:38
452		Susanne Enhard	VF40	01:28:43	01:28:34	00:41:43

## ***Oxford Mail X-country league, 7<sup>th</sup> March***

**Sue**

The final race of the Oxford Mail x-country series was held at Horspath, near Cowley, on a bright but cold day. The ladies 6.5K course started on the sports field, and then headed off round a boggy field to reach the bottom of the hill up to Shotover Plain. This hill is akin to Streatley Hill, though not quite so steep, with the path weaving upwards between trees. On reaching the top, we ran around the edge of the plain, before the nice long descent. With a mile to go, we were on to flat, but very muddy woodland paths. Here, I lost a couple of places, but felt I had enough left in the tank to unleash a fast finish once we emerged from the mud onto the playing field. I regained the two places, and almost took two others, which was a nice way to finish. However, despite feeling this was one of my better races of the 5-race series, it was my 'worst' position (14<sup>th</sup>, 26:55). The race was won by Helen Barnes (Headington Road Runners) in 24:10.

The series trophies were presented after the race, Helen Barnes being the overall ladies winner. I received an award for being 2<sup>nd</sup> veteran (FV35), while Team Kennet ladies were 3<sup>rd</sup> team. Team Kennet's men finished 2<sup>nd</sup> overall in division 2.

## ***St. Patrick's Run, Reading, 13<sup>th</sup> March***

**Sarah**

Saturday 13<sup>th</sup> March was the 5-mile St Patrick's run around Reading uni Campus. The field was only small for the first running of this very well organised event. An easy to follow course, through quite beautiful surroundings considering we were in the middle of Reading! I was first lady home in a time of 39:06 winning tickets to the weekend's London Irish rugby at the Madejski stadium. This was quite a confidence boost for the next run.

## ***Reading Half Marathon, 20<sup>th</sup> March***

**Sarah**

Sunday 21<sup>st</sup> March was the dawn of my first half marathon, again in Reading. Very exciting stuff I have to say and only as the time drew closer to 10:05a.m you realised just how many people were around you anticipating the start! I set off in white section, 2hrs10minutes, so actually started roughly 10minutes after faintly hearing the gun go off quite far in front.

Timings were broken down at 5k, 10k, 15k and 20k intervals as well as start and finishing times. My actual finish time was 1:57:41. 5K marker was 28:11, 10K marker 54:36, 15K 1:23:10, 20K 1:51.40. Pretty pleased with an under 2 hour finish (only just) on my first attempt. The next one is a few weeks time with the White Horse Harriers.

Thank you all for the support. Unfortunately I now have a stinking cold, but a few days rest though and should be as right as rain!

Congratulations to Sarah and to the seven other Harriers and friends who also ran in the Reading Half. Peter L was first Harrier home in an excellent 1:27, while Sus continued her good form with 1:29. Ryan, in his longest race since overcoming a groin injury, did well to complete the course in 1:37, accompanied by Andy. Francis set a good target of 1:45, while Alison and Gill completed their first half marathons and can be very pleased with their finishing times of 2:20 and 2:26.

## Spitfire 20, March

Pete H

Whilst not an orienteering event, finding the start was not straightforward. It didn't help that I ignored the pre-race instructions to approach from an A road and instead took a shorter route along a series of unclassified routes. Nonetheless, the entrance to Dunsfold airfield where the race was based was rather well hidden. I had to concede and ask a local the way to the race start. Fortunately he guessed I was referring to the foot race as I later discovered there was a cycling race starting from the village green.

The start was delayed to allow everyone to deposit their bags in the storage area but, as this was the warmest day for some three months, hanging around on the infield was not a hardship. Being as the start was on a runway there were none of the usual bottlenecks associated with many races. Remarkably the field settled down very quickly with little undertaking going on throughout the race.

The course itself was the flattest outside of Cambridgeshire with pretty scenery to admire all the way around. Further interest was provided by the cyclists who for part of the route were racing in the opposite direction to the runners. And being as race HQ was an airfield there were aircraft: including a jumbo jet, a Hawker Hunter in Empire Flying School colours (pictured below), a Dakota and of course a Harrier. Why "of course"? Well surely you knew that the first Harrier test flight was here back in 1966?

Fans will know that *Top Gear* is filmed at Dunsfold so coming through Gambon onto the finishing straight I tried to imagine how the Stig would have taken the final bend. I then downsized the speed by 100 mph and reached for 5<sup>th</sup> gear. But after 19 miles I had to make do with 2<sup>nd</sup>.

The marshals were particularly enthusiastic and friendly, and distributed copious supplies of *Jelly Babies* greatly contributing to an enjoyable day out in the Surrey countryside.

The vital statistics: the winner took 1:56 with me in 169<sup>th</sup> position clocking 2:40:49 out of 635 finishers. Being as this was 6 minutes faster than my previous 20 miler in Bramley a month or so earlier, I was well pleased.



Has any Harrier found a better race-day parking space?

## *The Terminator, Pewsey, 14<sup>th</sup> March*

**Hannah**

I shook out the creases in my neglected Compton vest and used it for swim wear in Pewsey Running Club's 11 mile multi-terrain Terminator. The organisation was excellent, with some good spirited supporters; however it was a shame a herd of cows had done the race the day before. We were given the comedy rendition of "you will not survive without trail shoes" at the beginning of the race but most folks fell, decent kit or not. Survival was the race tactic, but a few strategic bog hops, and downhill scrambles rendered me a place well beyond my furthest expectations. I was placed 16<sup>th</sup> woman, and third in the senior women category. This was my first trophy, and I still glow with pride, skipping lightly over the fact that the third over-35 woman beat me significantly, and a familiar pig-tailed lady from Swindon shot passed me before I'd even whetted my appetite for the race.

586 entrants

First woman: Annie Baumber (Bracknell Forest Runners) 1:37:16

First man: Matthew West (Winchester & District A.C.) 1:22:02

Hannah: 1:58:44

## *Cranleigh 21, 28<sup>th</sup> March*

**Pete H**

My final long run prior to the London was the Cranleigh 21 which by way of coincidence is about five miles from the course used by the Spitfire 20 which I entered two weeks earlier.

With the race being staged on the first day of British Summer Time I planned on an early night to allow for the "lost" hour. However a phone call from an old friend I'd not seen for some time resulted in a pub crawl around Reading the night before. As a result I got little sleep and potential dehydration. I comforted myself with the thought that one of my best ever half marathon times came the day after a session on the lash, albeit many, many years ago. I put plan B into action – two pints of water before bed.

I woke up feeling surprisingly well, albeit rather tired. As ever I timed my arrival at the start with minimal time to hang around before the off. I should make a mention of the pre-race loo where one had to flush using a bucket of water rather than the conventional means. People in the queue lined up the buckets whilst they waited!

The course consisted of a 9-mile loop followed by a change in direction for 2 smaller 6-mile loops. The conditions were ideal – warm temperature, nice scenery and enough undulations to maintain interest, with a sharp uphill just before the finish. Whilst there was only a medal and orange squash at the finish, at only £8 to enter it was great value.

My initial target was 2:50 so once taking account of the night before and a slow start due to the narrowness of the road I was satisfied with 2:50:32 (175<sup>th</sup> out of 552 finishers). In fact as I'd not run this event before and due to it being a unique distance - 21 miles, 246 yards – I can claim a PB.

Post race, a saleswoman offered me a sample of an obscure protein drink which she assured me would aid my recovery and said I'd feel much better the next day for drinking it. All I can say is the taste was awful. After the Spitfire 20 I went for a 40 minute cycle when I got home to stop the legs stiffening up. This time I spent a couple of hours gardening. My conclusion is that the cycling works whilst gardening was not such a good idea – so much for the protein drink.

## Handicap Race

Sue

March's Handicap Race saw six regular Harriers joined by new member Sarah. To ensure no one had to hang around for long at the start, Mo and Alison were set off with 3 minutes less lead than they should have had so the 'real' winner had to be determined by post-race calculations.

There was a good battle to be first across the finish line, as Peter L caught Terry along Burrell Road, but Terry hung on. Jan was unable to separate them at the finish, and both were rewarded with excellent PBs. Sarah, a Compton resident who had done a test run round the handicap route earlier in the week in about 16:30, made a 2-minute improvement to be third home. Sue and Phil were next home, ahead of Alison and Mo. Alison had a fantastic run, knocking over 30 seconds off her P.B.

Post-race calculations revealed that Alison had beaten her predicted time by 1:10. So, had she started with her correct lead, she would have won the race with a 40 second margin ahead of Mo, then Peter and Terry. I have never seen anyone so happy to win the trophy as Alison – it was really nice to see! The points for the Handicap Championship have been awarded according to the amount by which each person beats their handicap.

Well done Alison, Mo, Terry and Peter, and thanks to Jan for timing. The next Handicap Race will be on 15<sup>th</sup> April, most likely around our off-road Handicap route.

Finish Position	Position on handicap	Name	Start time	Finish time	Actual time	Handicap Beaten?
1=	3=	Terry	3:38	16:37	12:59	-0:23
1=	3=	Peter L	5:02	16:37	11:35	-0:23
3	New Runner	Sarah	2:22	16:56	14:34	New Runner
4	5	Sue	4:46	17:11	12:25	+0:11
5	6	Philomena	2:29	17:24	14:55	+0:24
6	1	Alison	1:05	18:50	17:45	-1:10
7	2	Mo	0:27	19:30	19:03	-0:30

After three races, Mo retains his good lead in the Championship, but with Alison now in hot pursuit.

Pos.	Name	Race points									Total
		Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	
1	Mo	6	7	6	-	-	-	-	-	-	19
2	Alison	-	6	7	-	-	-	-	-	-	13
3	Sue	5	1	3	-	-	-	-	-	-	9
4	Terry	-	3	5	-	-	-	-	-	-	8
5	Lucy	7	-	-	-	-	-	-	-	-	7
6=	Pete O	4	1	-	-	-	-	-	-	-	5
6=	Pete H	-	5	-	-	-	-	-	-	-	5
6=	Peter L	-	-	5	-	-	-	-	-	-	5
9=	Dick	3	1	-	-	-	-	-	-	-	4
9=	Gillian	-	4	-	-	-	-	-	-	-	4
11	Martin	-	2	-	-	-	-	-	-	-	2
11	Meena	-	-	2	-	-	-	-	-	-	2
11	Francis	2	-	-	-	-	-	-	-	-	2
14=	Sarah	-	-	1	-	-	-	-	-	-	1
14=	Steve G	-	1	-	-	-	-	-	-	-	1

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

**Mo**

Links of interest this month:

<http://tinyurl.com/CHRCNetwork> we now have 9 members of the Harrier's Social Network, so if you haven't signed up yet, what's holding you back? There is now the opportunity to get various blogs underway and to inform other members of the events you have entered ... and your performances, experiences and views on any aspects of running etc.

*Article 3 in my nutrition and performance series covers the effects on your well-being of vitamins, minerals, fibre and other non-nutrients. This article also concludes with determining your own specific energy balance from your food intake.*

❖ *Vitamins, minerals and fibre*

Carbohydrate, fat and protein are the key nutrients in our diet, but these must be supported by sufficient intake of vitamins, minerals and fibre (to aid digestion). Some foods, such as breakfast cereals and fruit are "fortified" with vitamins and minerals, but it's better to get most of your daily intake from natural sources. Fruit and vegetables are a rich source of fibre, vitamins and minerals as well as antioxidants (to repair any muscle damage).

Aim for a variety of produce, rather than sticking to apples and bananas, in order to get the best range of vitamins and minerals possible. Green leafy vegetables like spinach and kale are good sources of iron, while strawberries, oranges and kiwi fruit are high in vitamin C for example.

The UK Government advice is that we eat at least five portions of fruit and vegetables each day which is actually easier than you might think. One of those five portions can be a juice and one can be dried fruit; throw in a banana, a salad with lunch and a helping or two of vegetables with dinner and you've exceeded the target. Also bear in mind that fruit and vegetables can be fresh, frozen or tinned. It's also worth noting that potatoes, despite being a vegetable, do not count towards your five-a-day target. Another interesting fact on fruit and vegetables is that in terms of vitamins, minerals and phytochemicals, the more colourful the better so why not try more red peppers, peaches, sweet potatoes and pink grapefruit for a start.

❖ *Other non-nutrients*

A healthy diet is as much about what you don't eat as what you do.

For instance, consuming too much salt can have a detrimental effect on your health, particularly on your blood pressure, so if your blood pressure is high or borderline, avoid excessive salt intake. The easiest way to reduce your salt intake is to stop adding it to your food. Many foods already contain amounts of sodium so cutting down on salty snacks like crisps and salted nuts and reducing your intake of highly processed foods will also help. The government also advises that salt intake should not exceed 6 grams a day (2.4g of sodium) - about one level teaspoon.

For information, the amount of salt in a food can be calculated by multiplying the value given for sodium on the food label by 2.5. For example, if sodium is listed as 0.2g per serving, the actual salt content is  $0.2 \times 2.5 = 0.5\text{g}$

Runners also like the odd drink when they are not training, but be aware that excessive alcohol intake will have an effect on physical performance and so drinking in moderation should be the norm. Alcohol not only interferes with reaction speed and coordination at the time of drinking, it also contributes to dehydration and hampers recovery, so even a day or so after you've drunk too much, your body will still be feeling the effects. Alcohol is also very high in calories, containing 7 calories per gram. Men should not consume more than 21 units of alcohol per week whilst women should not exceed 14 units. One unit is equal to half a pint of beer or a small glass of wine (125ml/4.5fl oz).

A healthy balanced diet can also help you to stay injury-free and also recover more quickly when you do have injuries. When muscles get tired, they become less efficient at absorbing impact forces and evidence suggests that good nutrition delays the onset of muscle fatigue. Good nutrition, particularly sufficient calorie and calcium intake, is important in preventing stress fractures.

❖ *Energy balance*

Your own specific energy requirements are unique to you. The government's guidelines for the general population recommend a daily intake of 2,550 calories for men and 1,940 for women. This relates to the average couch potato, but it is unlikely to be sufficient to fuel a runner's regular physical activity. As a general guide, a top class male athlete is likely to burn around 3,500 calories per day while a top class female will athlete burn around 2,900 calories. In general, the bigger you are, the more calories you will burn per day. Women burn fewer calories than men, while older and less fit people burn fewer calories than younger, fitter individuals.

❖ *Estimating your energy needs*

If you have a healthy body weight, and are able to maintain that weight, you are eating the right number of calories and achieving "energy balance", i.e. energy intake from the food and drink you consume is equal to energy output you expend during the day. If you are losing or gaining weight, then you are in a "negative" or "positive" energy balance situation.

There is a formula for estimating your individual energy requirement which uses your "basal metabolic rate" (BMR), which is the amount of energy required by your body simply to "tick over", and your "physical activity level" (PAL), a score based on how active you are in daily life.

To calculate your BMR, use the table below:

Where BMR = Basal Metabolic Rate and BW + Body Weight in kg (1kg = 2.2lbs)

<i>AGE</i>	<i>MALE</i>	<i>FEMALE</i>
<i>10-17</i>	<b>BMR = (17.7 x BW) + 657</b>	<b>BMR = (13.4 x BW) + 692</b>
<i>18-29</i>	<b>BMR = (15.1 x BW) + 692</b>	<b>BMR = (14.8 x BW) + 487</b>
<i>30-59</i>	<b>BMR = (11.5 x BW) + 873</b>	<b>BMR = (8.3 x BW) + 846</b>
<i>59 +</i>	<b>No data available</b>	<b>No data available</b>

Now check your PAL (Physical Activity Level) score using the table below:

<i>ACTIVITY LEVEL</i>	<i>MALE &amp; FEMALE</i>
<i>Non-active</i>	<b>1.4</b>
<i>Moderately active</i>	<b>1.5</b>
<i>Very active</i>	<b>1.6</b>

To get your estimated daily energy requirement multiply your BMR score by your PAL score.

**Example:** A very active 40-year-old female weighing of 60kg has a **BMR of 1344** ((8.3 x 60) + 846) and a **PAL score of 1.6**. Therefore her estimated energy requirement is:

**1,344 (BMR) x 1.6 (PAL) = 2,150 calories.**

Have fun with your calculators!

*Next month ... losing weight, fluid intake, fuelling physical performance.*

Mo April 2010