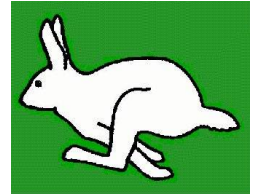


THE HARRIERS HERALD

No. 218, April 2011

Editor: Sue Francis



Contents, features, reports, results

- Thursday night schedules for April and May
- Correspondence received
- Ridgeway Relay 2011 – a call for team members
- Race results: **Oxford Mail X-C** – strong runs by Dick and Sue; **Goring 10K** – a tough race for Richard; **Spitfire 20** – five Harriers take to the race track; **Banbury 15** – Philomena sets a PB; **Cold Ash Fun Run** – Sarah and Lee take top-three places in local race; **Bath Half** – PBs for Sus and Ryan; **Reading Half** – Lucy is third FV50; **Water of Life 10K** – a good race for Gillian; **Oakley 20** – pleasing performances by three Harriers in the run-up to ‘London’
- Running Life series – Lucy tells about her transformation from slalom canoeist to champion ultra-runner
- Handicap Race – PBs and season’s best times abound, as Dick finishes first and Maggs takes the trophy
- Webmaster’s article – Mo introduces some improvements to the Website, and features forthcoming races
- Thanks to Richard, Lucy, Philomena, Sus, Sarah and Mo for this month’s contributions
- Copy date for next Harriers Herald – 3rd May

Thursday night schedule for April

Thurs	7 th	Handicap Race
Thurs	14 th	Gillian to lead
Thurs	21 st	Preparation for Compton Downland Challenge
Thurs	28 th	Peter L to lead

Thursday night schedule for May

Thurs	5 th	Ryan to lead
Thurs	12 th	IAH Relay? – TBC, or Sue to lead
Thurs	19 th	Philomena to lead
Thurs	26 th	IAH Relay? – TBC, or Sue to lead

Correspondence received

Correspondence received		
Sender	Subject matter	Action
English Road Running Association	Notice of AGM (07-05-11) National Road Relay, Birmingham (09-04-11)	File
SEAA	Club annual subscription due (£10)	Payment sent
Association of Running Clubs	Offering alternative affiliation to England Athletics	Discuss at this year’s AGM if required
Loch Ness Marathon	Loch Ness Marathon (02-10-11)	Events Diary & notice board
England Athletics	Club & Individual registration fees due end of April	Sue to complete online registration & send payment
SEAA	SEAA 10K Road Race, Crystal Palace (18-09-11) Info Update #132	Events Diary File

Ridgeway Relay 2011

A note from Sarah and Richard

Fellow Harriers,

Sunday 19th June 2011 sees this year's running of the Marlborough Running Club Ridgeway Relay. Richard Disney and I have taken over the planning and entry of this event from Martin who has organised everyone previously.

We need ten Compton Harriers to each run a leg from Ivinghoe Beacon to Marlborough Leisure Centre. Unfortunately the responses to my email have come in slowly to 'not at all'! We currently have (in no particular order):

1. Richard Kearns
2. Richard Disney
3. Gillian Anton
4. Sarah Lambert – Gibbs
5. Sue Francis
6. Lee Jones
7. Peter Humphreys
8. Pete Oliphant
9. Ryan Morris

We are one runner short and need a support team to help with car transportation and motivation also! Please do confirm if you can or can't make it, routes need to be learnt in good time. The weather last year was glorious and the team spirit really was great.

Many thanks,
Sarah and Richard

Race Reports

Oxford Mail x-country – Swindon, 6th March

Sue

The final race of the 2010-2011 Oxford Mail series was run over a new course, round Lawns Park in Swindon. It was very undulating, with few flat sections, there were a lot of twists and turns, and the ground was soft and boggy. I wasn't sure I would enjoy it, but I was pleasantly surprised. The twists and turns around ponds, trees, old stone walls, and patches of daffodils and snowdrops made it interesting and enjoyable and broke up the hills. The long downhill to the finish was also nice, and it was a good course for supporters (Mo!) to pop up at several points.

The ladies race was won by Newbury's Sophie Crumly (22:44). I gradually worked my way up to 9th position (25:32), but had to work hard in the final stages to drop an Oxford Brookes lady who was trying to hang on to me. Along with Team Kennet's Helen (11th) and Jenny (18th), we finished as 3rd team on the day.

The men's race was won by Woodstock's Steve Naylor (27:35). Dick had a good battle with Nick Bull, and they exchanged places several times throughout the race. Dick eventually got the better of Nick and they finished 130th (37:58) and 132nd (38:03) respectively. Colin was 170th (41:58) and, along with Team Kennet's James and Gavin, the team finished 8th on the day.

The races were followed by the presentations for the series. I received an award for being 3rd FV35 overall, while Team Kennet's Jenny was 1st FV45 overall. The final team positions were 4th for the ladies and 8th for the men.

Goring 10k, 6th March

Richard

Due to various injuries and some lack of motivation, I hadn't run this race for three years. Although it has no hills as long as the final hill at Woodcote I always find it ends up being a slower race for me due to its more undulating and exposed nature, and this year's race was no exception. Due to several local events, despite the large entry there were no 'star' local runners on the men's side that I could see at the start line, although Samantha Amend and Alison Bird made sure that there was some stiff competition for the women. The conditions were quite cool and breezy and, even though the sun came out at the start, it was quite cold waiting for the race to begin.

The first mile or so uphill shouldn't really be too hard early in a race, but I never felt that great from the start, so knew it was going to be 'one of those days'. I managed to slog round the course, finding it surprisingly challenging on the long straight road between South Stoke and Woodcote, mainly due to the strong head wind. As soon as we turned up the steep hill towards Goring several runners passed me, obviously taking it a bit conservatively heading into the wind. Even the downhill stretch into Goring near the finish seemed a bit of a struggle and I finished quite disappointed with my time of 43 minutes and 32 seconds.

At least that was the time I had on my watch, which I felt was very accurate. I noticed things were not quite right when the lack of a funnel meant that people were quickly passing or being passed by other runners immediately they crossed the line. When the first draft of the results was issued it became apparent that the chip system had badly malfunctioned with chip time around 3 minutes quicker than the gun times. My gun time was also quite inaccurate, my time being given as 43 minutes and 47 seconds, significantly different from my own time. After three revisions to the results, after which the chip times were magically made to agree exactly with the gun times, my official time remained unchanged. I think what must have happened was that procedures for the gun time were quite inaccurate due to the disorganisation at the finish. The use of chips, which might have proved to be more accurate, ended up being a total waste of time. So much for technology!

Anyway, despite the organisational glitches and not feeling my best, I do feel the course is an interesting and varied one and worth running (even if it was a bit over long this year, the diversion at the Leatherne Bottle railway bridge adding some extra distance which was not compensated for elsewhere!). Race winners:

Men:	Julian Sherman	Reading Roadrunners	36:23
Women:	Samantha Amend	Belgrave	37:21 (3 rd overall).
Male Veteran:	Ian Phillips		37:15
Women Veteran:	Alison Bird		42:38
Male Super Veteran:	John Abbey		39:31
Women Super Veteran:	Clare Elliot		50:16

Spitfire 20, 13th March

Sus

A very well organised run, and quite fun running around the Top Gear test track taking the famous bends at somewhat slower speeds than the "Star in a reasonably priced car". Outside the track, the course was well marshalled and challenging enough with two short but nasty little climbs. The water station volunteers were really enthusiastic and friendly, and there were plenty of energy gels and Jelly Babies, even on the second lap. Compton Harriers were well represented and we all did well, but Terry suddenly got stomach and leg cramp on the massage table and got the attention of all the female masseurs - well worth the £5 fee, I am sure!

1 st Man	John McFarlane	1:50:39
1 st Lady	Nicola Groom	2:16:19
Sus		2:16:44
Ryan		2:17:37
Lee		2:23:59
Terry		2:24:50
Phil		2:41:39

Banbury 15, 20th March

Philomena

This is a lovely undulating 15-miler over quiet country roads through some very pretty countryside. I would highly recommend it for anyone looking for something that bit longer than a half marathon. Very well organised and lovely hot showers after the run! This was my third time to do it.

Joint 1 st Man	Stephen Male (Oxford City AC)	1:25:43
	Nigel Marley (Coventry Godiva)	1:25:43
1 st Lady	Sophie Carter (Woodstock Harriers)	1:36:13
	Meena	2:00:26
	Colin (from Team Kennet and also doing it for his third time!)	2:12:12
	Gill Harrison (former Compton Harrier)	2:01:58

Cold Ash Fun Run, 27th March

Sarah

In aid of the Scout Group 1-mile, 3-mile and 6-mile races were held at Downe House sports fields. I took part in the 6-mile, along with Lee and 13 other runners, roughly 50 were entered in the 3-mile and children, parents and grandparents all took part in the 1-mile.

The course was mainly on-road with the first 3/4 of the race either flat or downhill, the last quarter was uphill adjacent to Slanting Hill from Marlston, made worse however when turning for home and realising there was still a lap of the sports field to go! I was first lady across the line in a time of roughly 52 minutes, the race was not timed and I don't wear a watch so asked a competitor behind me what time he made it! Lee was 3rd home and completely recovered by the time I reached the finish line!

The event was very well organised with highly visible signs and marshals for guidance. One for the diary for next year I think.

Race Results in brief

Bath Half Marathon, 6th March

Three Compton Harriers had excellent runs in the Bath Half. Ryan and Sus both knocked almost two minutes off their half marathon PBs to record 1:22:16 and 1:24:55 respectively. Philomena continued her return to racing with a pleasing 1:43:14.

Reading Half Marathon, 20th March

Three Harriers raced well in our local 'Half'. Ryan's fine form continued with a time of 1:23:40 (251st), with Martin breaking the 1:30 barrier (1:29:19, 615th) and Lucy taking the honours for 3rd FV50 (1:35:25, 1267th).

Water of Life 10K, 21st March

Gillian took part in this 'Purple Patch Running' event, in preparation for her forthcoming half marathon in Berlin. She did well to finish in 66:33 (206th), and then went on to act as a marshal for the half marathon which followed the 10K.

Oakley 20, 27th March

Three Harriers ran the Oakley 20, near Bedford, as their final long race before the London Marathon. Sus was not too keen on the route, and was held up at a one-way bridge. She was aiming for a sub-2:15, but achieved 2:16:46 to finish as 3rd lady. Philomena was very pleased with her 2:41:56 (3rd FV50) and Ryan was happy to finish in 2:20:59 as he felt very tired before the race.

Running Life Series no. 3

Lucy Gettins

Trying to follow Pete's classic running life is like following the Lord Mayor's Show with a pair of tweezers, but picking the relevant gems from my first 50 years are the following events:

Age 0 – 28: Not much formal running, as I was mostly interested in gymnastics. My most notable race was the 1975 school sports day 800 metres, where I was persuaded to earn the 'Blue' House 7 points by coming second (out of 2 runners!). School sports were dominated by skinny people who could run 100 metres in 10 seconds. However, my school was very progressive so I was allowed to get the gym mats out at lunch time and after school in order to practice. I started doing 2 paper rounds when I was 13, on foot so I could have a good read and, like most people in Broadstairs, I walked everywhere else too, so I must have been building a good base. And I managed to read a whole lot about Lord Lucan!

Age 28: I was introduced to road running by Sue Page, a New Zealander, when I was working at the University in Canterbury. She kindly showed me her 4.2 mile route before disappearing into the distance. I eventually managed to do this each day in about 37 minutes. She also told me about some routes through the woods – the mysterious landmark of a 'peg in a pin' turning out to be a 'pig in a pen'. I kept this running habit up for most of the ensuing years, memorably getting lost in Blean woods during a snow storm one lunch time.

Age 36: This was the year of my first marathon – London of course! I did 2 x 20 mile runs in preparation and finished in 4:40-ish (plus 10 minutes to cross the start line). Quite an achievement since my main sport was canoe slalom where body weight wasn't a factor, so I was rather massive at the time.

Age 42-50: The *decadus mirabilis* of my running career began when I joined the Glorious Compton Harriers. Here I discovered the tricky business of running off-road without breaking your ankles (still work in progress), leading runs without getting your club mates lost in the woods (failed on the first outing), and managing to get the Club Chairman to go out with you (success!). Other notable events were my first properly trained-for marathon (3:42 at Abingdon in 2004) and finishing the GUCR 145 in 2007: 145 miles non-stop from Birmingham to London, which I did in 41 hours 40 minutes.

Age 50 onwards: Although the usual age grouping is 45-55, 50 seems a good age to try for a few prizes, so I am giving up ultras for the year to concentrate on achieving Age-Group Glory. Now that my PB is teetering on 3:15, a good placing in the London Marathon FV50 age group seems possible, if only those fast kids from school would stay away!

Before joining Compton Harriers



After joining Compton Harriers



Handicap Race

Sue

Dry, still conditions, and a bit of moonlight, made for some good times in March's Handicap Race. Of the eleven runners, many set season's best times and there were even some PBs. It was an exciting race at the front as Dick, Colin, Lucy and I were close together at the bottom of the Shepherd's Mount climb. However, Dick passed Colin and, with his best handicap performance for a couple of years, held on to reach the finish first in a very good time. I set a season's best time to finish second, Colin (3rd) set a PB, and Lucy (4th) set a season's best. Philomena, Richard and Pete O all ran well and finished in close succession. Martin wasn't able to 'go for it' this month, but still ran a fast time. Maggs, despite having a stop at one point when she was unsure of the route, knocked an incredible 1:14 off her PB, which earned her the trophy. Gillian also set one of her best times, while Mo put in a consistent performance. Well done Maggs and Dick, and thanks to Jan for timing. The next Handicap Race is scheduled for Thursday 7th April round our off-road route.

Finish Position	Position on handicap	Name	Start time	Finish time	Actual time	Handicap Beaten?
1	2=	Dick	5:00	17:32	12:32	-0:28
2	4	Sue	5:35	17:40	12:05	-0:20
3	5	Colin	3:27	17:48	14:21	-0:12
4	6	Lucy	5:07	17:51	12:44	-0:09
5	7	Philomena	3:35	18:06	14:31	+0:06
6	8=	Richard	5:16	18:08	12:52	+0:08
7	10	Pete O	4:55	18:18	13:23	+0:18
8	11	Martin	6:25	18:42	12:17	+0:42
9	1	Maggs	0:11	19:46	19:35	-1:14
10	2=	Gill	0:37	20:32	19:55	-0:28
11	8=	Mo	2:00	21:08	19:08	+0:08

Three good scores in successive months have given Dick a 3-point lead in the Handicap Championship. I am currently second, with Mo and Colin sharing third place.

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	8	6	10	-	-	-	-	-	-	24
2	Sue	12	1	8	-	-	-	-	-	-	21
3=	Mo	10	5	4	-	-	-	-	-	-	19
3=	Colin	-	12	7	-	-	-	-	-	-	19
5=	Gillian	6	-	10	-	-	-	-	-	-	16
5=	Maggs	4	-	12	-	-	-	-	-	-	16
7	Lucy	7	2	6	-	-	-	-	-	-	15
8	Peter L	4	10	-	-	-	-	-	-	-	14
9	Steve	5	7	-	-	-	-	-	-	-	12
10	Pete O	9	-	2	-	-	-	-	-	-	11
11=	Terry	-	9	-	-	-	-	-	-	-	9
11=	Martin	-	8	1	-	-	-	-	-	-	9
13	Richard	-	3	4	-	-	-	-	-	-	7
14	Philomena	-	-	5	-	-	-	-	-	-	5
15	Pete H	-	4	-	-	-	-	-	-	-	4

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

Mo

There are some subtle changes to the website layout this month, one of which was somewhat of a forced change and the others are to make things a little more interesting. First of all, Yahoo in their wisdom, have decided to change the calendar access and viewing permissions which means that any notes attached to the various entries on our Website Events Calendar can only be seen if the visitor actually logs in to the calendar every time.

Therefore, to get over this, I have changed completely to the Google Calendar ... and also taken things a bit further by actually 'embedding' the calendar into one of the site web pages ... and all the notes can be viewed by just clicking on an event ... problem solved!

Secondly, if you look closely at the web address at the top of your browser, you will now see a small Harriers Hare icon just in front of the site address.

Next, I thought the menu area was starting to look a bit cluttered so I am starting to sort this out by first of all getting rid of some of the typed headings, leaving just an image link. This does save space and the link destination still be displayed on 'mouse' hover over the menu image. I will also reduce the number of menu links above the images by changing to a 'drop-down' or 'fly-out' menu.

Finally, the Harriers Herald will have two versions ... one will be the usual copy in portable document format (pdf) and the other will be an online electronic version in the form of a booklet where you can turn the pages by clicking on the bottom right edge of the publication. I have placed a note against the link to this version just to advise that it is preferable to have a broadband connection to view this version as it may cause a slow connection to 'freeze'.

Links of interest this month:

The first link for this month is <http://www.runningfreemag.co.uk/> which you may well already be familiar with. This magazine covers the usual running articles and tips and also has a very good events list ... it is also the inspiration for developing the Herald online version mentioned above.

Forthcoming Events – a selection of those listed on the Website Events Calendar:

Thu 7 Apr	18:15	Thursday Clubnight - Handicap Race - <i>Compton, Berkshire</i>
Sun 10 Apr	08:45	Paris Marathon - <i>Champs Elysees, Paris</i>
	10:00	Highworth 5 mile - <i>Warneford School, Highworth, SN6 7BZ</i>
	10:00	White Horse ½ Marathon - <i>Grove, Oxfordshire, OX12 7LB</i>
Sun 17 Apr	09:30	London Marathon
Fri 22 Apr	09:30	Maidenhead Easter 10 mile - <i>Maidenhead Office Park, SL6 3QH</i>
Sat 23 Apr	09:00	15th Compton Downland Challenge - <i>Downs School, Compton,</i>
Sun 1 May	11:00	30th Glastonbury Road Runs - <i>Town Centre, Glastonbury</i>
Mon 2 May	12:15	Chalgrove Festival 10K - <i>Chalgrove, Oxfordshire</i>
Sat 7 May	08:00	Ridgeway 40mile walk/run - <i>Overton-Streatley</i>
	10:00	Trailblazer 10k Series - Race 1 - <i>Clumber Park, Sherwood Forest</i>
Sun 8 May	09:30	Marlow 5 - <i>Higginson Park, Marlow, Bucks</i>
	10:30	Shiplake Scramble 10k - <i>Shiplake College, Oxfordshire, RG9 4BW</i>
Sat 14 May	09:00	Marlborough Downs Challenge - <i>Marlborough College, SN8 1PA</i>
	10:00	Trailblazer 10k Series - Race 2 - <i>Bedgebury Forest – Kent</i>
Sun 15 May	11:00	Pewsey Vale RC Bluebell 12K - <i>Collingbourne Ducis, SN8 3UH</i>
Sun 22 May	10:00	Trailblazer 10k Series - Race 3 - <i>Forest of Dean - Gloucestershire</i>
Sun 29 May	10:15	Bayer Newbury 10K 2011 - <i>Market Place in Newbury</i>
Sun 5 Jun	11:00	Wallingford 10K Thames Run - <i>Howbery Park, Crowmarsh, OX10 8BA</i>
Sun 19 Jun	07:30	22nd Ridgeway Relay - <i>Ivinghoe Beacon - Marlborough Sports Centre</i>
	09:30	Dash for Dad - 5k and 10k runs - <i>West Wycombe Park, Buckinghamshire</i>
Sun 26 Jun	10:00	North Devon Marathon - <i>Woolacombe, Devon</i>
Sun 17 Jul	09:30	Wycombe ½ Marathon & 10K - <i>High Wycombe</i>