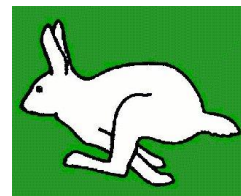


THE HARRIERS HERALD

No. 230, April 2012

Editor: Sue Francis



Contents, features, reports, results

- Thursday night schedules for April and May
- IAH relay update
- Compton Downland Challenge – can you help?
- Correspondence received
- England Athletics affiliation fees - reminder
- Race results: *Oxford mail cross-country* – Horizontal snow and freezing wind for the final race; *Silverstone Half* – Pete H close to his 25-year best; also results for *Bath Half*, *Banbury 15* and *Oakley 20*
- Handicap Race – A confident win for Philomena
- Running Life series – Terry describes his metamorphosis from flipper-wearing schoolboy athlete to fully-fledged Compton Harrier
- Webmaster's article – Mo features fitness testing at Oxford, the Olympic torch route, and forthcoming local races
- Thanks to Terry, Pete H, Mo and Philomena for this month's contributions
- Copy date for next Harriers Herald – 30th April

Thursday night schedule for April

Thurs	5 th	Final preparation for Compton Challenge
Thurs	12 th	Lucy to lead
Thurs	19 th	Handicap Race
Thurs	26 th	Debbie to lead

Thursday night schedule for May

Thurs	3 rd	Pete H to lead
Thurs	10 th	Martin to lead
Thurs	17 th	IAH Relay (see below for more details)
Thurs	24 th	Mo to lead
Thurs	31 st	Pete O to lead

IAH Relay

Sue

The Institute's annual Relay will take place on the evening of Thursday 17th May starting at 5:30 pm., and there will be no 'normal' club run scheduled for that day.

The Relay is an event for people of all abilities, organised by me (with the help of other Harriers) and supported by IAH Rec. Soc., who man the barbecue and the Pickled Pig bar. Teams of four run around a lap which includes both road and tracks (each stage 1.6 miles, or 2530 metres – ask me for map and route description) starting and finishing in Compton cricket field.

It is open to employees of the Institute, members of Compton Harriers, and we'd also like to encourage more teams from Team Kennet this year. Teams may also include relatives, friends or other guests, should you be struggling to make up a foursome. The idea is just to encourage lots of people to take part – whatever their ability. The start is handicapped so all teams should have a similar chance of winning, and there is a trophy for the winning team. Competition can be hot at the 'sharp end', but it's also a fun social event and is accompanied by a barbecue and bar, open to competitors' families too.

Please let me know if you'd like to form a team or would like more information; or if you don't wish to run but would be prepared to help as a marshal.

Compton Downland Challenge

Sue

Our club will stage the 16th Compton Downland Challenge this Saturday (7th April). This event is an annual trail race (choice of 20 miles or 40 miles) with race HQ, start and finish at the Downs School in Compton. The route takes in the villages of Hampstead Norreys, Ashampstead, Streatley, Aldworth, Chilton, the Hendreds and the Ilsleys. Competitors come from all around the UK, and we currently have about 230 entrants. Volunteers are required to help:

- On Friday 6th: Marking the course with arrows, tape, flour; preparing boxes for checkpoints; setting up the school dining hall.
- On Saturday 7th (race day): Registration; car-park marshals; route-marshals; check-point crew (there are 8 check-points on route, providing hot & cold drinks, sweets cakes bananas, minor first aid, transport back to base for retired runners....); handing out race mementoes at the finish line.
- On Sunday 8th: Tidying up at the Downs School; removing race signage and route markings.

Any volunteers will be much appreciated. Helping at such an event can be an enjoyable and inspiring experience. If you are willing to help, or would like to find out what is involved, please contact Dick on dickjan@talk21.com

Correspondence received		
Sender	Subject matter	Action
England Athletics	Club affiliation fee due (£50) Individual affiliation fees due (£5 per person)	Membership fee reminder (see below) Affiliation fees to be paid to England Athletics
Runner's World	Trailblazer Forest Race series (May & June 2012)	Events Diary

England Athletics registration & Compton Harriers membership – another reminder

Sue

All current members should have received Gillian's membership renewal reminder e-mail. Thanks to those who have renewed their membership for 2012. There are a few still outstanding, though we know those people intend to remain as members.

The £8 membership fee includes £3 for Compton Harriers membership + £5 registration fee to our 'national body' (England Athletics) which is essential for those who intend to compete to gain their England Athletics 'competition licence'.

Now that I have received the renewal reminder from England Athletics, I am required to register you on the online system and to send a cheque to cover all the £5 affiliation fees by mid-April. If you have not paid, I will not be able to register you, England Athletics will expunge you from their system and you will not get a competition licence until such time as you have paid; I will have to re-register you (when I register new members throughout the year).

If you have yet to pay your fees please send them to Gillian, our Membership Secretary ASAP:
gilliananton@hotmail.com

Race Reports & Results

Oxford Mail x-country, Wittenham Clumps, 4th March

Sue

The weather forecast for Sunday 4th March was ‘wet and windy’, but no one was quite prepared for the bitter wind and horizontal freezing rain which blasted across Wittenham Clumps and turned much of the course to mud. It was a real shame, because the course would have been fantastic in better conditions – a lap around the bottom of the clumps, a nice undulating section through Little Wittenham Wood, and then a long tough climb to the top of the biggest hill. The marshals looked frozen, youngsters were in tears at the end of their races, and even the men looked miserable by their second lap.

Arriving on the start line wearing a bin-bag, I found Debbie who, along with Gillian and Mags, had volunteered to marshal for some of the earlier races. Gillian and Mags had originally intended to race, but were now so cold that they couldn’t face it. I felt a mixture of relief and guilt that I hadn’t been a marshal! Despite being cold, Debbie somehow mustered the enthusiasm to race. As the gun went, the rain turned to snow and the wind strengthened. Parts of the wood were just muddy streams. Needless to say, there weren’t too many supporters out on the course to cheer us on. But in a strange way I rather enjoyed the additional challenge and had a good run, though I was certainly pleased to see the finish line. I finished 12th (27:56) while Debbie was 64th (34:22). Unfortunately, with only two of us running, Team Kennet did not complete a team. The race was won by Elysia Ridley (Witney, 24:33), who was the overall series winner. The men’s race was won by Alex Muir, an under-20 Newbury athlete, in 32:47. Martin was 97th in 41:01. Colin, in his first race since recovering from ‘flu, was 181st in 49:47. Team Kennet finished 7th in Division 2.

Fortunately we had the use of ‘The Earth Trust Centre’, a large enclosed warm barn with plenty of open space for cold, soaked, muddy runners to towel down. More importantly, there were hot drinks and cakes on sale! As this was the last race in the series, the trophy presentations were made to the series individual and team winners and runners-up. A number of Team Kennet athletes (across the age categories from under-13 children to over-60 veterans) collected awards, including Sue who was second over-35 veteran lady.

It was an enjoyable series this winter, and nice to have the company of more Harriers ladies – Mags, Gillian and Debbie. Many thanks to Colin for doing such a good job managing the team as well as competing. A couple of weeks after the Wittenham race, Colin presented trophies to the top-scoring Team Kennet ladies. Helen Preedy was top-scorer, while Sue was 2nd and Debbie 3rd, a great result for Debbie in her first competitive x-country season.

Bath Half Marathon, 11th March

Three Harriers put in good performances. Ryan finished in 1:24:11, Sus in 1:27:07, and Philomena in 1:38:28.

Banbury 15, 18th March

Mags completed her first Banbury 15 race in 2:55:22. She was joined by Banbury regulars Colin (2:07:01), Sus (1:42:13) and Philomena (1:54:29). Sus and Meena collected prizes for 1st and 2nd FV45 respectively.

Oakley 20, 1st April

Sus finished in 2:18:20 (1st FV45) and Philomena in 2:37:07 (4th FV50).

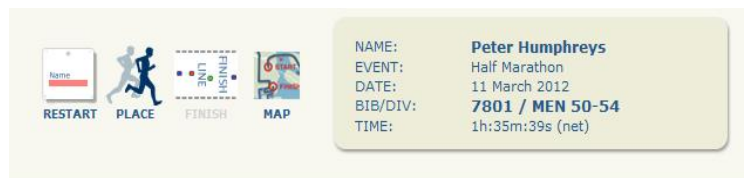
On 1st April, Compton Harriers also competed in the White Horse Half Marathon, the Reading Half Marathon, and the Coombe Gibbet-to-Overton 16 miles. Results next month.

Silverstone Half Marathon, 11th March

Pete H

One of my more unusual reasons for entering this race was to see the new formula 1 pits. The race takes in the entire F1 circuit and also zigzags its way around the club circuit and landing strips which afford a good opportunity to watch runners several miles back in the race.

Having done this race once, before I knew that the organisers' request for runners to arrive in plenty of time due to potential traffic problems was sensible advice. Last time out, it took me an hour to drive to within sight of the track and a further hour to cover the last mile. Of course I don't do early, but plan B worked well avoiding the A43 dual carriageway and taking the back roads around Stowe. Not a queue in sight until I turned right into the car park where I could see a long queue of cars coming off the main road in the opposite direction to me. It's still quite a long walk to the start and, when the PA announcer stated that runners should now be on the starting grid as there were only 15 minutes to the off, I deposited my race bag and made my way to the start. At which point he announced a 15-minute delay due to traffic problems. Then there was a further announcement and the race started only 5 minutes late.



NAME: Peter Humphreys
EVENT: Half Marathon
DATE: 11 March 2012
BIB/DIV: 7801 / MEN 50-54
TIME: 1h:35m:39s (net)

RESTART PLACE FINISH MAP

I spotted a pacer holding a 1:30 lollipop so decided to see how long I could stay with him. I've never tracked a pacer before and it proved to be an interesting experience. Much as bees swarm around a honey pot it was the same with the pacer with a large cluster of runners trying to get as close to him as physically possible. This meant a lot of pushing and shoving not to mention foot contact. I was expecting someone to fall but fortunately that didn't happen and, after about three miles, the group was considerably reduced. Just as well, it was a relatively hot day, 17°C according to the car temperature gauge but much warmer in the pace group due to the body heat emitted.

Having stayed with the pacer to 6 miles, I decided it was time to ease off otherwise I'd blow-up before the finish. I was certainly suffering in the later stages so a bit of motivation was called for. Being me it was a bit quirky. I've probably mentioned, in the pub, to some of the Harriers about a woman on my recent cycling holiday who broke three ribs, lost four litres of blood and spent a week in a coma. She finally came home from hospital this week – six weeks after the holiday ended. So working on the premise that Bronwen didn't give up then neither should I. I pushed on and finished in 1:35:39 which was 3 seconds off my best time for the event in the past 25 years.

I finished 362nd out of 6,352 finishers and 12th out of 201 in my age category. Amazing stats for me! According to the PA 10,000 entered – maybe the missing thousands are still stuck in traffic. Maybe the heat played its part as there were quite a few people walking in the later stages which, at my pace, you don't normally witness in half marathons.

YOUR SPLIT TIMES



YOUR SPEED



YOUR FINISH - a bird's eye view



LOCATION ON COURSE



Your location when **FEMALE WINNER** finished

Your location when **YOUR DIVISION WINNER** finished

Your location when **OVERALL WINNER** finished

mouse over

WHERE WERE YOU?
This chart estimates your location when selected leaders crossed the finish line.

WINNER
The winner of the event was in division MEN 18-39 and achieved a time of 01:09:48.

AVERAGE TIME



FRIEND'S LOCATION

To compare results of **this race**, enter LAST NAME or Bib ID of another entrant.

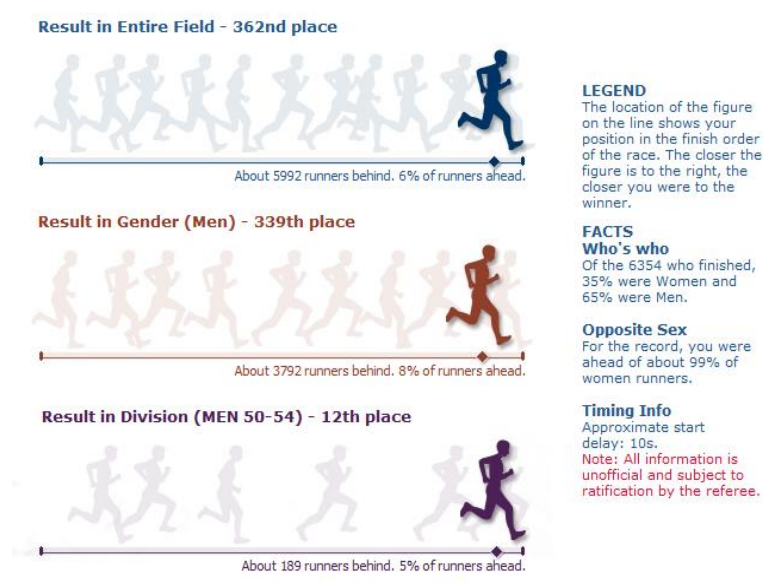
Compare

The race results on the web feature some interesting graphics compared with the normal listings most races provide. For example, in the online version, if one clicks on the coloured dots on the *bird's eye view* (above) it informs me who finished one second ahead / behind etc. The *location map* tells me I was almost at the 12 mile mark when the winner of the women's race crossed the finish line. Despite a couple of magic mats en-route it doesn't provide useful info such as split times.

The race was won by Scott Overall in 1:09:46 ahead of the wonderfully named Gi Man. Overall is currently the only British man to qualify for the Olympic marathon squad. Sally Baker won the women's event in 1:26:42

with perennial London winner David Weir taking the wheelchair race.

In the after race goodie bag was the standard club size t-shirt – that is one so large that most of the Harriers could fit inside it with room to spare. Has it not occurred to race organisers that most runners tend to be thinner than the average population?



Running Life Series no. 11

Terry Bartholomew

When Sue first asked me if I would write about my running life for the Herald my first thought was “oh heck I’ve been rumbled, how on earth am going to fill a page with my running life when I haven’t really been running properly anytime at all compared with most Harriers”. Sue simply said “don’t worry I’m sure you’ll find plenty to say when you get going”....hmm ok, well let’s see about that.

I used to run a lot when I was a young but that was really out of necessity to escape from my father’s slipper or to catch the school bus, I never actually realised it was a sport until I was at secondary school where we would be lined up on the track in our ‘stop complaining you’ll grow into them’ shorts and my big brother’s hand-me-down Dunlop Green Flashes which fitted like a pair of flippers and immediately gave me a unique running style I was famed for, and which I’ve only recently managed to shake off...I think.

‘And they’re....off’, no idea how far 1500 metres was so it was all hell for leather until kids of various shapes and sizes fell by the wayside in fits of wheezing and nausea, whilst I....inhibited by my flippers and the wind resistance of my shorts... found myself running with some others who looked like they knew what they were doing and I finished the race intact having realised running can actually be fun. Eventually I went on to enjoy moderate success at inter-schools competitions in 400m and 800m....oh I got me some new trainers too.

Cross-country was not a strong point for me at the Downs School however; I wasn’t struck on getting too wet and skating about in the mud during the cold winter months, but it was tolerable as it meant escaping school and calling into the village shop to buy gob-stoppers and bubblegum which could be sold for profit once back ‘inside’.

So school days of running came and went without any notable ill-effects. Then came my first real taste of ‘proper’ running as I joined the Army at 16 years old and was sent to Folkestone for basic training (‘basic’ as in what doesn’t kill you makes you stronger, but I’m pretty sure I came close to the former more than once). This was tough stuff. Lots and lots of PT, track work, bleep tests, hill sessions and long runs. I found myself wearing good old army issue ‘Bobby Charlton’ shorts and thick heavy cotton T-shirts that the dye used to run out of when it rained, and made us all multi-coloured for days afterwards...nice. A lot of runs were done in full army kit with boots and a rifle and would almost always involve a bog and an icy cold river crossing at some point. Where were my Dunlop flippers when I needed them most?! We also had to carry a telegraph pole between four of us on many runs which seemed pointless and we never did see the relevance of this in the event of war breaking out! Suffice to say I learned to embrace the joys of real off-road running and became as fit as a butchers dog in no time.

When the time came to hang up my army boots and wave goodbye to Kent, I swore I would maintain the level of fitness that had been religiously beaten into me by Her Majesty’s physical training instructors, so I did what most of my mates did and stuck to a healthy diet of lager, chips and cigarettes. Soon those days of running for enjoyment and sport were far behind me as I settled back into Civvy Street and an easy life.

Fast forward several long years and many failed attempts to regain some level of fitness, I was working in an office and, for the first time in a long while, I was not in good shape at all...damn.

After hearing a few stories of the Compton Harriers I finally, and somewhat reluctantly, decided to join the club to see if I could salvage my running legs before it was too late. I remember my first club night very well as it was the handicap race, a baptism of fire for any newbie. I felt rather like the school kid in the baggy shorts again as we got ready to start outside Dick’s house and my race time that night was, and I quote from the Herald, ‘...a good starting point’...say no more. However I enjoyed the encouragement and the support from the Harriers and found the regular club runs through some of our best local countryside was just the draw I needed to keep coming back for more, and now Thursdays just wouldn’t be same without it.

So my running life is by no means an epic or exciting series of events, but it keeps me in shape and every now and then you get a medal and a goody bag which is always a bonus!

Next month: Pete Oliphant

Handicap Race

Sue

Six regular handicappers were joined by new runner Fernando on a pleasant running evening. The first four finishers crossed the line within 20 seconds, but it was Philomena who got there first, knocking 25 seconds off her predicted time. Another good performance from Debbie was rewarded with second place. Richard took third spot, recording his fastest time for some months, and Sue recorded her fastest time of the season. Colin was next, slightly slower than his usual highly consistent times, but he had the excuse of a recent bout of 'real flu'. It was nice to see Dick out running again after a few weeks' break. Fernando was going well until he took a bit of a detour towards the church (anything to avoid Shepherd's Mount!). Well done Philomena, and thanks to Jan for timing. The next race is scheduled for 19th April and is likely to be around our off-road ('Bumps') route.

Finish Position	Position on handicap	Name	Start time	Finish time	Actual time	Handicap Beaten?
1	1	Philomena	1:39	15:35	13:56	-0:25
2	2	Debbie	0:53	15:43	14:50	-0:17
3	3	Richard	2:37	15:47	13:10	-0:13
4	4	Sue	3:52	15:54	12:02	-0:06
5	5	Colin	2:18	16:20	14:02	+0:20
6	6	Dick	2:16	16:42	14:26	+0:42
7	7	Fernando	1:39	18:40	18:40	New Runner

Debbie's good score in this race has moved her up to join Mo on 24 points at the top of the championship table. Meanwhile, consistent scoring from Colin and Sue gives them third and fourth spots.

Pos.	Name	Race points									Total of best 5
		Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	
1=	Mo	12	12	-	-	-	-	-	-	-	24
1=	Debbie	9	5	10	-	-	-	-	-	-	24
3	Colin	8	7	7	-	-	-	-	-	-	22
4	Sue	7	6	8	-	-	-	-	-	-	21
5=	Dick	10	-	6	-	-	-	-	-	-	16
5=	Philomena	-	4	12	-	-	-	-	-	-	16
7	Martin	5	8	-	-	-	-	-	-	-	13
8	Richard	-	3	9	-	-	-	-	-	-	12
9	Jeremy	1	10	-	-	-	-	-	-	-	11
10	Pete H	-	9	-	-	-	-	-	-	-	9
11	Pete O	6	-	-	-	-	-	-	-	-	6
12	Lucy	4	-	-	-	-	-	-	-	-	4
13	Gillian	3	-	-	-	-	-	-	-	-	3
14=	Fernando	-	-	1	-	-	-	-	-	-	1
14=	Rich	1	-	-	-	-	-	-	-	-	1

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

Mo

Links of interest this month:

How would you like to train like a professional to enhance your performance? Sports Science services are now being offered in the Human Performance Laboratory at Oxford Brookes University. Sport Scientists and Coaches now offer Physiological testing (VO2max, running economy, lactate threshold testing) to anyone who wants to optimise their training and enhance their performance. Testing costs from as little as £65 and includes an individualised report outlining the results of the test. Also available are blood analysis, body composition analysis and nutrition services such as diet analysis. If this all strikes a chord then you need to visit this link for more details: www.racefitconsulting.co.uk

For more articles on running and running products, the link to this month's Running Free Magazine is <http://tinyurl.com/RunningFreeAPR12>

Don't forget to keep up to date with the Olympic sports details and also download a full events schedule <http://www.bbc.co.uk/sport/0/olympics/2012/> Of course details are also posted on the official Olympics site at <http://www.london2012.com> , but I think you may prefer the BBC site for its ease of access to information and downloads.

Finally, for the best interactive Olympic Torch Relay Route, you can't beat this one <http://tinyurl.com/OTR12> ... unfortunately the closest the route gets to Compton is when the relay passes through Newbury ... the route planners obviously didn't realise the importance of Compton Harriers Running Club!

Listing of forthcoming Local Events – see Website Events Calendar for full Listing:

Sat 7 Apr	Compton Downland Challenge - The Downs School, Compton
Sun 8 Apr	Easter Sunday
Sat 14 Apr	Hurstbourne 5 Multi-Terrain Race - SP11 0AX
Sun 15 Apr	THAMES TOWPATH 10 - 51.476011,-0.267084
Sun 22 Apr	Virgin London Marathon 2012 - +51° 28' 33.73", +0° 0' 2.78"
Sun 29 Apr	Milton Keynes Marathon 2012 - StadiumMK Milton Keynes MK1 1ST
	The Drover's 10k - Steeple Langford, SP3 4PA
Sun 6 May	1066 RELAY - Pevensey Castle
Mon 7 May	Shinfield 10k
Sat 12 May	THE 51st RIDGEWAY WALK - 51.411574,-1.830683
	CHIEVELEY CHASE 5.3M - Chieveley Village Hall and Recreation Centre
Sun 13 May	The Bayer Newbury 10K - Market Place, Newbury
Thur 17 May	IAH Relay - Compton
Sun 20 May	Stoke Row 10km - Stoke Row, RG9 5PS
Sun 27 May	Wallingford Thames Run 10k - Howbery Park, Crowmarsh Gifford OX10 8BA
	Northants Ultra 35 – Lamport Hall
Mon 4 June	Godalming Jubilee 5k & 10k – The Pepperpot, Godalming, Surrey
Sun 10 Jun	Wargrave 10K - RG10 8AB
	The Chiltern Chase 10km & 5km* multi-terrain runs - OX10 6HQ
Sun 17 Jun	The Ridgeway Relay - Ivinghoe Beacon
Sat 7 Jul	Compton Canter 9.1k - Compton, RG20 6NP