

THE HARRIERS HERALD

No. 186, August 2008

Editor: Sue Francis

In brief

- Thursday night schedules for August and September
- Correspondence received
- Congratulations to Andy and Ash on the safe arrival of baby Millie on 1st July
- Thanks to Tom, Peter, Sus and Mo for this month's contributions
- Copy date for September's Harriers Herald – 31st August

Features and reports

- Compton Harriers affiliation to IAH Rec. Soc. – an update
- Compton Canter – Martin and Lucy stage a popular race at the village fete
- Warminster Forest 10 – Sus recommends a scenic race
- Inkpen Gibbet Challenge – Tom is number 1 and wins a prize
- Chichester Challenge – Four Harriers complete 40K on the hottest day of the year
- Downland Ultra 30-mile Challenge – Lucy is fourth lady
- Track athletics for Reading A.C. – what Sue gets up to over the summer months
- Website Update – Mo's links of the month; cross-training; and the new website location
- Events Diary – Mo's selection of popular and interesting races

Thursday night schedule for August

Thurs 7th Pete H to lead
Thurs 14th Tom to lead
Thurs 21st Lucy to lead
Thurs 28th Sally to lead

Thursday night schedule for September

Thurs 4th Martin L to lead
Thurs 11th Peter L to lead
Thurs 18th Mo to lead
Thurs 25th Dick to lead

Correspondence received		
Sender	Subject matter	Action
England Athletics	2008 Club Affiliation Certificate; 2008 Rule Book; Summary of affiliation benefits	File
England Athletics	Receipt of payment for individual member affiliation fees	File
England Athletics	Road Running newsletter; 'Setting the Pace' newsletter; Regional Awards; Contact details	File
SEAA	Info. Update #116	File

Compton Harriers affiliation to IAH Rec. Soc. – an update

Sue

1. The Rec. Soc. constitution states that members of the four affiliated clubs (including Compton Harriers) must be members of Rec. Soc. for insurance reasons. I asked the Rec. Soc. Chairman for details of these ‘insurance reasons’. He phoned the insurers, who have said that Compton Harriers (CH) are insured for our events at the club (i.e. the Boundary Run and the Relay) and also for our training (even on the roads) as this is part of our club activities. We are not covered for sponsored runs with other clubs at other venues. I have asked for a copy of the insurance policy so we can be totally clear about the details. However, it appears that, via our Club’s affiliation to Rec. Soc., we have more cover than we were led to believe.
2. Other benefits of retaining our CH affiliation to Rec. Soc. include: (a) Using the facilities as our base; (b) Rec. Soc. support and assistance with the Boundary Race and Relay – including manning the BBQ for which CH get the profits, and providing bar tokens; (c) Access to Rec. Soc. loans if required. We do not wish to lose these benefits for the majority of Harriers who use the facilities.
3. However, we also do not wish to exclude from our Club membership those who want to join CH but are highly unlikely to visit and use the Rec. Soc. facilities due to distance or other reasons (it would seem unfair to expect them to pay the £24 annual fee). This issue is currently under discussion and all interested parties will be informed of decisions as and when they are made.

Third Compton Canter, 5th July

Congratulations to Martin and Lucy for putting on such a successful race in conjunction with Compton Village fete. Many Harriers, family and friends assisted on the day. The multi-terrain race, just over 9K, was won for the second successive year by Tim Hughes (33:34). Compton’s Matt Forster was 6th in 38:27, while first lady was ex-IAH student Fiona Powell (39:12). A grand total of 75 runners finished. As well as many runners from local clubs, some competitors came from Brighton, London and Dorset, so the event is now firmly on the map. Comments from the competitors showed they clearly enjoyed the event and will spread the word for next year.

Warminster Forest 10, 22nd June

Sus

It seems ages ago that I had done one continuously longer run without any stops, so this race looked like a good choice. Normally I treat a race as a race, but this time I was just keen to get back into “proper running” and not all this stop and search thing I did in Denmark.

It is a relatively small race with 200 runners, well marshalled and well organized. The first part was along country roads and then through a big forest (hence the name) where we were running around a huge lake so beautiful that it actually was very tempting to stop to look at the boats. The last part was less interesting through the outskirts of the town, but at least it was down hill. The reward was the usual medal and cheap cakes and coffee, I would definitely do it again next year to beat my time of 1:14 41.

Tom is number 1 and wins a prize in the Inkpen Gibbet Challenge, 13th July

Tom

You know how it is when someone goes to the trouble to put on a local event like this, your initial reaction is 'great, must get an entry form' and it requires a great deal of self discipline to avoid being carried along on a wave of enthusiasm. Under normal circumstances this is my forte and it should have been simple to find some excuse, a holiday, missing toe, I've got a whole list but after a couple of pints in the Crown and Garter bravado got the better of me and I foolishly pre-entered. A few days before the race and it looked as if there would be just three of us taking part; myself, Dave Wright and someone from Hungerford. This, combined with a marked lack of fitness and a dire weather forecast, did not bode well. Still the training had gone well and on both occasions I had made it up that hill without resorting to walking.

The day of the race came and I spent a very windy morning helping to set up then retrieve and reset up a large tent on the playing fields. With the race due to start at 2:00pm to coincide with the opening of the fete, I was in a dilemma as to whether I should have lunch or eat after. In the end in the true Harrier spirit I decided to eat first and use the race to work up an appetite for dinner later.

1.45pm found me at registration collecting my race number – yes you've guessed it No. 1, an embarrassingly inappropriate number but nice to feel someone had confidence in me! By now several others had turned up and, despite initial doubts, it looked like this inaugural run would have a reasonable turnout. By now the wind had dropped and the rain held off and, with only a slight delay for a couple of late comers to register, we prepared for the off. A short speech offering an insight into the local benefits of the Rapid Response car was followed by a blast on the siren and we were on our way.

On leaving the Playing Field we made our way along the road to Kirby farm where we picked up the horse course and followed it round the edge of the field where we had an uninterrupted view of the route up the Skew path to the Gibbet at over 950 feet. With the prospect of the climb ahead my plan was to start slow, very slow, and needless to say I found myself near the back. An offer of water as we crossed the road was refused and the climb began. Ahead, the newly mown path snaked unerringly upwards far into the distance. It wasn't long before I noticed the runner ahead had resorted to walking but I wasn't getting any closer and for the first time in ages I did the same. A quick check of the trusty Garmin showed that despite my resolve I had got carried along and set off much quicker than planned. As we neared the top the route levelled off and I felt able to start running again as we followed the contour away from our destination before a short climb and a turn back towards the Gibbet. For those with sufficient energy to raise their heads the views were dramatic despite the weather. Me, I contented myself with admiring the wild flowers! Here I did accept some much needed water before starting off on the next leg along the ridge towards Walbury Hill.

By now the runner ahead was walking again and this time I did manage to catch him and pass him. Now there is nothing more demoralising than passing a refreshed walking runner than have him immediately start running and overtake you and, when I heard his pace pick up again, my heart sank. I gradually pulled away, however, and by the time we reached Walbury and turned down the hill I had opened up a significant gap. Ahead I could see no one, giving the prospect of a pleasant gentle run to the finish. This comforting thought was soon shattered when, on crossing the road into the field, I noted a red running vest ahead. With a mile to go he was just close enough that with a bit of effort I might be able to catch him. If I did would he then have enough left to make a race of it to the finish? Bugger it.

We passed the pheasant pens and ran through the gate into the parkland behind Kirby house where I eventually caught him and managed to pull away up the final short hill to the farm. At last I was on

the final stretch along the road back to the Playing Fields and the finish where I was hoping to see Maggy waiting with a pint of Dr Hexter's refreshing ale.

I barely noticed the lady placing the medal round my neck as Maggy approached bearing gifts – not the longed for pint but a bag of books and toys for the grandchildren, what a disappointment. Still she hadn't yet spent all her money and we hurried off to the beer tent. I had hardly started my rehydration when I realised that the presentation of awards was underway and, rather surprisingly, my name had been called out. I had won a much-appreciated bottle of Taylor's Vintage Port.

The overall winner of the race, which according to my reckoning was 5.13 miles, was Robert Ford in 32:58 and the first lady was Choc (!) Harris in 37:44. Dave Wright came 3rd in 35:14 and Bob Taylor 5th in 38:00. I eventually crossed the line in 24th position in a time of 52:16 (don't know where they got the extra 16 secs from 'cos I made it 52 dead). In total 31 runners and two dogs took part. Although the canine runners came in ahead of me, on the basis that their times should be multiplied by 7 morally I beat them!

Considering that this was a first for the organiser Martin Chester, he should be congratulated for putting on an excellent race which proved to be well prepared, marshalled and marked and over a superb if challenging course. Next year hopefully word will have spread and more runners will be inclined to take up the challenge. The race and the benefiting charities deserve it.

Oh! If you are wondering just what category my prize was awarded under the clue is in the prize itself! I may no longer be able to deny the legacy of time but at least I can enjoy some of its fruits.

Chichester Challenge 40k – 27th July

Peter L

Luckily the race started at 08:30, as the day was hot, hot, hot. Four of us (Meena, Peter, Ryan and Sus) enjoyed some stunning views from the off-road adventure through Goodwood and the South Downs. Frequent water stops prevented dehydration. There was also a 15k race and a 25k race (and same for cyclists and walkers).

Recording finish times was not on the organiser's to do list, so details are patchy, but we did discover there were 102 starters for the 40k run.

Ryan and I finished 7th and 8th in 3:15

Sus was 2nd lady in 3:25

Meena was not far behind, just over the 3:30 mark (but needs a new Garmin).

We all enjoyed a post-race massage and several ice creams.

A thoroughly satisfying day out, at 22.5 miles for the imperial-minded.

Downland Ultra 30 mile challenge, 27th July

Lucy competed in this event, organised by Haywards Heath Harriers. She reports: 'It was very hot on the South Downs Way, but there was a nice breeze when we got up high. Still, quite a few people dropped out because of the heat and because there were only four water stations. I finished as 4th lady in 4:46:02, 42 minutes quicker than two years ago. At one point (23 miles) I was 2nd lady, but my lack of training long miles, and the heat, forced me down to >10 min miles for the last 7. Still, it was a very good run in the circumstances. First man was Stuart Mills (3:47:46) and first lady Anne Sinnott (4:22:09). There were 108 finishers, last was 7:08:56'.

Track athletics for Reading A.C. Sue

I don't feature in many Harriers race reports over the summer months, but this isn't because I'm not racing. For me, summer running has always centred on track athletics, and this is my 23rd year competing for Reading Athletic Club. Because I'm not competing as a Harrier in these events, I've never really thought about reporting my results in the HH. However a recent comment from Lucy '....I think it would be most interesting to read your athletics results each month in the HH too....', prompted me to write about what I get up to over the summer.

As a Senior/Veteran runner, I can compete in the Reading A.C. team for both the Southern Division Veterans League, and the Southern Women's league. For these Leagues, the club pays the annual affiliation fee and our Team Managers select the team to best cover all of the events with the available athletes, informing us of the team selection by e-mail a few days before the match (although injuries and illness inevitably mean a few last-minute changes). For the Southern League, Reading A.C. Ladies are in the Premier Division, along with 15 other clubs. There are five matches over the summer months, at each of which we compete against three other clubs, so we should eventually meet them all. This year's matches have been at Bracknell, Reading, Chelmsford, Guildford and the remaining match will be at Hemel Hempstead. Each club's team consists of two 'sub-teams' – a senior team (16-year-olds upward – i.e. I can be competing against athletes >20 years younger than me!) and a junior (under-15) team. The events for the seniors are 100, 200, 400, 800, 1500, 3000, 100-hurdles, 400-hurdles, long-jump, high-jump, triple-jump, pole-vault, hammer, javelin, discus, shot-putt, 4x100 relay and 4x400 relay. The juniors compete in a more limited sub-set of these events. The timetable of events is the same at every match. In each senior event, and in each junior event, each club can field two athletes known as the 'A'-string competitor and the 'B'-string competitor (the former being the one expected to give the better performance) though most clubs are unable to fill every slot. In the 'A'-string race, competitors score 4, 3, 2 or 1 points for their team, depending on finishing position, and the same goes for the 'B'-string race. In events up to and including 800, there are separate 'A' and 'B' races while, in the 1500 and 3000m, the 'A'- and 'B' runners all race together (which, in my opinion, makes for a better race).

I am generally selected to compete in the 1500 or the 3000 (sometimes both, if someone else has cried off). In last week's match at Guildford, I was our 3000 'A'-string runner, our best distance runner being unavailable this time. 3000 is 7.5 laps of the 400m track. My P.B., set in 2006, is 10:33.6, which I did by running an even pace of 84.5 sec per lap, being towed round by someone running at just the right pace. However, generally I am satisfied with anything under 11 minutes, because much depends on the nature of the race and the speed of the other competitors. As with all races, it can be easier and more enjoyable to run in a group than in a 'gap', so sometimes I hold back a bit, while on other occasions I start faster and try to hang on to a faster group for as long as I can. The Guildford match took place on the hottest day of the year, but the heat doesn't particularly bother me for races of that distance. Of the eight competitors, two set off at a good pace and I tucked in behind them. A time-keeper calls out the total race time for each runner as they complete each lap, which is good for confirming whether you're keeping up a good pace, and also good for keeping the brain busy – I make a conscious effort to remember these times, I calculate lap times as I'm running round, and I work out what finishing time I'm on course for. In the Guildford race, lap 1 was completed in 1:21, which for me is OK for a first lap, but too fast a pace to sustain. So, I made a conscious effort to slow a bit and let the two leaders pull away. They gained a little each lap, I pushed on at my own pace and pulled away from the person behind me so, in some respects, it was not an 'exciting' race because the leading positions didn't change. An official rings the bell for each competitor as they start their final lap – a good opportunity to estimate how close your nearest rival is. I could tell I had a good lead on the next runner and had no hope of catching the lady ahead. Nevertheless, I tried to give my all on the final lap. Despite finishing third overall, I was 2nd 'A'-string runner as the two leaders were both from the same club. My team mate Rachel was 2nd 'B'-string runner, so we scored six points between us. My lap times ranged from 81 to 89 sec, and my final time was 10:47.1. The leaders ran 10:18 and 10:34, while the fourth-placer ran 11:13, so we were quite well spread out. Rachel finished in 12:13, then promptly threw up on the grass on the inside of the track. Five minutes later Rachel was fine but, to my horror, I saw another athlete lay down to recover right next to the 'contaminated' area!

There's a good team spirit (though most of us would have to admit to not knowing the names of all of our fellow team members!). With all events completed, the scores for the senior and junior team are totaled. This time, we finished second, behind Guildford, but ahead of Colchester and Horsham.

Of course, I am accompanied to most of these matches by Mo, to whom I am eternally grateful for being my number one fan, photographer and chauffeur!

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

Mo

Before launching into my article for this month, I suppose I should really mention something about the website ... after all, this section is entitled 'Website update.' Over the last month there has been a major change however, I suspect to most visitors it has mostly gone unnoticed! I transferred the whole site to a new location over one weekend, managing to keep the site on-line throughout. The transfer was somewhat forced on me by Orange (my ISP) when they informed me that most of the free webspace I have been using (90MB in 3 different locations on Orange-owned servers) was about to be lost when they upgraded their servers and changed policies/access arrangements. They gave me a month to move the site after which time all would be lost. So, undeterred by the challenge, I found a new host in Streamline.net who also provided me with another free domain name as part of their package and the rest is history! The upshot is that the web address remains the same as it was purchased through Lycos web hosting and is only used to point to wherever the website is located ... a cunning trick that always works! However, you can now also access the website at

<http://www.comptonharriers.co.uk>

Now for a couple of links for this month: <http://www.spikesmag.com> will take you to the 'New heroes of Athletics' magazine website which features all the latest athletics news and videos ... don't forget to look at Carl Lewis's pop video! As the Olympics start on 8th August 2008, the link you need is

<http://en.beijing2008.cn/schedule> for a schedule of all events and Olympic information. By clicking on the 'SPORT' column, an Excel spreadsheet for each sport can be downloaded with a detailed schedule of events.

For news and information about events and competitors, then I suggest the following links: -

<http://news.bbc.co.uk/sport1/hi/olympics> ; http://www.olympic.org/uk/index_uk.asp ; and for Team GB, <http://www.olympics.org.uk/beijing2008/TeamGB.aspx>

After following the advice in last month's article, your running form will be vastly improved, so now you need to concentrate on keeping things fresh and get the most out of your training. Therefore I have researched the Benefits of Cross-Training for Runners ...

Cross-training helps to ...

- o strengthen your non-running muscles and rest your running muscles.
- o maintain or even improve your cardiovascular fitness.
- o reduce your chance of injury.
- o avoid getting bored with running; especially important when training for long-distance events.
- o continue your training with certain injuries, while giving them proper time to heal and still maintain fitness.

Some of the more popular cross-training activities for runners are: -

Swimming: not weight-bearing, so gives your joints a break and allows you to build strength and endurance and improve flexibility. Also works your upper body and gives your leg muscles a breather. (Good when recovering from injury).

Water Running: is a great alternative for injured runners or as a substitute for an easy running day. While you can run in the water without flotation aids (vests, belts, etc), you'll find the workout to be easier with them. The aim is to keep your body afloat while allowing you to perform a running motion without stress to the body.

Cycling: Cycling is also a great low-impact way to boost your cardiovascular fitness and strength, especially your quads and glutes.

Elliptical machine: gives you a total body cardiovascular workout. You can program the elliptical to move in either a forward or backward motion, so you can work all the major muscles in your legs. The machine is a good low-impact alternative when an injury prevents you from running.

Walking: is a good substitute for an easy running day, especially if you're recovering from a long run or speed workout. Speed-walking is a good way to maintain cardiovascular fitness while you're recovering.

Rowing: An excellent cardiovascular, low-impact activity, which strengthens hips, buttocks, and upper body. Just make sure you learn proper the rowing technique to maximize the benefits of this activity and avoid injury.

Strength (or Weight) Training: allows runners to improve the strength in their running muscles, create balance between unbalanced muscle groups, and focus on keeping legs strong during injury recovery. You can do either resistance training, where you use your own weight for resistance (pushups, for example), or weight training, where you use weights (free or machine) for resistance (leg press, for example). Strength training is an excellent opportunity to strengthen your core, which helps runners avoid fatigue and maintain their form.

(Mo – August 2008)

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

Sun 03 Aug 08	LAMBOURN CARVIVAL 5 , 10:30am Lambourn Sports Field	5m + 3m FR	Entry forms on Harriers Noticeboard
Sun 10 Aug 08	BEARBROOK JOGGERS 10K , 10:00am, Aylsbry FC, W Turville, Bucks	10k	http://www.bearbrookjoggers.co.uk
Sun 17 Aug 08	BURNHAM BEECHES ½ MTHN , 10:00am, Caldicott School, Crown Lane, Farnham Common	13.1 miles	http://www.burnhamjoggers.org.uk
Sun 24 Aug 08	PEWSEY VALE ½ MTHN , 10:30am, Pewsey Vale School, Wilcot Road, Pewsey, Marlborough, SN9 5EW	13.1 miles	http://www.pewseyvalerunningclub.com
Sun 31 Aug 08	RUNOXFORD HEADINGTON 10K , 10:30am, Worminghall Airfld, Bucks	10k	http://www.hrr.org.uk
	THE BEAST, THE 15TH KINDRED SPIRIT 13 , 10:30am, Corfe Castle, Wareham	13 miles	http://www.pooleac.co.uk
Sat 06 Sep 08	OVERTON 5MILE ROAD RACE , 3:00pm, Rec. Centre, Overton, Hants	5 miles	http://www.overtonharriers.org.uk
Sun 14 Sep 08	PEASEMORE FESTIVAL 5MILE , 10:30am Peasemore Rec.	5 miles	http://www.peasemore.org.uk
	HEADWAY THAMES VALLEY 10K , 11:00am, Henley, RG9 2AH	10k Trail	http://tinyurl.com/5dskdb
Sun 21 Sep 08	THE BONESHAKER , 10:30am Ardington Sports Club	5k,20k,5k	www.bone-shaker.co.uk
Sat 20 Sep 08 & Sun 21 Sep 08	IoW FELL RUNNING SERIES , Ventnor, Isle of Wight	3,7 & 13 miles	http://www.rydeharriers.co.uk
Sun 28 Sep 08	ADP HIGHCLERE 10K , 10:30 am, Highclere Castle	10k	http://www.newburyac.org.uk (or email webmaster for entry form)
	MORTIMER 10K , 11:00am, Mortimer Fairground	10k	Entry forms in local press (email me if you need one)
Sun 12 Oct 08	HENLEY ½ MARATHON , 9:30am, Henley Rugby Club, Marlow Road, Henley-on-Thames, RG9 2JA	13.1 miles multiterrain	http://www.henleyhalfmarathon.org.uk
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 (last event in this year's series)

Distance	Race	Date	Status	Website
Marathon	Abingdon Marathon	19th October	CONFIRMED	http://www.abingdonamblers.co.uk/

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 – August 2008)