

THE HARRIERS HERALD

No. 210, August 2010

Editor: Sue Francis

Contents, features, reports, results

- Thursday night schedules for August and September
- Race results: Thames 10K – a good race for Pete O; Milton Keynes Half – Sus sets a PB; Bewl 15 – second places for Philomena and Sus; High Wycombe Half – was Pete in the right race?; Back-in-a-flash 5K – a close race for Sue
- Webmaster's article – Mo features a little-used post-run hydration drink, and lists forthcoming events of interest
- Thanks to Sus, Pete H and Mo for this month's contributions
- Copy date for September's Harriers Herald – 31st August

Thursday night schedule for August

Thurs 5th Philomena to lead
Thurs 12th Handicap Race
Thurs 19th Sue to lead
Thurs 26th Alison to lead

Thursday night schedule for September

Thurs 2nd Gillian to lead
Thurs 9th Sarah to lead
Thurs 16th Terry to lead
Thurs 23rd Steve Gosling to lead
Thurs 30th Handicap Race

Correspondence received

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Sender	Subject matter	Action
Women's Running Network	Half marathon, East Sussex (19-09-10)	Events Diary & notice board
SEAA	Crystal Palace Open 10K (03-10-10)	Events Diary & notice board
SEAA	Notice of AGM	File

Race reports and results

Thames 10K, Beale Park, 7th July

Pete O finished in 45:45 (36th). Other imminent members and friends of the Harriers who took part were: Guy Watts 93rd 37:30), Glyn Jones (9th, 40:47), Lee Jones (14th, 41:45), and Richard Disney (19th, 43:05).

Milton Keynes Half Marathon, 18th July

Sus set a great PB of 1:27:42, finishing as 3rd FV35 lady (50th overall). Philomena finished 308th in a good 1:45:50, while Ryan was 54th in 1:28:01, his best half marathon since recovery from injury.

Bewl 15, 4th July

Sus

Phil and I both treated this as a training run for our autumn marathon. The terrain was moderately difficult, with lots of dust kickback in places and some ruts to watch out for, but very rewarding with app. 1000 slices of different homemade cakes to greet us on our return. The scenery is outstanding and on a good day like we had this year, with the sunshine glimmering on the reservoir, it's pretty special. So if you want a great running experience over a decent distance then this is a good race to go for.

We both managed to wave the Compton flag by each taking 2nd position in our age category.

669 finished the race.

1 st Man	1:27:25	Richard BURGESS-GAMBLE
1 st Lady	1:39:54	Tina OLDENSHAW
79	1:51:25	Susanne ENHARD
270	2:12:08	Philomena MBURU

High Wycombe Half Marathon, 18th July

Pete H

This is a race in which most of the pain, apart from a couple of blisters I picked up, is close to the start. After ¾ mile there is an ascent of 225 feet in little over half a mile. After that it's a fairly easy and, to be honest, bland course. There is a surprise near the finish as the car park comes into sight and one thinks there are just a few hundred yards of flat grass to run across, when the course suddenly swings uphill for a detour through some woods.

Some 50 yards from the end a competitor performed a passable re-enactment of the 1908 Olympic Marathon finish with four marshals dragging him towards the finish line. It has to be said he was not looking too well. I finished in 1:46:45, 268th out of 930 finishers.

Two races were staged concurrently, at around about 4 miles the 10km course veered off to the left. A couple of marshals pointed this out to me – why? It was only when I looked at my running number that I realised it had 10k stamped across it. Undeterred I carried on in the longer race and got a name check on the PA with the announcer informing the crowd I was in the wrong race. I thought that I might appear in the results with my slowest ever 10km time, but no they sorted it out...however read on and I get my wish(!).

Upon checking the website later I clicked on my name and not only did it include my times for three other races I've taken part in but one I'm going to enter in 2022! Apparently I'm going to do a 10k in 2 hours 40. Not fast but good to know I'll still be running in my 60's.

Steve Gosling also took part, finishing in a good 1:50:49 (376th)

Back-in-a-flash 5K, 28th July

Sue

The third and final race of the 2010 Back-in-a-flash series had a record number of competitors (218), which led to a bit of congestion on some of the narrow sections. I like this event – it's friendly and well-organised, the route is interesting and varied and, because it's an out-and-back route, you have the added interest of seeing both the leading runners and the back-markers during the race. Before the start I was chatting to Nicola Gomm (Witney RR). In recent months, we have always finished very close together when we've raced each other, and this race was no exception. Nicola tracked me all the way and we both worked hard, overtaking five men at 3K. Nicola challenged me with 1K to go, but I pushed on and beat her by 4 seconds finishing in 20:19 as 5th lady (37th overall). The first four ladies were well away, the winner being Tamsin Smith (unattached) in 19:11. First man, Dave Roper (Cheltenham Harriers), not only annihilated the opposition, he also knocked over a minute off the course record, running 15:22 for what is an undulating off-road 5K with lots of twists and turns. Definitely an event one for the race diary next year!

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

Staying hydrated over the course of a workout helps maintain performance and assists in body recovery. Your method of re-hydration will vary according to the type of workout and how long the session lasts. Sports drinks are marketed as being better than water for athletes because of the added electrolytes and carbohydrates. The carbohydrate-electrolytes mixture help athletes replenish key minerals like sodium and potassium that are lost through sweat and are important for fluid retention. For long runs or intensive exercises lasting more than 30 minutes it is probably a good idea to take along a sports drink that includes carbohydrates and electrolytes to ensure that you are not only hydrated but properly fuelled for the duration of your workout. Post exercise re-hydration is just as, or even more important to the recovery process so as not to leave you below par for your next session. Again, sports drinks are recommended as the best means of performing important recovery function, but there is an alternative the following link will take you to a fascinating research article on 'Milk as an Effective Post-Exercise Re-hydration Drink': <http://tinyurl.com/CHRC-Milk>

Date	Time	Event	Type
5 th Aug	6:15 pm	Philomena to lead	Club Event
7 th Aug	9:00 am	Reading parkrun - Weekly Free 5km Timed Run	Sports Event
8 th Aug	8:45 am	Salisbury 5-4-3-2-1	Sports Event
8 th Aug	9:30 am	Salclear Isle of Man Marathon	Sports Event
10 th Aug	6:30 pm	Tuesday Session	Club Event
12 th Aug	6:15 pm	Handicap Race	Club Event
15 th Aug	10:30 am	Merthyr Police 10K	Sports Event
15 th Aug	11:30 am	The TBAS Castle Combe Summer 10K	Sports Event
17 th Aug	6:30 pm	Tuesday Session	Club Event
19 th Aug	6:15 pm	Sue F to lead	Club Event
22 nd Aug	10:30 am	Burnham Beeches ½ Marathon (BMAF & SCVAC Championships)	Sports Event
22 nd Aug	11:00 am	Foxtrot Five (mile) road race	Sports Event
24 th Aug	6:30 pm	Tuesday Session	Club Event
26 th Aug	6:15 pm	Alison to lead	Club Event
29 th Aug	10:00 am	5k Multi-terrain Run-Wootton Bassett	Sports Event
29 th Aug	10:30 am	Pewsey Vale Half-Marathon	Sports Event
2 nd Sep	6:15 pm	Gillian to lead	Club Event
4 th Sep	10:00 am	Chalfont St Giles 10K Multi-Terrain Run	Sports Event
5 th Sep	10:00 am	Swallowfield 10K Plus: 3k Fun Run	Sports Event
5 th Sep	10:30 am	Peppard 10K Plus: 7K Walk	Sports Event
5 th Sep	10:30 am	The Beast 2010 The Kraken on the Coast	Sports Event
5 th Sep	11:00 am	Little Aston 5 mile road race (& 2m fun run)	Sports Event
9 th Sep	6:15 pm	Sarah to lead	Club Event
12 th Sep	9:30 am	High Ways and Sky Ways	Sports Event

Date	Time	Event	Type
12 th Sep	10:30 am	12TH ERIDGE PARK 10 TRAIL CHALLENGE	Sports Event
12 th Sep	10:30 am	The 4th Peasemore Festival 5 Mile Challenge	Sports Event
12 th Sep	10:30 am	Pangbourne multi-terrain 10k	Sports Event
12 th Sep	11:00 am	Bramshill Forest 10K	Sports Event
12 th Sep	11:00 am	United World Colleges Aldbourne 10K	Sports Event
16 th Sep	6:30 pm	Terry to lead	Club Event
18 th Sep	11:00 am	ISLE OF WIGHT FELL RUNNING SERIES 2010	Sports Event
19 th Sep	10:00 am	Medmenham 10 Plus: 3.5 mile fun run	Sports Event
19 th Sep	10:00 am	The Basildon Burn Run	Sports Event
19 th Sep	10:30 am	ISLE OF WIGHT FELL RUNNING SERIES 2010	Sports Event
23 rd Sep	6:15 pm	Steve Gosling to lead	Club Event
30 th Sep	6:15 pm	Handicap Race	Club Event
3 rd Oct	10:30 am	Cricklade Half-Marathon	Sports Event
3 rd Oct	10:30 am	The Gt Clarendon Marathon Plus: Clarendon Relay	Sports Event
3 rd Oct	11:00 am	SEAA 10K Road Race Championships	Sports Event
10 th Oct	10:00 am	Eden Project Marathon Plus: 1 Mile Fun Run Plus: ½ Marathon	Sports Event
10 th Oct	10:00 am	29th Ridgeway Race (Approx 15K)	Sports Event
10 th Oct	11:00 am	Swindon ½ Marathon	Sports Event
17 th Oct	9:00 am	ABINGDON MARATHON	Sports Event
23 rd Oct	9:00 am	Beachy Head Marathon	Sports Event
11 th Nov	10:00 am	The Castle Combe Chilly 10K	Sports Event

And finally; one for me and one for Tom ...



Mo; Aug 2010