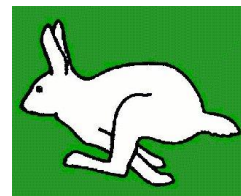


THE HARRIERS HERALD

No. 222, August 2011

Editor: Sue Francis



Contents, features, reports, results

- Thursday night schedules for August and September
- Correspondence received
- Race results: *Down Tow Up Flow Half* – Meena and Gill run the Thames Path from Marlow to Windsor; *New Forest 10* – Meena and Sus enjoy a nice race but miss the cakes!; *Back-in-a-flash 5K* – a pleasing performance from Sue; *Dorney Dash* – a quick time for Sus
- Running Life series – to be continued next month
- Webmaster's article – Mo introduces a nationwide clubs index, tells of the benefits of sleep for athletes, and lists forthcoming races of interest
- Thanks to Mo, Philomena and Sus for this month's contributions
- Copy date for next Harriers Herald – 31st August

Thursday night schedule for August

Thurs 4th Mo to lead
Thurs 11th Lucy to lead
Thurs 18th Handicap Race
Thurs 25th Martin to lead

Thursday night schedule for September

Thurs 1st Richard to lead
Thurs 8th Sue to lead
Thurs 15th Gillian to lead
Thurs 22nd Pete O to lead
Thurs 29th A run from Compton - see below(*)

(*) For the last two months of September, the Institute's Health & Safety department is organising a 'Wellbeing fortnight' in association with the British Heart Foundation and 'Mind'. This includes a fitness challenge, where members of staff will be given pedometers and challenged to increase the distance they walk / run during the day. I have been asked if Compton Harriers would put on an evening run with various routes covering a range of distances and difficulties – 1 mile, 3 miles, 6 miles was suggested – so that any interested staff members could come along and have a go. It might gain us some new members, or we might have no one turn up! So, I thought best to just incorporate it into a normal club night. I'm happy to lead any beginners on a 1-mile loop and extend it to 3 miles for those who wish. Everyone else can do a normal Thursday 6-mile run.

Correspondence received		
Sender	Subject matter	Action
UK: Athletics	Election of UKA President and nominations for representatives on UK members council	File
SEAA	Info Update #133; SEAA 10K, Crystal Palace (18-09-11)	Events Diary & notice board

Race Reports & Results

Down Tow Up Flow Half Marathon, 24th July

Meena

Gill and I both did this lovely scenic half starting this year from Marlow and finishing in Windsor. Unfortunately neither of us knew that the other was doing it, so we didn't meet up and didn't even spot each other at the start! Nonetheless we both had a good day out. It's a lovely route going along the Thames Tow Path for most of its length, and passing through some lovely villages (Cookham and Bourne End). The day was warm but there were five water stops at 2-2.5 mile intervals, so you did not get too hot or thirsty.

Although flat it's not really a PB course as the ground is quite rough in places and also it's along quite narrow paths, with many gates resulting in a few pinch points. It's best to just relax and enjoy the scenery for this one. It's very well organised with coach transport to the start and baggage is taken to the finish.

Gill (who was feeling a bit under the weather): 2:59:21

Meena: 1:42:11

New Forest 10, 10th July

Sus

Fantastic location; motivating marshals aplenty; pleasant and relatively flat course with majority of the race held over wide gravel forest trails with a few undulations but no major hills; post-race picnic potential. The only downside, but hugely important, was that by the time Phil and I were ready for the homemade cakes they had sold out! But Phil quickly solved this major setback by making a detour to the nearest Costa and saved the day.

1 st Man	Simon Plummer (City of Salisbury)	54:58
1 st Lady	Laura Parsonage (Team Bath)	1:01:08
3 rd Lady	Sus	1:08:01
	Philomena	1:13:59

Back-in-a-Flash 5K, Swindon, 27th July

Sue

This is a gently undulating out-and-back route along cycle tracks in Coate Water Country Park. I'd done the race three times previously, with a best time of 20:12. This time, I was determined to beat that and hopefully also break the 20-minute barrier. Conditions were ideal for good times, and I was wearing my magic 'Inov8' shoes which seem to have been associated with some of my better recent performances. I pushed hard all the way and was really pleased with my time of 19:44 (2nd lady, 23rd overall). There were 162 finishers. First man, Gary O'Brien (Swindon Harriers) is a regular winner at this event, and his time of 16:38 set an MV40 course record. First lady, Kate Jacobs (also Swindon H), did an excellent time of 18:52 – all the more amazing since she had an operation in March this year to correct a potentially fatal heart arrhythmia!

Dorney Dash 10K, 31st July

Sus raced the Dorney Dash in a good time of 40:19, just 20 seconds outside her recent PB.

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

Mo

Links of interest this month:

Visit <http://www.whichrunningshoes.co.uk/> to find out more about the wet foot test and which running shoe is best suited to you.

Try this link <http://harriers.clubbz.com> ... this will show you something I am currently experimenting with. After receiving several emails from Clubbz.com suggesting that Compton Harriers take up an invitation to be part of a nationwide index for clubs and also take advantage of a free promotional tool for the club, I eventually decided to have a look to see what was on offer. Having checked through the content, it occurred to me that as there is a section for signing to receive news updates it could be used for sending out automatic details of Tuesday and Thursday sessions so ensuring that nobody is accidentally left off the notification list. So, having completed the initial setup, I added some news and then tried out the news update request, using one of my alternative email addresses, and waited for the news to arrive in my inbox ... I'm still waiting! There must be a logical explanation ... I just have to find it. To help me out, should any Compton Harrier feel like participating in the evaluation process, please click the link to request news updates (under the 'Social' heading to the left of the calendar). It will be interesting to see if you receive any news or indeed if I get notified of your request so please put in your requests. The other alternative is to set up a news feed on our main website (RSS feed). Interestingly, although RSS stands for Really Simple Syndication, when I tried it previously it didn't appear to be that simple to set up ... however, I'm sure I will be able to sort it out eventually. (Note: I did receive the update as site administrator).

Now if all that hasn't sent you to sleep yet, perhaps my article will!

My article this month: The easiest way to improve your running -- get more sleep

Most of us do not even get the minimum recommended of seven to nine hours a night. That is for the average person, but runners do fall into a different category. Add to that the fact that as we age the architecture of sleep changes and more time is spent in light sleep and less in the deeper and more restful sleep. Most of us are in a continual state of sleep deprivation. This does take a toll on your body in the form of decreased energy, lack of motivation, and ultimately injury of some sort.

By now most of us recognize the necessity of easy runs and recovery days. Even those of us driven to extremes at times know that a little time off can do a great deal to rejuvenate our running and training. But we still neglect getting more sleep.

Most of the top elite runners sleep 12-14 hours a day. Because it is their job they mainly sleep, eat and run with perhaps some weight training or stretching thrown in for good measure. They have learned that lots of sound sleep helps the body to repair tissues following hard training sessions. They do it because they cannot get to the top by neglecting that crucial time when the body repairs and replenishes itself both physically and mentally.

Obviously unless you are an elite athlete you are probably not going to be able to sleep 12-14 hours out of every 24, but you need to assess where you are on the sleeping continuum and make an attempt to get more. Even increasing your sleep an hour a night can make a huge difference.

This is the cheapest and most effective use of your time to make you a better runner. You will have more energy for workouts, you will recover more quickly and you will avoid those injuries that come from oversteering your mind and body. You do not have to pay a personal trainer, join a gym, or get a coach ... you just need to sleep. Give it a try and see how much your running improves!

Listing of forthcoming Events – see Website Events Calendar for more detail:

Sunday, 7 August	Lambourn Festival 5
Saturday, 13 August	NORTH DOWNS WAY SERIES 2011 (50 & 100 miles)
Sunday, 14 August	NORTH DOWNS WAY SERIES 2011 (50 & 100 miles)
	Salisbury 5-4-3-2-1 Trail Marathon
Saturday, 27 August	Ridgeway Challenge 85
Sunday, 28 August	Vale of Pewsey Half Marathon
	Englefield 10k multi-terrain
Sunday, 4 September	Maidenhead ½ Marathon
	FEED THE CHILDREN (UK) SAMUEL HOOD MEMORIAL PEPPARD 10k RUN and 7k WALK
Sunday, 11 September	Pangbourne10k - multi-terrain
	Peasmore Festival 5 mile Challenge
Sunday, 18 September	Farnham Pilgrim Marathon & Half Marathon
	The Boneshaker Duathlon
Saturday, 24 September	Running4Women Windsor 8k
Sunday, 2 October	Basingstoke Half Marathon
	Loch Ness Marathon, 10k & 5k
Sunday, 9 October	Swindon Half Marathon
Sunday, 16 October	Abingdon Marathon
	Frieth Hilly 10k
Saturday, 22 October	Beachy Head Marathon
Sunday, 30 October	British Summer Time Ends
Monday, 31 October	Halloween
Saturday, 5 November	Guy Fawke's Night
Sunday, 20 November	The Avebury 8

Mo; Aug 2011