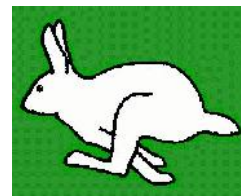


THE HARRIERS HERALD

No. 234, August 2012

Editor: Sue Francis



Contents, features, reports, results

- Thursday night schedules for August and September
- Correspondence received
- Race results: **Ridgeway Relay** – Richard D sums up a successful and enjoyable team event; **Didcot 5** – Martin recommends a good local race; **Yately 10K** – Sus completes the 3-race series with her course PB; **Compton Canter** – Wet Harriers race proves popular as Dave and Hannah collect Compton prizes; **Milton Keynes Half** – Olympic athletes salute Philomena!; **Queen Mother Reservoir 10K** – Philomena and Sus secure category wins; **Wycombe Half** – Harriers race against Olympic marathoners; **Back-in-a-flash 5K** – Sue is first lady; **Woodland 5 mile** – Harriers enjoy midweek race in Crowthorne; **Sturminster Half** – Sus and Philomena complete a hard month's racing
- Running Life series – Debbie Bishop on her love of the big outdoors, team spirit, and a bloke called Alex
- Webmaster's article – Mo features the Harriers 'links' webpage, an ultrarunners' online shop, and twelve 'rules' to improve performance
- Compton Harriers hold the Olympic torch
- Thanks to Debbie, Martin, Sus, Mo and Richard for this month's contributions
- Copy date for next Harriers Herald – 31st August

Thursday night schedule for August

Thurs	2 nd	Sue to lead
Thurs	9 th	Handicap Race
Thurs	16 th	Philomena to lead
Thurs	23 rd	Colin to lead
Thurs	30 th	Terry to lead

Thursday night schedule for September

Thurs	6 th	Colin to lead
Thurs	13 th	Aaron to lead
Thurs	20 th	Lucy to lead
Thurs	27 th	Pete H to lead

Correspondence received		
Sender	Subject matter	Action
Running4Women	Women's 8K, Windsor Park (06-10-12)	Events Diary & notice board
UK: Athletics	'Setting the Pace' newsletter	File: ask me if you'd like to borrow it

Race Reports & Results

Ridgeway Relay, 17th June

Richard D

After some miserable early summer weather, we were lucky that June 17th dawned bright and sunny for the running of this major annual event, even if it was rather cool standing around at the start! 46 runners, representing some 26 clubs, together with several intrepid Compton Harrier supporters, arrived at Ivinghoe Beacon for the start of the relay at 07:30 in the morning. The support crew, comprising Lucy Gettins, Martin Fray, Dick Kearns and Richard Disney saw Guy Watts, our star guest runner, set off near the head of the field hoping to improve on his impressive 4th place on this leg in 2011. Unfortunately a couple of navigational mishaps pushed him down the field behind some slower runners, but he managed to recover some places, finishing the tough first leg in Wendover in 13th place and giving Sue Francis some handily placed runners to chase down.

Sue duly obliged, running a fine leg and improving the club position to 7th place by the time she handed over to Lucy Gettins at Whiteleaf, outside Princes Risborough. By this time Mo Francis had joined the supporting cast, which Sue duly joined once she had managed to track down Mo after finishing her leg!

Despite a sore foot, Lucy ran steadily over the undulating 3rd leg and handed over to Debbie Bishop at Lewknor in 9th place for the relatively short but tough leg up to Swyncombe Church. This was Debbie's first experience of the Ridgeway Relay and, encouraged at several points along the leg, she pushed on strongly over the hilly final section to hand over to Lee Jones in 12th place for the long 5th leg down to South Stoke.

Despite feeling a bit 'under the weather' Lee ran a brave leg on the tricky downhill section along Grim's Ditch to the Thames, and then alongside it to South Stoke handing over to Terry Bartholomew in 14th place outside a crowded 'Perch and Pike' pub. Lee arrived there at 12:59:47, just under the 13:00 cut-off time. Finishing after this time would have meant the 7th leg runner, Colin Price, starting in a mass start on Bury Down at 14:00.

Terry also ran a brave leg, feeling the effects of a previous injury shortly after passing through Goring and before the difficult long uphill section to the top of the Downs by West Ilsley. Colin took over from Terry in 15th place on Bury Down during the hottest part of the day and, running for the first time in the Relay, did very well to have maintained 15th position when he passed over to Richard Disney at Sparsholt Firs. Richard was lucky to have several slower runners from the mass start ahead of him to keep him going on the 8th leg past White Horse Hill to Charlbury Hill, encouraged at several points by Mo and Sue, and handed over to Martin having moved up one overall place to 14th.

Martin, running the tough and long 9th leg up to Barbury Castle, passed several mass start runners and moved up one more overall place to 13th. Pete Oliphant, starting in the second mass start of the day and encouraged by a mass of supporters outside Manton Stables, brought the team home in a very creditable 14th place.

Although running a slightly slower time than in 2011, probably due to some muddy patches after the recent rains which made for slower going, the overall finishing position of the team was an improvement from the 16th position achieved in 2011. The team of supporters and several of the team who made it to the finish line duly celebrated together, with a well-earned meal in Marlborough before returning home. I would like to thank everyone who took part in the race and the many supporters of this event. Let's look forward to another enjoyable event in 2013.

Didcot 5, 1st July

Martin

Lucy bumped into Kim Pike early on Saturday morning and was reminded that the Didcot 5 was the following day. For one reason or another, this race had always clashed with other activities, but not this time, so we duly pitched up and handed over our entry fees and a few Canter flyers. The race starts and finishes in a large playing field adjacent to the Didcot football club, which incidentally also happens to be adjacent to Meena's gaff (but she was nowhere to be seen). For those wanting a sharpener, this is a great 5 miler to have a go at. The route twists and turns around the Ladygrove estate, taking advantage of an extensive network of cycle tracks and footpaths. It's well marshalled and well supported by the road running fraternity. So there are plenty of opportunities to satisfy your competitive urges.

Steve Naylor	25:00 (1 st)
Emma Bridge (1 st lady)	30:15 (17 th)
Martin	31:11 (26 th)
Lucy (1 st V45)	36:15 (63 rd)
Last athlete home	58:35
Number of finishers	134

Yately 10K series (race 2, 4th July; race 3, 1st August)

Sus

Doing the 2nd race out of 3 I thought I would give it a good smash, knowing I had a relaxed attitude at the 1st race. Wearing some very light racer shoes, I thought it would be a walk in the park but I was over 20 seconds slower finishing in 41:21! You do try to find an answer and, looking at the results and comparing with other runners who had done the first race in the series, it seemed to be not only me who was slower, which in a selfish way made me

feel better so it must have been something in the air?! The final race of the series, a relaxed attitude, the light shoes and some decent weather seemed to do the trick; a course pb was in the bag; 40:56, so only with a few seconds, but a pb is a pb!

Compton Canter, 7th July

Martin

Lucy and I would just like to say thank you to one and all for helping out with the Compton Canter which, in keeping with other topical stories, turned out to be the wettest Compton Canter in living memory. Nevertheless, the 63 hardy souls that toed the line seemed to have enjoyed splashing about in the mud. We also managed to give six juniors a Royal ducking, roll on next year.

A full set of results, plus photos are on Compton Harriers website

Guy Watts	34:27(1 st)
Jessica Franklin (1 st lady)	37:30(5 th)
Dave Anderson (11 th)	40:25 - First local man (Compton Harrier)
Hannah Fox (21 st)	45:06 First local lady (and former Harrier)
Fay Dellimore (31 st)	48:27 (Compton Harriers)
Last home	1:23:23(63 rd)



Race winners Jess and Guy
Above: celebrating their victories
Below: leading the pack at the start

NSPCC Milton Keynes half marathon, 8th July

Sus

Not only could this race boast two runners from Compton Harriers but also Olympic marathon runners from Mongolia who, during our warm up, saluted Phil with a big smile which made me all jealous. Needless to say they smashed the course record with minutes; 1st Man, Ser-Od Bat-Ochid (Ziggy) Mongolia 1:04:42, 1st Lady, Christina Muir 1:19:28, 3rd Lady Sus 1:29:13, Phil crossed the line in 1:45:44. 1478 finished the race.

Wycombe half marathon, 15th July

Sus

Spotting a friendly rival at the start who always beats me at the Yately 10K (well she probably doesn't know me!) I thought the chances were slim for a good finishing position, but I set her as my target! In the first mile there is a long steep hill and I overtook her which felt good but also a bit nerve racking, and rightly so - just before a 5K sign she overtook me but only to turn left down the 10k route option which gave me a sigh of relief - now I could concentrate on the other ladies. I thought I'd finally caught up with one but it turned out to be a man (I think I should go to Spec Savers). I never saw any other ladies but no wonder - the first lady was Claire Hallissey (who finished in 1:16:01), an Olympic marathon runner who also finished as first Brit in the London Marathon 2012. The second lady was Erika Olivera (1:18:41) an Olympic marathon runner from Chile - looking her up I read that she has 5 children, maybe that is the way forward! I eventually finished as 4th lady in 1:29:04. Phil crossed the line in 1:46:03. 1st Man home was Anuradha Cooray from Vale of Aylesbury in 1:07:02. 609 finished the half marathon.

Queen Mother Reservoir 10K, 17th July

Sus

The last race out of a series of 3, organized by Purple Patch, the route is flat but very exposed and on grass/gravel. It is two laps around Queen Mothers Reservoir with Windsor Castle in the background, well organized and definitely one I would do again next year. First Man was Chris Bradfield (Datchet Dashers 34:31), 1st lady Sus (41:05), Phil finished as 1st lady over 50 in 47:24. 100 runners dedicated their Tuesday evening to do the run.

Back-in-a-flash 5K, 25th July

Sue competed in the final race of this 3-race midweek 5K series at Coate Water Country Park, Swindon, on an oppressively hot evening. She was first lady home (but only just!) in 20:42.

Woodland 5, Crowthorne, 25th July (race 3 of 3)

Sus

This was just going to be an easy run as the temperature did not invite you to do anything at all! But having a mental prison institute next to the start line spurred Phil and me on to finish as quickly as possible despite the heat! I finished in 37:52 (3rd lady) and Phil crossed the line in 42:40. First man was Thomas Stevens and 1st lady was Ellie Barnes in 36:19. 142 finished. It is very cheap to enter - £7, or all 3 races for £18. You do not get anything other than water at the finish and in the race description it says the distance is 5 miles and a bit. But despite that, it still attracted over 140 runners on a Wednesday evening.

Sturminster Half Marathon, 29th July

Sus was 1st lady in 1:27:26, and Philomena finished in 1:40:28. First home was Steven Way in 1:09:10, and there were 410 finishers.

Running Life Series no. 15

Debbie Bishop

Well my running life is not quite substantive enough to cover 15 pages (barely one in fact, I had to bulk out with other stories), nevertheless here it is: Running is something I really enjoy (most of the time i.e. not the Oxford XC Wittenham Clumps race!) but have never taken particularly seriously - Colin asks me most weeks if I've signed up to any events and typically I have little to tell him! Although he never ceases in his encouragement, thanks Colin :) So, thinking about why I like running, I think it's the team spirit in group runs and events, and personal determination that generally motivate me but, more than anything, I love being outdoors in the countryside. Standing up on a hillside with a beautiful view (despite having reached physical maximum heart rate on the way up) is just simply relaxing. It's a liberating feeling, like you are on top of life for a while, a place away from the humdrum where you can clear your mind. My love of the outdoors probably stems from spending almost every childhood holiday camping in Wales or Cornwall, although my brothers and I didn't necessarily appreciate being dragged on the many long walks involved at the time. Keen to keep us occupied (more to counter the moaning) Dad would often run ahead and make an ad hoc treasure hunt along the route. Interpreting the riddle-type clues written on scraps of tissue from Dad's pocket (nice!), to finally come across the treasure in a tree branch (usually a Werthers Original or slightly crushed stick of Kit Kat) was great fun and definitely helped to keep us going.

Although not many, I have entered a few running events in the last few years. Annually all the girls in my extended family, supported by our respective HABs, meet in Bristol to run the Race for Life. I've also been in a couple of teams doing crazy challenge events like the Mudman dualthon and Grim Challenge, which were most definitely muddy and grim - particularly because I tripped and fell full body into a freezing pool of muddy water in front of a highly entertained group of spectators! The Oxford Mail XC league was the first series I entered and it was a great experience with the unwavering support and camaraderie of the Compton Harriers, and the 'have a go' atmosphere in general. This also made the recent Ridgeway Relay a brilliant and really enjoyable event. I hope to enter both again next year. Then there's the Goring and Thames 10k's, Reading half marathon and other Harriers events like the Boundary Run and Compton Relay, all good and gratifying in their own way.

Looking back on my running life, I can see that I went through a number of phases of regularly running, and these mainly coincided with having to get fit for other events. When I was a 6th former at Theale Green I took part in a

trek through the Atlas Mountains to climb Mount Toubkal. Along with circuit training and a few hiking trips in Wales, I mainly ran on the local flood plains and along by the Kennet and Avon canal in West Reading to get fit for this (hmm no hills now I think about it!). In addition I had a routine of doing press-ups and burpees etc. as prep for a week of 'beasting' in PT at Sandhurst Military Academy when I was contemplating trying out as an Officer – I loved the PT (and the Officers!) but wasn't sure about the military career.

During a gap year before starting university I regularly ran and did yoga (the frequent requirement to contain laughter was a great workout in itself, as inevitably someone would parp when doing headstands or snore during the relaxation session). Anyhow this was in preparation for traveling with a friend to eastern and southern Africa where, shortly after arriving, we found some local guides and two other Brits to trek with up Mount Kilimanjaro. Despite being reasonably fit at the time, the extremely poor weather (-15°C blizzard) coupled with the altitude made this a really tough climb and, by the time we summited at sunrise to a superb view, what I remember most was just wanting to sleep. When at university I walked everywhere (mainly because I was too tight to pay the bus fare), ran and circuit trained to get fit for the Tour Du Mont Blanc. Shortly after that I got shin splints and had to take a break from running and other impact activities. The feeling like my lower legs were going to snap when I did a squat lasted for months. Since then I've maintained, but probably not improved, my fitness through varying activities such as playing badminton, going to the gym, cycling, doing yoga and of course running. So it seems I am most motivated to exercise regularly when I've got something to aim for which suggests only one thing, I should enter more running events!

Although not the best example of a peak physical performer, I've always had an interest in healthy living and always been an active sort, walking to places (and on a number of occasions to school) instead of or if I'd missed the bus, taking the stairs instead of the lift, carrying an overflowing shopping basket instead of using a trolley, parking in the farthest away car park space etc. For my final year undergraduate project I used data collected whilst on the Tour Du Mont Blanc to determine the energy expenditure of mountain walking. This involved running to near exhaustion on a treadmill while hooked up to a heart rate monitor and a bag to collect the expired air. This was used to create an oxygen consumption vs. heart rate equation for each participant so that energy expenditure could be calculated from heart rate data recorded throughout the trip. To cut a long story short, and if anyone's interested, in summary I estimated that with an average backpack mass of 14.6 kg and hiking a mountainous route of 100 miles over 7 days, the average individual energy expenditure was 13.5 MJ per day (~3200 kcal per day) - approximately half that of a typical Tour De France cyclist to put it in to context!

It was also through running to get fit for the Tour du Mont Blanc that I got to know Alex. Having not yet discovered the best local routes in Oxford, Alex offered to take me out (following a few beverages at a student house/squaller party). Only later did I realise that, although a much better runner than me, it wasn't the sport he really loved. In fact his friends told me he didn't even run that often and his main motivation at the time had been me ;) Luckily it turned out that we had more in common than our tentative running connection as 6 years later here we still are! During that time Alex also introduced me to the world of mountain biking and spent considerable time taking me out to 'train me up'. I think I am one of those whose bravery far exceeds skill, hence the multiple scars on my legs (the most prominent being courtesy of the rocks on a trail named La Mesa in the Montes de Malaga). Although with Alex's fast track training technique (i.e. keep up, man up and try it), within a couple of years I am apparently now of an acceptable standard to ride out with the boys!

Despite growing up in Reading, going to school in Theale and even living in Goring at one point, I had no idea Compton Harriers existed until I sat down one evening in early 2011 and googled local running clubs. I'd recently moved (again!) to Hermitage and quit a gym membership. I wasn't sure what to expect really as I'd not run with a proper club before. I therefore emailed an enquiry trying to suggest that I wasn't a super duper runner (so you wouldn't be disappointed when I couldn't keep up) but also that I was good enough to run a few miles (so you wouldn't think I was completely hopeless); I went with a vague 'currently I'm an average sort of runner with room to improve' and that I'd recently completed the Reading half marathon. Joyfully Mo wrote back the next day inviting me to just turn up, and that you were looking forward to meeting me. I'm so glad I did, you were all so welcoming and keen for new members no matter what running standard, and now I feel pretty sad that, since I've had to move yet again, I won't be able to come to the runs much anymore. So I'll take this opportunity to say thanks for being such a great and friendly club, and for the excellent runs and events I've had the pleasure to be part of. I hope to still get to a few Thursday runs and other weekend events - we'll see how the uni course timetable works out.... I won't say goodbye yet as happily you've still got to put up with me for another few weeks! :)

Next month: Colin Price

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

Mo

Links of interest this month:

For this month links, I suggest following the '[Links](#)' page on the Harriers' website which I have recently updated. Several links no longer worked as websites have closed and others needed updating. During the process, I was reminded that many of these interesting and useful links are well worth checking out again. I have also added another link under the 'Running Resources' heading, following a request from Keith Godden who already has a link to [ULTRAMarathonRunning.com](http://www.ULTRAMarathonRunning.com) under the 'Event Finder' heading. Keith recently advised that he has now opened a 'little niche online store' with gear for ultra distance runners at <http://www.ULTRAMarathonRunningStore.com> and, as we have several ultra runners at the club, he thought there may be some interest. The plan is to keep adding ultra-specific products that UK ultra runners will appreciate.

This month's article continues on a similar theme to July's article on training:

The suggestion is that you will experience an improvement in performance by incorporating the following set of rules into your training programmes:

1. Begin Slowly

Even if you are in good condition, you must let your body strengthen and adapt before you attack it with intense training. This rule will especially apply to your daily training runs. Should your workout call for speed work or a moderate intensity run, start out at an easy pace and allow your body to warm up first. When racing, you should start at a pace that is slightly slower than your goal pace. Most athletes perform best when they run "negative splits", which means running the second half of the race faster than the first. If you begin at a pace that is too fast, you will not be able to finish strongly.

2. Train Your Mind

With any sport or fitness programme, there are challenges that you must prepare yourself for mentally. Use positive thinking and imagery to toughen your mind for the challenge ahead. The difference between those who succeed and those who fail is the ability to overcome the mental blocks and negative thoughts that sabotage success. Before you can overcome the physical challenges, you must overcome the mental challenges.

3. Train Consistently

It is better to exercise a little all of the time than to exercise infrequently. To be successful, exercise needs to become a habit and part of everyday life. Running, or any other form of daily exercise, starts to become more of a daily habit after the first couple of months training. Try to force yourself to do some exercise everyday; even a short walk if necessary. Eventually, you will even feel as if you are missing something if you don't get your daily run in. Without consistency, fitness gains happen slowly and loss of fitness happens quickly. If you stop training for a couple of weeks, you will lose the fitness gains of a full month. If you stop running for a couple of months, you will lose almost all of your fitness gains. Even during your rest periods, you should run on a consistent basis at a low intensity.

4. Don't Have a Strict Daily Schedule

With the variables of weather, work and social schedules, health and stress levels, a daily schedule is almost impossible to keep. With a weekly schedule you can fit each workout and rest day in where it suits you best. With a more informal weekly schedule, you can move workouts around and still meet your training goals for the week.

5. Set Goals

If you just train aimlessly with no real goal in mind, you will soon lose interest, so you should set both short and long-term goals. With set goals, your workout will take on new meaning and you will have a reason to go out and exercise. For beginners, possible goals could include completing a 5 km race, increasing the distance you can run, weight loss, or general health and fitness gains. An experienced runner may set goals

such as finishing a marathon, improving race performance or using a specific local race as a target. It's much easier to follow a training program when your workouts have a purpose.

6. Alternate between Hard and Easy Days

If you have a hard workout on one day, either work out easy on the next day or even take the day off. Your muscles and connective tissue will recover and grow stronger on the easy days. If you stress your muscles intensely every day, they will never have a chance to recover and grow stronger. Too much high intensity training will also lead to burnout, injury and illness.

7. Train Specifically for an Event

The training requirements for each distance are very different so you won't be able to reach your peak at both the 5 km and the marathon at the same time. You must train specifically for each distance. If your goal is to run a marathon, you should tailor your training specifically for the marathon. Running should dominate your training, but cross training such as cycling and swimming can also benefit as it strengthens some muscles that are not used extensively in running. This will help keep your body's muscles in balance and avoid injury. For running, the most frequent form of cross training should be strength training as it will take care of any possible muscle imbalances.

8. Follow a Varied Training Schedule

The schedule needs to allow for periods of rest, easy runs, strength and speed. The important thing to remember is that you will gain no benefit by running at the same intensity all of the time. Too much speed work or high intensity training will lead to burnout or injury. Too many easy runs will result in a lower level of fitness and poor race performance.

9. Listen to Your Body

Weather, illness, time of day, stress level and time of last meal will all affect your body's ability to perform. There will be days when you have a difficult speed workout planned and you just do not feel up to it. You may feel lethargic, tired and be suffering with sore muscles ... this is your body telling you it needs rest. On days such as this, just do an easy run or rest completely. Listen to your body and you will avoid injury and make maximum fitness gains.

10. Cross train

Always add strength training to your routine; strong muscles will help support your joints and assist your connective tissue. Most running injuries are caused by weak, tight or imbalanced muscles, so it is essential to follow an established strength training programme to strengthen the muscles used in running and improve your overall strength levels. Strength training will greatly improve performance in road races. On easy or rest days, try a different type of exercise such as swimming, cycling and walking. This will help develop muscles that are not used in your primary running activity. Be sure not to exercise at an intense level on rest days. The purpose of rest days is to provide your body with the time it needs to recover and strengthen so, if you cross train at an intense level, your muscles will not get the opportunity to recover.

11. Quality Not Quantity

Train smartly; it is the quality of your training that matters, not the quantity. Excessive mileage can result in overtraining, burnout and injury. The mileage required to maximize performance will vary according to the distance you are training for and your current ability level.

12. Educate Yourself

Researchers are continually making new discoveries in the fields of running and fitness. Some of these new findings will make previous training methods obsolete and will uncover new ways of training. Make a habit of checking running publications and web sites to keep up with the latest ideas.

Forthcoming Local Events – see Website Events Calendar for full Listing

Compton Harriers hold the Olympic torch



Former Harrier Maxine Burgess (above left), who now lives in Newmarket and competes for Newmarket Triathlon Club, carried the Olympic torch through Ipswich on 5th July. Meanwhile, Sus (above right) had the opportunity to hold a torch as she collected her prize at the St. Albans Half. She says: “I must be one of only a few Danes to ever to carry this famous light!”



Compton Canter

Harriers Dave and Faye gather at the start with the other competitors, as Race Director Martin prepares to deliver his pre-start speech