

THE HARRIERS HERALD

No. 190, December 2008

Editor: Sue Francis

In brief

- Thursday night schedules for December and January
- Correspondence received
- Compton Harriers AGM reminder
- Compton Harriers Christmas meal update
- Pre-Christmas run with Team Kennet
- Compton Harriers affiliation to IAH Rec. Soc.
- Thanks to Lucy, Pete, Sus and Mo for this month's contributions
- Copy date for January's Harriers Herald – 3rd January

Features and reports

- Marlow Half – Lucy completes a challenging 13-miles
- Oxford Mail X-C – good results for Dick and Sue
- The Roaches – Lucy is first veteran lady in a 15-mile fell race
- Wimborne 10 – Sus recommends an excellent race
- Herbert's Hole – Martin and Lucy set good times and emerge unscathed
- Eynsham 10K – Lucy and Sue achieve their goals and bring home prizes
- Florence marathon – Phil and Sus do well in Italy
- Amsterdam Marathon – A personal best for Rich
- Berks, Bucks & Oxon X-country – A medal for Sue
- Where's Pete? – Pete H tells of his injury diagnosis and treatment
- Handicap Race – A fifth win for Lucy in the 2008 series
- Website Update – Mo advises on staying comfortable during winter running

Thursday night schedule for December

Thurs 4th Handicap Race, followed by Compton Harriers AGM
Thurs 11th Peter L to lead
Thurs 18th Tom to lead
Thurs 25th No run scheduled

Thursday night schedule for January

Thurs 1st No run scheduled
Thurs 8th Sue to lead
Thurs 15th Handicap Race
Thurs 22nd Martin to lead
Thurs 29th Mo to lead

Correspondence received		
Sender	Subject matter	Action
Flora London Marathon	FLM Club Entry	Draw amongst qualifying members
England Athletics	Receipt for recent payment of affiliation fees	File
Scott & Jane Umpleby	Brathay Windermere Marathon (17-05-09) www.wideopentrails.com (running holidays)	Notice board
England Athletics	National X-country Champs – London (21-02-09)	Ask Sue for details if interested
Bearbrook Joggers	Hardwick X-Stream 6-mile X-C (15-02-09)	Events Diary & notice board
SEAA	Info. Update #120	File
City of Lincoln Council	City of Lincoln 10K road race (29-03-09)	Events Diary & notice board

Compton Harriers Christmas Meal

This year's meal will be held at 'The Wheatsheaf', East Hendred on Saturday 20th December (20:30). So far, a total of 18 Harriers and partners are attending and the deposits have been paid to secure our booking. I will be asking for your menu choices soon.

Pre-Christmas run with Team Kennet

Compton Harriers are invited to join members of Team Kennet for a run on Saturday 20th December, starting 10:30 from Crookham Common athletics track, Newbury. It will be a social run of about 7 miles around the wooded area of Brimpton, suitable for runners of all standards. Showers and toilets will be available at the track.

Compton Harriers affiliation to IAH Rec. Soc.

The AGM of Rec. Soc. was held on 26th November. Martin presented our proposal to amend the Rec. Soc. constitution to allow affiliated clubs to offer membership without the need to be Rec. Soc. members.

Reasons for proposal: We do not want to exclude from our Club those individuals who want to join Compton Harriers (CH), but are highly unlikely to visit and use the Rec Soc facilities (i.e. it seems unfair to expect them to pay the £24 annual Rec Soc fee). We appreciate that this fee is good value for those who use the facilities. However, by virtue of the Club's affiliation to 'England Athletics', membership of CH allows runners to subscribe to 'England Athletics' and compete legitimately as a Compton Harrier. We believe this situation is unique amongst Rec Soc-affiliated clubs.

Proposal: To amend our Club's constitution to accommodate 'friends' of CH, who would:

- Be people with strong links to CH, elected to the Club at the Committee's discretion.
- Be entitled to compete for CH on payment of CH subscription & England Athletics levy.
- Not be free to enjoy any benefits or facilities offered by Rec Soc, except as a visiting guest.
- Not be able to vote at the AGM.

Martin's presentation, and our responses to questions, did much to clarify the proposal to those attending the meeting, and allayed some concerns which had previously been expressed by Rec. Soc. Committee members. Specific questions and comments were:

- Steve Gibbs (Rec. Soc. Treasurer) - Q: Will this result in a significant loss of income to Rec. Soc.? A: No. The individuals concerned are not currently Rec. Soc. members anyway.
- Steve Gibbs - Q: Will this apply to a large proportion of CH membership? A: No, 4 or 5 people at the most.
- Judy Eynon (former Rec. Soc. Secretary) – Q: It is fair to make this exception for CH but not for other clubs? How do representatives of other clubs feel about this?
- Lisa Rothwell (Squash Club) – Having now heard about the importance of being a club member in order to gain England Athletics affiliation, she understood our proposal. The Squash Club have no such affiliation to a national body. Lisa supported our proposal.
- Dave Balkissoon (Cricket Club) – Dave said the Cricket Club has no affiliation to a national body so the situation is different for them. He had had no objection to our proposal.
- Lisa Rothwell – Paid credit to Compton Harriers for raising this issue with Rec. Soc. and trying to make these amendments in a transparent manner without trying to do things via 'the back door'. There are a number of IAH employees who *are* regular users of the facilities and have to be chased for their subs.
- Judy Eynon: Still has reservations about making changes to the constitution which may set a precedent.

However, the majority of the meeting attendees seemed to either support, or at least not object, to our proposal. Unfortunately, there were not enough attendees to make a quorum so it was not possible to take a decision on this and other agenda items which required a vote. An EGM is scheduled for 10th December to vote on these matters but we are hopeful that the proposal will be accepted.

Marlow Half, 2nd November

Lucy

This was a fairly large (872 finishers) but friendly race, with a Guy Fawkes theme – it was he (or one of his imitators) who lit the firework to start us off. The course begins on a gentle but long hill and continues on quiet country lanes with undulations that become more challenging, with some descents that only a fell runner could truly appreciate! The scenery made up for the hard work, with some lovely Autumnal beech woods to run through. The finish and HQ were at William Borlase's Grammar School, where a skilful commentator at the finish kept up the interest. He also diverted attention away from the air ambulance picking up one of the runners who had suffered a cardiac arrest. Fortunately the runner has since made a good recovery and at the last update had received his finisher's t-shirt! A cake and tea stall was on hand to resuscitate the rest of us, and a large TV screen gave 'live' results updates.

1 st Man	EDDIE O'GORMAN	01:14:42
1 st Lady	LESLEY WHILEY	01:28:21
141 st	LUCY GETTINS	01:37:27
872 nd	Last finisher	02:59:39

Oxford Mail X-C, Ascott-under-Wychwood, 2nd November

Sue

Dick and I competed in this first race of the winter series for Team Kennet. I had a good race to finish 7th (20:57) in the ladies 3-mile event, which was won by Team Kennet's Rachael Elliot (19:40). With Helen Preedy (9th) we formed the winning team on the day. The men's 6-mile race was won by Steve Kimber (30:41). Less than two weeks after his operation, Dick was very pleased to complete the race in 138th (40:35). The team finished fourth.

The 15-mile Roaches fell race, 9th November

Lucy

This race is a 3 hour+ drive away, but worth a trip. The mile-long run-in from Meerbrook is uninspiring (mud, deeper mud and deep smelly stuff) but once on the Roaches crags the race becomes great fun. A mile of non-slip sandstone boulders is followed by a rocky descent, a forest path and the knee-deep river Dane. More undulating trails are followed by the hands-and-knees ascent of Shutlingsloe, a run round the trig point and return by the same route. Usually fell races are unmarked, but this had large orange signs and marshals in abundance. There were even 4 water stations. After giving it all I'd got I was very pleased to come away with the over-40 ladies prize. The weather (again) was despicable, but this being up North there was an excellent pub close by where we could get a good feed and a pint for less than the price of a whippet.

1 st man	Andrew Davies	02:04:55
1 st lady	Jackie Lee	02:23:27
49 th man	Martin Fray	02:35:29
7 th lady	Lucy Gettins	02:54:30
221 st	Last finisher	04:19:10

Wimborne 10, 16th November

Sus

This race has all the ingredients you would wish for in a race. You park at the QE sports centre and then you walk to the start, do your race and then you eat as much home made cake and tea in your new china you have just received for finishing, go back to the QE centre, a very high spec centre, and have a lovely shower all for a bargain of only £7. Oh, and the route is beautiful, especially the start/finish which is in a wood; the remaining is narrow country roads. It does say undulating on the tin but it is getting close to hilly in my view, though I am not sure where the line is drawn.

It attracts mainly attached runners and gets sold out. Personally I was not sure what speed to do as the distance is not too familiar to me, but sub 7 min per mile would be acceptable – I did 6:58. Nigel Leighton won the race in 52:45 and Melanie Ellis from Shaftesbury Barnet was first lady in 1:01:13.

Herbert's Hole Challenge, 16th November

Lucy

Herbert's Hole Challenge is well known to the Harriers, but had only 2 representatives from Compton this year. This 10.5 km multi-terrain race in Chesham, Bucks, was muddier than previous years, but pleasurable as ever. On the pretext of attending the prize-giving we were delighted to find the bar at the race HQ was open, so a very damp morning ended with some welcome refreshment.

1 st Man	EDDIE O'GORMAN	39:14
16 th Man	Martin Fray	44:54
1 st Lady	Fiona Kennedy	46:05
9 th Lady	Lucy Gettins	51:24
357 th	Last finisher	1:34:36

Eynsham 10K, 30th November

Sue

Lucy and I both competed in this annual 10K race, while Mo ran one lap of the course in reverse direction in order to cheer us on and take photos. Despite miserable weather conditions – cold, raining, and quite blowy in places – Lucy and I both achieved our pre-race goals. Lucy set a PB, running sub-43 for the first time, while I just scraped under 40 minutes. Our efforts were rewarded with prizes. Lucy received a trophy for being 2nd FV45 and, since this race also incorporated the Oxfordshire County 10K Champs, she also won a county medal. I was 3rd lady overall, but 1st FV35, for which I received a trophy, and the annual category-winners cup, and a Fit-2-Run voucher. We visited The Queen's Head for lunch and drinks before heading home.

1 st Man	Steve Kimber	32:23
1 st Lady (28 th)	Stephanie Lane	36:59
1 st FV35 (66 th)	Sue Francis	39:57
2 nd FV45 (130 th)	Lucy Gettins	42:50
530 th	Last finisher	1:23:44

Florence Marathon, 30th November

Sus and Phil represented Compton Harriers in Italy and did the club proud. Sus set a PB of 3:19:29 and was 43rd lady - she says she is a very happy girl. Phil was only 2 minutes outside her PB, finishing in 3:44:19 (205th lady). Phil says she's happy with her time especially as she had to stop for a wee break!

Amsterdam Marathon

Just 4 months after breaking his ankle in a road accident, Rich completed the Amsterdam Marathon in a personal best time of 3:37.

Berks, Bucks & Oxon cross-country, 15th November

Sue

I competed (although in a Reading AC vest, I'm afraid) in this annual championship event, this year hosted by Maidenhead AC. My race was over a 6K course and the competitors included sixty ladies aged 17 to over 50, and about twenty boys aged 15-17. The course was two laps around a nature reserve and playing fields and, being fairly flat and dry, suited me. I started sensibly and gradually worked my way through the field until I was placed as 7th lady. I worked hard to catch two others in the finishing straight, but they found a final sprint and I finished immediately behind them, in 23:56. Although 7th overall, I received a silver medal for being second lady in my age category (20 – 40). The race winner was FV40 athlete Sarah Gee of Reading Roadrunners (22:56).

Where's Pete?

Even in the dark winter nights you will probably have noticed that I've not run with the Harriers for some time. This is due to an injury which has been diagnosed as Achilles Tendinopathy (commonly known as Achilles Tendonitis).

It is apparently a common running injury that is most frequently due to overuse. It usually comes on gradually, and is more common in those aged over 40. As I tend to run less distance than most of the Harriers I suspect my problem is being of a certain age!

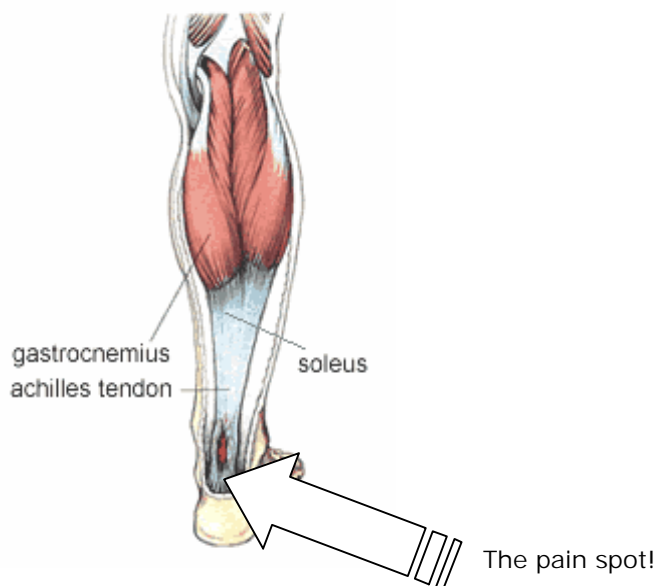
The Achilles tendon is the strongest tendon in the human body and its function is to transmit the force of these muscles to produce the push-off during walking and running. Achilles Tendinopathy is usually characterised by degeneration of the Achilles tendon. This means that the tendon does not possess its normal tensile strength and may be liable to rupture with continued sporting activity. Hence my GP instructed me not to run and referred me for physiotherapy. Two and a half months later I've now had my first session.

I've been told recovery is optimised by using a very gradually progressed strengthening programme for the Achilles tendon and calf muscles. These exercises cause the Achilles tendon to adapt and get stronger.

This strengthening programme uses what is called 'eccentric muscle work'. Eccentric muscle work refers to a muscle that is lengthening while contracting. Maximum tension is generated in the muscle and tendon during the eccentric contraction. Gradually increasing the load by increasing the number of sets and reps of eccentric Calf contractions causes the Achilles tendon to adapt and get stronger.

I'm thus doing four reps a day of my prescribed exercise and return to the couch in two weeks for further assessment. What do I want for Xmas? – a cure!

Pete H



Handicap Race

Sue

November's Handicap Race was held around our winter 'Village lap' route, on a pleasant but dark Thursday evening. Lucy continued her fantastic run of PBs (this one by 40 seconds) for a sub-13 performance and a well-deserved victory. Martin worked hard to take a good second place with a time just outside 11 minutes. Dick, Peter and Sue started in close succession, and had a good battle on the way round to finish in close succession (although half a minute behind Lucy and Martin). Peter took third spot, ahead of Sue and Dick. Meena put in a solid performance on only her second race around this route while Matt, who once again had the unenviable 'honour' of starting last, passed Rich in the final stages of the race. Rich admitted he was still recovering from his recent marathon, and only came along because he needed to return the trophy he won last month!

Congratulations to Lucy, and thanks to Jan for timing, with help from Ryan. The next race is scheduled for Thursday 4th December, and will be around the Village lap route starting and finishing from outside the Kearns' house.

Pos	Name	Start time	Finish time	Actual time	Handicap Beaten?
1	Lucy	1:48	14:25	12:37	-0:35
2	Martin	3:38	14:39	11:01	-0:21
3	Peter	3:06	15:08	12:02	+0:08
4	Sue	3:14	15:13	11:59	+0:13
5	Dick	2:59	15:26	12:27	+0:26
6	Meena	0:27	15:42	15:15	+0:42
7	Matt	3:48	16:16	12:28	+1:16
8	Rich	2:42	16:24	13:42	+1:24

With only one race left in the 2008 Handicap Championship, Lucy has scored maximum points (each runner's five best scores will count towards the final score, and Lucy now has 5 wins under her belt). I think I can safely get the trophy engraved for her now! Dick, Martin and Sue all have the same overall total score but, based on their best five scores, Martin is in second spot ahead of Dick, pushing Sue out of the top three. Meanwhile, Peter is steadily working up the table and a good performance by him in December's race could move him into second or third spot.

Pos.	Name	Race points									Total (best 5)
		Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	
1	Lucy	5	7	5	7	7	7	6	7	-	51 (35)
2	Martin	6	4	-	1	4	6	-	6	-	27 (26)
3	Dick	7	-	-	6	3	4	4	3	-	27 (24)
4	Sue	3	6	6	2	1	2	3	4	-	27 (22)
5	Peter L	2	-	-	3	5	5	-	5	-	20
6	Andy	4	-	7	-	2	-	-	-	-	13
7	Pete H	1	5	-	4	-	1	-	-	-	11
8=	Sally	-	-	-	5	1	3	-	-	-	9
8=	Meena	-	-	-	-	6	1	-	2	-	9
10	Rich	-	-	-	-	-	-	7	1	-	8
11=	Kirsty	1	-	4	1	-	-	-	-	-	6
11=	Matt	-	-	-	-	-	-	5	1	-	6
13=	Sus	-	-	-	-	1	-	-	-	-	1
13=	John	1	-	-	-	-	-	-	-	-	1

Website update... <http://www.comptonharriers.org.uk>

Mo

Apart from the new “Firework Display” and then the “Jig-Saw Puzzle” effects on the front page, there have been no major changes to the website layout for a while, so it may be time to update its appearance or modernise it a wee bit ... I am looking at a few ideas at the moment, so there is no imminent change to report. I was talking to Sus last Thursday and she asked about the annoying pop-ups she encounters every time she visits the site ... so if any of you are experiencing the same thing, it is probably because you haven't changed your favourites link since the days of the old address at comptonharriers.cjb.net! The current site does not have any pop-ups, so if you are experiencing the same as Sus, you need to change your favourites link to <http://www.comptonharriers.org.uk> or you can also access through <http://www.comptonharriers.co.uk>

For this issue, my recommended website visit is:

<http://www.webmd.com/video/low-fat-exercise-injury> the webmd site is well worth a visit. The link takes you to the exercise and fitness area of the website which features a variety of short videos to explain the benefits of various forms of exercise and food intake. If you want to understand the benefits of pole walking or know exactly how to choose the correct running shoe to suit your style, then all will be revealed. There is an absolute multitude of topic areas covered on the site which covers everything from dieting to diagnosis ... this site can keep you fascinated for hours (as long as you don't mind an overdose of the accent!). Try the interactive symptom checker as well.

My article this month focuses on comfort during your winter training;

It's important to pay attention to temperature and wind chill factors

Strong wind penetrates your clothes and removes the insulating layer of warm air around you. Your movement also creates wind chill because it increases air movement past your body. If the temperature dips below zero or the wind chill is below minus 20, hit the treadmill instead.

Protect your hands and feet

As much as 30% of your body heat escapes through your hands and feet. On mild days, wear gloves that wick moisture away. Mittens are a better choice on colder days because your fingers will share their body heat. You can also tuck disposable heat packets into your mittens. Add a wicking sock liner under a warm polar fleece or wool sock, but make sure you have enough room in your running shoes to accommodate these thicker socks.

Dress in layers

Start with a thin layer of synthetic material such as polypropylene, which wicks sweat from your body. Stay away from cotton because it holds the moisture and will keep you wet. An outer, breathable layer of nylon or Gore-Tex will help protect you against wind and precipitation, while still letting out heat and moisture to prevent overheating and chilling. If it's really cold out, you'll need a middle layer, such as polar fleece, for added insulation.

Protect head and neck

On cold days, you'll lose approximately 40% of your heat from your head, so it's important to keep it covered. Follow these tips to protect your skin from cold, wind chill and chapping:-

- ❖ *Thermal hat:* A fleece or wool hat is perfect for keeping your head warm during winter runs. You can easily tuck it into your running tights if you start to overheat.
- ❖ *Neck Gaiter:* Often worn by skiers, a neck gaiter can be extremely valuable on a frigid, windy day to protect your neck and face. You can pull it up over your mouth to warm the air you're breathing in, which is especially helpful when you first start your run.
- ❖ *Balaclava:* A must if the temperature or wind chill is below -10°C. A balaclava covers your whole head, exposing only your face or part of it, and sometimes only your eyes, thus providing excellent protection in extreme conditions.
- ❖ *Chapstick/Vaseline:* This will protect your lips from chapping. You can also use Vaseline on your nose and cheeks (or anywhere else on your face) to prevent windburn and chapping.

Upper body protection

The key to winter running is layering. Not only do layers trap body heat, they allow sweat to move through the layers of clothing. The moisture is wicked away from your first layer to your outer layers, and then evaporates. Here is a guide to layering on your upper body:

- ❖ **Wicking Base Layer:** The layer closest to your body should be made from a synthetic wicking material, such as DryFit, Thinsulate, Thermax, CoolMax, polypropylene, or silk. This will wick the sweat away from your body, keeping you dry and warm. It's very important to make sure you don't wear cotton for this layer because once it gets wet, you'll stay wet. When it's above 4°C you can usually wear just a long-sleeve base layer.
- ❖ **Insulating Layer:** Your second or middle layer, which is needed for very cold weather (below -10°C), should be an insulating material, such as fleece. This layer must continue wicking moisture away from the skin. It should have the perfect balance of trapping some air to keep you warm, yet release enough vapour or heat to avoid overheating. Some fabrics suggested for your second layer: Akwatek, Dryline, Polartec, polyester fleece, Microfleece, Thermafleece and Thermax.
- ❖ **Wind- and Water-proof Outer Layer:** This layer should protect you against wind and moisture (rain, sleet, snow), but at the same time allow both heat and moisture to escape to prevent both overheating and chilling. It's a good idea to wear a jacket with a zipper for this layer, so that you can regulate your temperature by zipping it up and down. Suggested outer layers: ClimaFit, Gore-Tex, Microsuplex, nylon, Supplex, and Windstopper. If it's between -10°C and 4°C, you can usually get away with a wicking base layer and an outer layer.
- ❖ **Gloves/Mittens:** You can lose as much as 30% of your body heat through your extremities, so it's important to cover those hands. On cold days, wear gloves that wick away moisture. When it's extremely cold, mittens are a better choice because your fingers will share their body heat.

As you warm up you might feel the need to shed layers, so wear a jacket with removable sleeves and put them in your pocket; or one that folds up small and put it in a bum bag.

Another idea is to warm up thoroughly before you head out the door - try star jumps and running on the spot, or head to the gym and start your run on a treadmill.

Lower body protection

- ❖ **Tights/Running Pants:** Your legs generate a lot of heat so you don't need as many layers on your lower body. You can usually wear just a pair of tights or running pants made of synthetic material such as Thermion, Thinsulate, Thermax, Coolmax, polypropylene, and/or silk. If it's below -10°C (temperature or wind chill), you may want to consider two layers on your lower body: a wicking layer of tights, and a wind-proof layer such as track pants.
- ❖ **Shoes:** Your feet also stay pretty warm, as long as you keep them moving and dry. Try to avoid puddles, slush, and snow. Look for a running shoe with as little mesh as possible, since that's where the water will seep through to your feet. If you can't avoid running in the snow, you may want to think about buying trail running shoes, which are somewhat water-proof and will give you a little more traction in the snow.
- ❖ **Socks:** Never wear cotton socks (in cold or warm weather) when running because they won't wick away the moisture, leaving your feet wet and prone to blisters. Instead, be sure to wear a good pair of wicking socks made of fabrics such as acrylic, CoolMax, or wool (in the winter).

What if you have a cold - should you still run?

- ❖ Yes. Exercise helps to decongest the nose
- ❖ It moves the white cells around in the blood and is more beneficial than being a couch potato.
- ❖ Only stay indoors with a fever, a chesty cough and muscle aches.
- ❖ Just take your runs easy, and you will feel better for them.

Overcoming the burning sensation in your chest in cold air.

- ❖ Experienced by many runners, hard physical work in very cold air can trigger a narrowing of the airways which causes the sensation. Chilling of the face or nasal cavity may also play a part.
- ❖ Breathing in through the nose as much as possible warms and moistens the air and reduces the effect.
- ❖ You could also try wearing a Buff (buffwear.co.uk), which will insulate your face and warm the air you breathe.