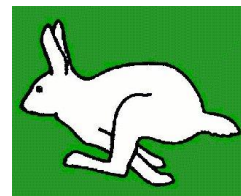


THE HARRIERS HERALD

No. 226, December 2011

Editor: Sue Francis



Contents, features, reports, results

- Thursday night schedules for December and January
- Correspondence received
- Compton Harriers Committee for 2012
- Compton Harriers donate to local charities
- Christmas Meal – a final reminder to those who've booked
- London Marathon Club Entry
- Compton Harriers win local quiz
- Race results: *Lordshill 10* – Meena and Sus enjoy a low-key Southampton race; *Oxford mail cross-country* – Nine Harriers race over Ascott horse-trials course; *Grand Union Half* – Category wins for Sus and Meena; *Stowmarket 7* – Richard's first race since June; *Gosport Half* – Meena smashes her PB; *Eynsham 10K* – Lucy wins a county medal; also results for *Roaches Fell Race* and *Downton Half*
- Running Life series – Kirsty's story, from schoolgirl sprinter to marathon Mum
- Handicap Race – a win and a PB for Meena, while the Championship competition remains hot
- Webmaster's article – Mo discusses choice of running shoe, and features local races in December & January
- Thanks to Meena, Kirsty, Mo, Sus and Richard for this month's contributions
- Copy date for next Harriers Herald – 30th December

Thursday night schedule for December

Thurs	1 st	Lucy to lead, followed by AGM
Thurs	8 th	Handicap Race
Thurs	15 th	Colin to lead
Thurs	22 nd	Sarah to lead
Thurs	29 th	Christmas break

Thursday night schedule for January

Thurs	5 th	Mo to lead
Thurs	12 th	Handicap Race
Thurs	19 th	Martin to lead
Thurs	26 th	Pete H to lead

Correspondence received		
Sender	Subject matter	Action
England Athletics	National XC Champs, London (25-02-12)	Ask Sue if interested
White Horse Harriers	White Horse Half, Wantage (01-04-12)	Events Diary & notice board
SEAA	Request for updated club contact details	Form completed & sent back
Laranja tours	Warm-weather training camps - Portugal	Notice board

Compton Harriers Committee for 2012

Following our recent AGM, your Committee for 2012 will be: Martin Fray (Chairman), Sue Francis (Secretary), Pete Humphreys (Treasurer of club account), Gillian Anton (Membership Secretary), Mo Francis ('Events Secretary' and Treasurer of race account). Full minutes of the AGM will be distributed in the near future.

Compton Harriers donate to local charities

Each year, Compton Harriers use the profits from our Compton Downland Challenge races to make a donation to a local charity or good cause. This year, two donations, each to the value of £750, have been made to the 'Newbury and District Cancer Care Trust' which looked after Tom's wife, Maggy, and 'Friends of Charles Clore Unit', the MacMillan unit where Maggy worked as a volunteer for many years.

Compton Harriers Christmas Meal The Swan (East Ilsley) Saturday 17th December (evening)

Twenty-three Harriers/partners are due to attend this year's Christmas meal. Please arrive at East Ilsley Swan by about 19:30, for starting the meal at 19:45.

London Marathon club entry

Our guaranteed 'club entry' to the 2012 Virgin London Marathon was awarded to Terry. Terry will be joined in the Marathon by several other Harriers who achieved entries either via the ballot, or via 'good-for-age' performances.

Compton Harriers win local quiz

The Club kitty received an unexpected windfall when a Harriers team won a cash prize at a Thursday night quiz at The Harrow, hosted by our own Pete O. The large winning margin was largely due to the extensive knowledge of Messrs Humphreys and Disney, but the rest of us contributed too! Thanks to Pete for organising a fun evening.

Race Reports & Results

Lordshill 10, 6th November

Meena

A nice low-key 10 miler with a large number of what I would call 'good' club runners as can be seen by the finish times. Unusually for races these days there is no chip timing. The route is flat to gently undulating and is quite scenic for the most part, with the exception of a short stretch through an industrial park towards the end. There is a roughly 10 minute walk to the start which provided Sus and myself with an opportunity for a good warm up jog. We got to the venue quite early so we had some time to look around the race headquarters when we noticed that the list of entrants had their actual birth date listed. This provided some entertainment trying to spot people with exactly the same day if not year of birth and I actually spotted one with the same day but a good six years younger!

Sus: 1:07:09 2nd FV45
Meena: 1:14:40 9th FV45

Oxford Mail x-country, Ascott-under-Wychwood, 6th November

Sue

Colin's persuasion and organisation really paid off this year as nine Harriers competed in the first race of the Oxford Mail cross-country series, as part of the Team Kennet team. Although a bit chilly, the weather was nice and the course was mostly good underfoot.

The 6K ladies race was won by Elysia Ridley (Witney RR) in 24:22. First home for Team Kennet was Helen Preedy (9th), followed by Sue (14th, 26:36). The 'A' team was completed by Lucy (36th, 28:36), who just pipped TK's Jenny Eaton on the finish line. Debbie contested her first cross-country race, and no-one thought to pre-warn her about the water-splash! In a closely-packed group near the finish, Debbie put in a final sprint and almost made herself sick, but was rewarded with 117th (33:58). Mags showed a big improvement as she tackled the hill with confidence and gained places to bring her home 170th (39:40), and Gillian also ran very well on this challenging course (182nd, 44:58).

The 9K men's race was won by Steve Freer (Woodstock) in 29:41. First home for Team Kennet was Guy Watts (47th). Martin was 117th (36:31), with Lee not far behind (147th, 37:51). Colin was 258th (43:39) while Riky (who was convinced he was finishing then found there was a third lap to do!), finished 269th in 44:33.

Roaches Fell Race, 13th November

Martin, Lucy and Riky took part in this 15-mile fell race, and all got plastered in mud. Martin was 34th (2:41:56), Lucy 101st (2:58:18) and Riky 167th (3:21:26).

Grand Union Canal Half Marathon, 13th November

Meena

As the name implies this is a half marathon run entirely along the Grand Union Canal. This was to begin with quite pleasant especially as it was also a nice sunny day. However by around halfway I couldn't help but think that it would be nice to look at something else other than the canal and long boats moored alongside the canal (no offence Lucy and Dick!). Although it is mostly flat it's not a PB course because the path is quite narrow with slippery cobbles in places and it is open to the public. So apart from overtaking runners you also have to watch out for cyclists, walkers and dogs! Having said that though, it was a pleasant enough race once one forgot about potential PBs! The race had the longest queues for the loos that I have ever seen in a race and there weren't that many convenient bushes around to use either! It was more the queuing system rather than shortage of loos which caused the problem and, once the organisers realised this, the queues moved much faster. This was my kind of race in as far as the age grading goes...FV40 and FV50. This increases my chances of getting an age category prize especially if Sus has also entered the same race! As it happens I did get a prize, as did Sus and so I was well pleased! Not a bad day for Compton Harriers and in fact the gentleman presenting the prizes made a comment about it being a good day for Compton Harriers.

Sus: 1:33:03 1st FV40
Meena: 1:40:13 1st FV50

Stowmarket Striders Scenic 7, 13th November

Richard D

For my first race since the Ridgeway relay I decided to enter this race for the second successive year as I had enjoyed it last year. It also gave me a good chance to see how I was getting over my hamstring injury in a fairly low key setting. The race is held over an undulating course in 'John Peel' country (the disc jockey lived in one of the villages the course runs through). It certainly lived up to its scenic name on a beautiful sunny November morning.

As for the race, I felt very slow at the start, although I gradually picked up the pace a bit, finishing over 3 minutes down on last year in a time of 50:49, in 71st place out of 294 runners. Good to be out racing again!

Race winners:

Men	Jamie Shaw, Newmarket Joggers	40:31
Women	Jayne Williams, Ipswich Tri Club	47:46

Gosport Half, 20th November

Sus

Sometimes I really need to treat the Sunday races as a Sunday run and not a race. One of these events was the Gosport half. I also knew myself well enough that to do so I would have to throw away the race chip. The race itself is a flat route with sections of the route on airfield and seafront. The entrants tend to be split 50/50 club/non club runners and it attracts nearly 2000 entries.

I said to Phil the day before that I would run with her so it would have a real feel of a Sunday run. The morning came and we went to the starting line. Not knowing her plan, I asked her where she would like to start and she kept saying "I bit further up, I bit further up" till we ended only a few yards from the very front with all the tough guys. And then she whispered "pace me to 7:45 per mile". Well if that is what the lady wants then that is what the lady is going to get, well almost because I kept hitting 7:30 – 7:33 min per mile. I could hear her behind me and, after 3 miles, she shouted "faster". "You do realize that we are doing app. 7:30 per mile" I said?" "Yes" Phil replied. Ok, I then pressed the accelerator and went up to a 7:23 to 7:25 min per mile but our little Phil kept holding on. Two miles to go to the finish line and I could hear she was still with me. "Just the length of a handicap loop to go now" I announced while I shielded her from the wind. Now 400 meters to go and I pulled out to one side and shouted "go go Phil" – and she did in 1:37:05 smashing her PB by over a minute. Well done Phil but next time I will have to increase my fee!

Eynsham 10K, 27th November

Sue

Four Harriers raced the Eynsham 10K on a mild but windy Sunday morning. Martin ran a sensible race and gained many places on the 2nd lap to finish 95th (40:35). I ran well till 7K, then my lack of distance training started to show especially as the final 2K was into the wind and gradually uphill. Several people overtook me, including Martin, and Belinda Tull (a 'friendly rival' from Reading RR). I finished 108th in 41:24. Lucy (146th, 43:15) and Richard (155th, 43:33) finished in close succession. We were all captured on camera by Mo, who ran a lap in reverse to cheer us on and take photos. Lucy's good performance won her a silver medal for the FV45 category in the Oxfordshire County Championship. Race winner was Nick Earl (City of Norwich) in 32:03, and first lady Wendy Nicholls (Cirencester) in 36:16. There were 612 finishers.

Downton Half (New Forest), 27th November

Three Harriers contested this race. Philomena and Ryan even encountered a wild boar in the forest, which apparently made them run faster! Ryan finished in 1:28:49, Sus in 1:31:04, and Philomena in 1:41:36.

Running Life Series no. 9

Kirsty Bayley

Well I suppose I have my parents to thank for originally getting me into running, as they produced such a manic nutcase of a child that I was introduced to as many things as possible that used energy in large amounts from a young age. It also came as an advantage when misbehaving as I was too fast to receive any form of physical punishment (sadly I can't say the same for my sister who received my share of leg slaps as well as hers).

Anyway, back to running. So I fondly remember being able to run the fastest in my primary school right up until I left, and also thrashing a good majority of the older boys in a sprint when I progressed to comprehensive school. The highlight of my year would be the annual district sports event when all of the schools in the region would come together at the local athletics track to compete for the district cup. I was always entered as a pupil one or two years older than I actually was so was the smallest in my races by far. One year, I ran the 200m sprint and was rather shocked whilst running the bend to find another girl level with me, who then went on to win the race. I marched straight up to the official who was taking down numbers etc and said "who the hell was that!" to which he replied "She's a club runner".

So I went home, chewed the ears of my parents, sulked up a tree in the garden (my favourite place to hang out) for a few hours, and decided if I was going back to the district sports next year then it had to be as a club runner. So began endless years of twice weekly running round a lovely floodlit athletics track in Basildon Essex, followed by a well earned Mars bar on the way home in the back of Dad's Allegro. The speedy girl's name was Jackie and we became firm friends right through school and sixth-form college. She had amazingly long gazelle like legs and ran effortlessly. Also she had the ability to eat an entire family tub of coleslaw in one hit which always made me retch (maybe that was her secret??).

So I ran with the athletics club, competing in the 100m, 200m, 4 x 100m relay and, if they were really short, I took part in long jump and hurdles. All my events were explosive but very short lived as I didn't seem to have the stamina (or the thighs) for the longer distances. I could manage the school cross country but, as we were in an Essex town, it usually consisted of mostly tarmac laps of the school.

I was still club running when I decided to progress from Sixth form college to Agricultural college. However, being an 18 year old away from home for the first time, I soon discovered that social life was more fun and started to take notice of the male of the species (in particular, a certain 25 year old ex squaddy, who seems to still be hanging around my house 20 years later).

So began the years of drought. I went to lectures, drove tractors, milked cows, spent lots of time in the bar etc etc and running took second place. After 3 years learning how to be a farmer, we were released out into the world to seek employment, and I ended up in Banbury Oxfordshire, working on a 300 sow nucleus pig farm. I was the only female employee there and the hours were long and the work was physically very hard (it was the only time in my life where I have actually had a six pack!).

After almost 4 long years at the pig farm, I decided to part company with my rather unlikeable boss, and leave. It was at this time when I was very down in the dumps about life in general that running popped up in my mind again. One day, I just decided to go for a run. I only ran to the end of our road, but that was enough to remind me of that free feeling you get when you run, and that running has always made me smile. The more runs I did, the more positive I became about life, and gradually I picked myself up and got myself another job, in Bicester Oxfordshire.

So, I began to run around the cycle paths of Bicester most nights and was gradually increasing my distance, when one evening a guy who I saw running the same route quite regularly stopped me and asked if I was interested in joining a running club. So along I went to the local leisure centre one evening to meet the members of Alchester running club. Whilst with Alchester club, I was introduced to events such as the Eynsham 10k and the Otmoor challenge half which was great fun. I had replaced my speed over short distances for a steady plod over a lot further, and my ultimate dream was to one day run the London.

After 18 months in Bicester, I was offered a job at IAH Compton in the large animal department which took me back to my pig work again. Whilst in my first weeks at Compton in summer 2000, I was working in a cattle unit one day when a rather rugged handsome chap turned up to put his hand up the back end of my cows. His name was Dr. Martin Fray, and he told me all about our very own Compton Harriers running club, right on the doorstep of the IAH.

So off I went on the next Thursday night in my lycra, to meet some other team members and go out for a trot around the area. At this point I classed myself as a distance runner having progressed from track sprints to a half marathon, but I was soon to discover the Harriers were in an entirely different league when it came to the word "Distance" and also when it came to the word "Hill". Having discovered distance running in Bicester, I hadn't exactly done much hill running as Bicester doesn't exactly possess anything more than a slight incline here and there. So over the next few months I appeared at the Pickled Pig every Thursday and gradually realized that this little club was a genuinely lovely place to be, Dick was always smiling at the front, Mo was always laughing at the back and in between there were always some interesting conversations going on. It really was like an extra little family.

By this time, Andy (then boyfriend, now hubby) was a keen triathlete having just competed in his first Iron Man event. Andy is not known for his keenness to be part of teams or clubs, but I persuaded him to come along one Thursday and he was soon hooked too. The Harriers became a permanent part of our lives and we both ran several races from 10k to three London Marathons between us within the next three years. Then the fun started.

Late 2003 we found out we were expecting our first child (just in time to have a very sober 30th birthday celebration). I was determined to carry on running for as long as possible and managed approximately 4 months of running. Then baby decided that if I was going to run then she was going to exit early, so the running stopped abruptly to be replaced with long dog walks. The next 5 months were the longest of my life, gradually I was resembling a hippo and there was nothing I could do about it. I missed my running.

July 2004, our little lady Lola appeared early (thank you lord). All was well and I was told I could run again after 6 weeks. I made it to 5 weeks and had to get out, so I put on my trainers and it felt brill to be back out there. It was quite a while before I could rejoin the Harriers as a breastfed baby is not something you can leave for long so I was just running when I could for short distances. When Lola was 5 months old she went to nursery so I could return to work and some normality which included the occasional Thursday night with the Harriers minus the pub visit afterwards. We had to take turns in coming out to run so that the other could put Lola to bed.

So time then began to turn very quickly as it does when you become parents, and Lola grew from baby to toddler to child. We took her to a few races, she had great fun watching us compete in the London triathlon and me in the Milton Keynes half marathon in which I managed to achieve a PB of less than 2 hours. She also liked to watch Daddy in cycle races but they were a bit boring at times.

Although my running is still plodding on (7 years later), it's not often with study and now working shifts with the ambulance service, that I get to go out with the Harriers. They will always be special to me and I remain a member as I'm proud to be a Harrier and, if I get to race, it's always in a green and white vest. The miles I cover now are a fraction of what they used to be but I'm determined to increase them when I can as running still makes me smile and reminds me what's important in life.

Handicap Race

Sue

A small group contested the Handicap Race as we returned to our winter route on a pleasant November evening. Philomena's ongoing improvement was rewarded with a 30-second victory and she achieved a well-deserved PB, breaking 14 minutes for the first time. In 2nd place was Colin, with an actual time just 1 second faster than Philomena and this was also a PB. Hot on Colin's heels, and chasing him all the way to the line, was Lucy. Sue was next home, and recorded the evening's fastest time. Debbie, on her first outing round this route, and Mo also put in good performances. Well done Meena, and thanks to Jan for timing. The final Handicap Race of this year's Championship is scheduled for 8th December.

Finish Position	Position on handicap	Name	Start time	Finish time	Actual time	Handicap Beaten?
1	1	Philomena	2:37	16:27	13:50	-0:33
2	2	Colin	3:08	16:57	13:49	-0:03
3	2	Lucy	4:24	16:58	12:34	-0:02
4	4	Sue	5:04	17:09	12:05	+0:09
5	6	Debbie	2:02	17:42	15:40	+0:42
6	5	Mo	0:42	20:32	19:50	+0:32

Another good performance from Colin has moved him into first place on the Championship scoreboard ahead of Sue. Despite missing the last two races, Mags and Peter L remain in joint third place with others close behind. With one race left to go, the excitement mounts!

Pos.	Name	Race points									Total of best 5
		Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	
1	Colin	-	12	7	5	8	-	12	10	-	49
2	Sue	12	1	8	9	3	8	8	8	-	45
3=	Mags	4	-	12	12	12	-	-	-	-	40
3=	Peter L	4	10	-	-	10	9	7	-	-	40
5	Lucy	7	2	6	4	5	5	10	9	-	37
6	Mo	10	5	4	3	7	7	5	7	-	36
7	Dick	8	6	10	7	1	4	-	-	-	35
8=	Gillian	6	-	10	8	10	-	-	-	-	34
8=	Pete O	9	-	2	2	4	10	9	-	-	34
10	Martin	-	8	1	6	2	12	4	-	-	32
11	Terry	-	9	-	10	6	-	6	-	-	31
12=	Philomena	-	-	5	-	-	7	-	12	-	24
13	Steve	5	7	-	-	-	-	-	-	-	12
14	Debbie	-	-	-	-	1	3	-	6	-	10
15	Richard D	-	3	4	-	1	-	-	-	-	8
16	Pete H	-	4	-	-	-	-	-	-	-	4
17=	Stephen	-	-	-	-	1	-	-	-	-	1
17=	Richard C	-	-	-	-	-	-	1	-	-	1
17=	Dave R	-	-	-	-	-	-	1	-	-	1

Links of interest this month:

Some of you may already be aware of the free online running magazine called 'Running Free' and, as I receive a monthly email message advising of its presence, I thought it would be a good idea to add a link to this publication on our website. Some of you may have already discovered the link, as I did include it last month anyway. The magazine covers running gear, performance reports on fitness and training, nutrition, interviews, race reports and listings. Overall, I think you'll find it a good read. Just click the last item on the menu bar to view.




My article this month:

Running can be a very risky business 2: Choosing the right shoe for your foot type.

Following on from last month's article, to avoid unnecessary injuries to your feet, knees and hips, your choice of shoe can be all important. Over-pronator, under-pronator ... what does it all mean?

A very quick and easy test to find out what foot type you are, without going through a whole range of running trials on electronically monitored running mats etc., can be performed in the comfort of your own home simply by using a 'wet foot test'. All you need is a wet imprint of your foot which can be made by stepping out of the bath or shower on to a thick piece of semi-absorbent card or paper.

From the outlines made you will immediately be provided with the evidence to show your natural foot strike. The outlines below will describe what foot type you are:

	This shows a normal pronator with a normal-sized arch. Your foot tends to land on the outside of the heel and rolls inwards slightly to absorb shock from your running weight.		This shows an underpronator . Your foot has little or no pronation to cushion your running weight and your legs absorb the majority of the impact.		This shows an overpronator with a lower arch and flatter tread. Your foot tends to land on the outside of the heel and rolls inwards slightly more than a normal pronator.
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A **normal pronating** foot is one that is biomechanically efficient and therefore does not need a great deal of motion control or excessive stability compensation in a shoe. A neutral running shoe is required - stability shoes with moderate control features. Normal pronators are less prone to foot-strike injury.

An **underpronator** tends to strike the ground with the heel of the foot first and toes later. When you underpronate, your foot tends not to roll enough to cushion your running weight, sending too much impact up through the legs which make you more susceptible to Ankle Rollover, Achilles Tendonitis and Knee, hip, or lower back pain. Cushioned shoes with lots of flexibility to encourage foot motion will help to sort things out.

An **overpronator** tends to land on the outside of the heel and roll inwards slightly more than a normal pronator. With overpronation, the arch flattens, collapses, and soft tissues can stretch. When this happens, joints that should be stable can become loose and flexible. Runners who overpronate may experience Ankle Sprains, Shin Splints, Hip Injuries and Knee Pain. To address this you will need motion-control shoes, or high stability shoes with firm midsoles.

Good luck in choosing the right shoe for the job, and if you're stuck for choice ... have a chat with Sus!

Listing of forthcoming Local Events – see Website Events Calendar for full Listing

Sat, 10 December	Weekly Free 5km Timed Park Runs
Sun, 11 December	Andy Reading 10K
Sat, 17 December	Weekly Free 5km Timed Park Runs Harriers Christmas Meal
Sat, 24 December	Weekly Free 5km Timed Park Runs
Sat, 31 December	Weekly Free 5km Timed Park Runs
Sat, 7 January 2012	Berkshire County Cross Country Championships Weekly Free 5km Timed Park Runs
Sun, 8 January 2012	Goring, Woodcote & District Lions Club 10k Oxford Mail X-C
Sat, 14 January 2012	Weekly Free 5km Timed Park Runs
Sun, 15 January 2012	Rough n Tumble - 10 mile MT
Sat, 21 January 2012	Weekly Free 5km Timed Park Runs
Sat, 28 January 2012	Weekly Free 5km Timed Park Runs

Mo; Dec 2011