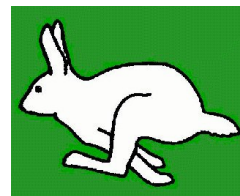


THE HARRIERS HERALD

No. 238, December 2012

Editor: Sue Francis



Contents, features, reports, results

- Thursday night schedules for December and January
- Annual General Meeting – revised date, and preliminary information about the Club’s AGM
- London Marathon Club entry – announcement of the recipient
- Christmas meal – a reminder for attendees
- Race results and short reports for: *Oxford Mail x-country* – five Harriers race in the quagmire; *BBO x-country* – good races at Maidenhead for Dave, Colin and Sue; *Eynsham 10K* – Lucy collects a prize at 25th anniversary race
- Webmaster’s article – Mo features a website dedicated to foot injuries, and offers advice on improving your off-road skills
- Handicap Race – a win for Pete O, while Colin regains the Championship lead
- Thanks to Mo for this month’s contribution
- Copy date for next Harriers Herald – 2nd January

Thursday night schedule for December

Thurs	6 th	Handicap Race
Thurs	13 th	Sus to lead
Thurs	20 th	Terry to lead
Thurs	27 th	Christmas break – no leader scheduled

Thursday night schedule for January

Thurs	3 rd	Lucy to lead
Thurs	10 th	Handicap Race, followed by AGM
Thurs	17 th	Colin to lead
Thurs	24 th	Tom to lead
Thurs	31 st	Philomena to lead

Correspondence received		
Sender	Subject matter	Action
White Horse Harriers	White Horse Half Marathon, Grove (07-04-13)	Online calendar & notice board
England Athletics	National x-country, Sunderland (23-02-12)	Contact Sue if interested

Harriers Christmas Meal 2012 – now full!

Saturday 22nd December, ‘The Bull’ at Streatley, 7:45pm. I have now paid in the deposits and given the menu choices for the following 29 people: Tom, Aaron, Neil, Jonathan, Mags, Sue & Mo, Martin & Lucy, Dick & Jan, Pete O & Paula, Colin & Janet, Ricky & Charlotte, Pete H & Jan, Terry & Emma, Nicola & partner, Dave & Fay, Gillian & Uwe, Richard & Ann.

I will remind all attendees again nearer the time!

Compton Harriers Annual General Meeting

The revised date of the AGM is Thursday 10th January 2013 at 20:00 (after the Handicap Race) at The Pickled Pig. All members are encouraged to attend. Further details and agenda will be circulated nearer the time.

London Marathon Club Entry 2013

The recipient of the London Marathon 2013 club entry is Terry.

Race Reports & Results

Oxford Mail x-country race 1, Ascott-under-Wychwood, 4th November

Sue

A number of Harriers turned out in horrendous weather conditions to boost the Team Kennet team in the first of this season's Oxford Mail x-country races. The course, which is exposed and squidgy at the best of times, was a quagmire, with the water-splash knee-deep and a cold wind driving the rain across the fields. We waited in trepidation for the senior races, as we watched youngsters stagger across the finish line shivering and sobbing!

Fortunately, the rain stopped before the senior races started. The ladies 2-lap race was over 6.5K. There were 153 finishers, the winner being 16-year-old Lillie Bellamy (Swindon Harriers) in 26:00. I set off with a relaxed attitude and had a remarkably good run to finish 8th (28:00), only one position and 5 seconds behind Team Kennet colleague Helen Preedy. Unfortunately there were no other TK ladies to complete the team.

The men's 9K course was particularly tough, the ground having been further churned up by all the previous races. They had to negotiate the tough hill four times, and the water splash three times. The field of 275 finishers was lead home by David Bruce (Oxford City) in 29:53, with a sensational 1:15 lead over the runner-up. First home for TK was Guy Watts (22nd, 33:56). Compton Harriers Rich and Neil had a good battle all the way, with Rich (160th, 41:48) pulling away from Neil (163rd, 41:58) at the end. Jonathan dug in well to finish 201st (44:03). There was an interesting incident when Jonathan took off his gloves during the race and threw them to me. They were so wet and heavy that they came with some speed and hit me in the face with a muddy wet splodge! Colin ran well to record his highest ever Oxford Mail finish (208th, 44:53). The team finished 7th in division 3.

Berks, Bucks & Oxon cross-country, 17th November

Sue

Three Harriers competed in this annual cross-country championship, which was held at Braywick Park in Maidenhead. The course was fairly flat, comprising laps of a nature reserve and playing field. In the men's race, run over 9.5K, Dave finished 69th in 40:25, while Colin (running for his first claim club Team Kennet) was 75th in 42:10. The race was won by Darrell Bellinger (Oxford City) in 29:39 although, approaching the finish, he was nearly sent the wrong way by a marshal who was convinced there was another lap left. The 6K ladies race was won by Charlotte Firth (Windsor, Slough, Eton & Hounslow) in 23:04. I was representing my first claim club Reading A.C., and finished 12th (2nd veteran) in 24:45.

Eynsham 10K, 25th November

Sue

The 25th annual Eynsham 10K was nearly a victim of a very wet and windy spell of weather. However, by race-day morning the wind had dropped, the rain had stopped, and a check of Eynsham Roadrunners website confirmed there was no flooding on the course and the race was on. Martin, Lucy, Richard and I lined up at the start, while Mo found some strategic spots for cheering and taking photos.

Martin was aiming to finish in sub-40 with his hamstrings intact. His perfect pacing was rewarded with a chip time of 39:41 (78th). My target was 40:30, but an over-zealous start (I should have stuck behind Martin!) and lack of stamina in the later stages of the race saw me finish in 41:33 (111th). Richard was the next Harrier to finish, his time and position (44:10, 176th) very pleasing considering his recent bad chest infection. Lucy crossed the line in 45:41 (214th) for which she was rewarded with an Oxfordshire County Bronze medal for her category.

There were 547 finishers, the race winners being Darrell Bellinger (winner of the Berks, Buck & Oxon XC) in 31:47 and Sue Harrison (Leamington) in 36:05 (1st lady and 22nd overall). Since this was the 25th anniversary race, all finishers received a nice sports shoe bag in addition to the customary T-shirt.

Having sampled the homemade cakes and applauded Lucy as she collected her medal, we all enjoyed a good lunch at 'The Queen's Head'.



Eynsham 10K: Three Harriers and a traitor wearing a Reading A.C. vest

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

Mo

Links of interest this month:

As several members have mentioned suffering with foot pain recently, the following link may assist in finding a solution: <http://www.drfoot.co.uk>. The site comprehensively covers all the foot problems you can possibly think of and all those you can't as well! For instance, have you heard of Sesamoiditis, Neuroma or Peroneal Tendonitis? Let me know what you think of the site and, if necessary, I will add it to our 'Links' page.

My second link this month comes as a result of a polite challenge from the organisers of the Ringwood Rabbit Run whose email read as follows: "Dear Compton Harriers, You have a very similar rabbit logo to us! Would you like to have a go at our run?! I wonder if you would be kind enough to include our charity event on your events diary, or possibly circulate details to your members. These are 2 races in the New Forest, 10K and 5K. Details are as follows: Ringwood Rabbit Run, 10K and 5K charity runs in New Forest, Sun 24th March 2013 at 10:30 Location: - Linwood, Nr Ringwood. Enter online at www.ringwoodrabbitrun.org "

This month's article is all about 'Improving your off-road skills':

As most of us know through experience, the demands on our bodies can be intense when running off-road ... a different set of skills is required in comparison with road running. For a start, the changing terrain, direction and elevation will require more muscle power and the constant change in speed will test your powers of endurance to the limit. The more experienced trail runners amongst us will have developed most of the required skills anyway, but the following tips could still assist in honing the necessary skills to cover all the challenges of running off the beaten track. I have tried out all the suggestions mentioned and was pleasantly surprised at some of the results!

► ***Uphill Running Technique:*** Without bending at the waist, try leaning into the hill slightly and reduce your stride length by taking shorter, quicker steps running on your toes. Meanwhile, you will also need to pump your arms at the same time, keeping them bent roughly at 90 degrees at the elbow. For very steep slopes it can actually be quicker to walk and you will conserve energy. Just take long exaggerated strides keeping your hands on your thighs, just above your knees, and use them to push off on each step. This generates momentum and saves energy going uphill.

▶ **Downhill Running Technique:** The technique is to avoid leaning back and ‘putting the brakes on’ too sharply as this can easily lead to strained hamstrings. Try not to fight gravity and wherever possible, lean forward slightly, lengthen your stride (whilst keeping your knees slightly bent) and don’t land too heavily on your heels as you roll through to your toes. You will also need to keep your arms out wide for stability. With steep slopes, running down in a wide zigzag will lessen the gradient.

Should you start to lose control there is a real risk of muscle injury as you try to reduce speed and also the danger of more serious injury if you fall. If this happens, there is a very useful action you can take to immediately halt your momentum ... just jump up into the air! Although it sounds like a recipe for disaster, it effectively ‘slams the brakes on’ and you should escape without any injury.

▶ **Running in Muddy Conditions:** Depending on its consistency, mud can be deceiving so you will need to pay attention to where your feet land. In very muddy or wet conditions you will need to consider using trail shoes or cross-country studs/spikes, and by running on your toes it will force you to take smaller steps, save on energy and maintain balance until you can pick up the pace again when you encounter drier conditions. Taking short, quick steps will also enable you to react more quickly should you start slipping and sliding.

▶ **Running on Uneven Surfaces:**

The reason many people pick up injuries off-road, such as sprained ankles, pulled muscles and torn ligaments, is because they are used to over striding when training on even surfaces such as road or athletics track. By shortening the stride, the body’s centre of gravity is changed and the full impact of its weight isn’t manifested on the part of the body misplaced by the uneven ground. Low intensity training runs more often on uneven surfaces will strengthen muscles and tendons.

Forthcoming Local Events – see Website Events Calendar for full Listing:

Sun 9 Dec 2012: Andy Reading 10k
Swindon Santa Dash 5K

Sun 30 Dec 2012: The Winter Gut Buster 10 Mile & 10k

Sun 06 Jan 2013: Clivedon Cross Country 6 Miles
Oxford Mail x-country, Horspath, Oxford

Sat 12 Jan 2013: COUNTRY TO CAPITAL 45

Sun 13 Jan 2013: Goring, Woodcote and District 10K
Rough 'n' Tumble 10

Sun 27 Jan 2013: Slaughterford 9

Sat 2 Feb 2013: THAMES TROT ULTRA 50

Sun 3 Feb 2013: Oxford Mail x-country, Swindon

Sun 10 Feb 2013: Meon Valley Plod
The 4th Reading 5
Wokingham Half Marathon

Sun 17 Feb 2013: Bramley 20/10

Sun 3 Mar 2013: Goring 10K
Oxford Mail x-country, venue TBC

Sun 17 Mar 2013: Reading Half Marathon - Green Park / Madejski Stadium

Sun 24 Mar 2013: The Terminator 2013 (Approx 11 miles)
Ringwood Rabbit Run 10k & 5k

Sat 6 Apr 2013: Compton Downland Challenge 40/20

Sun 7 Apr 2013: Coombe Gibbett to Overton 16
White Horse Half Marathon

Sun 21 Apr 2013: London Marathon 2013

Handicap Race

Sue

November's Handicap Race was held round the Village Lap (3.1K) on a pleasant evening. Nine runners faced the starter, with some going off in close succession making for a good race. Pete O gained places and gradually opened up a gap on Colin, to secure an 11-second victory. Colin's PB just kept him ahead of Sue, who broke 12 minutes for the first time in 3 years. Aaron was next (he last ran this handicap route in 1998), with Lucy, Dick, Philomena and Mags following in close succession. Mo, now getting back into action following his bike accident, completed the field. Well done to Pete, and thanks to Jan for timing. The next Handicap Race will be on 6th December round the Village Lap route.

Colin has regained his lead of the Handicap Championship. With only one race remaining, can anyone stop Colin from being the first person in history to retain the Harriers Handicap Championship title?!

Finish Position	Position on handicap	Name	Start time	Finish time	Actual time	Handicap Beaten?
1	1	Pete O	6:48	19:54	13:06	-0:06
2	2	Colin	6:39	20:05	13:26	+0:05
3	3	Sue	8:07	20:06	11:59	+0:06
4	4	Aaron	5:46	20:13	14:27	+0:13
5	5	Lucy	6:52	20:18	13:26	+0:18
6	6	Dick	6:48	20:33	13:45	+0:33
7	7	Philomena	5:39	20:36	14:57	+0:36
8	8	Mags	1:10	20:40	19:30	+0:40
9	9	Mo	0:29	21:11	20:42	+1:11

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	8	7	(7)	(5)	(7)	9	10	10	-	44
2	Ricky	1	-	-	12	12	10	7	-	-	42
3=	Debbie	9	5	10	7	8	-	-	-	-	39
3=	Dick	10	-	6	8	9	(5)	-	6	-	39
5=	Pete O	6	-	-	6	-	6	8	12	-	38
5=	Mo	12	12	-	3	3	8	(3)	-	-	38
7	Sue	7	6	8	(4)	(5)	7	(5)	9	-	37
8	Richard	-	3	9	-	6	12	6	-	-	36
9	Aaron	-	-	-	-	2	4	12	8	-	26
10	Philomena	-	4	12	-	4	-	-	5	-	25
11	Tapani	-	-	-	1	10	-	9	-	-	20
12=	Lucy	4	-	-	-	-	-	4	7	-	15
12=	Martin	5	8	-	-	-	-	2	-	-	15
14	Gillian	3	-	-	9	-	-	-	-	-	12
15=	Jeremy	1	10	-	-	-	-	-	-	-	11
15=	Fernando	-	-	1	10	-	-	-	-	-	11
17	Pete H	-	9	-	-	-	-	-	-	-	9
18	Mags	-	-	-	-	-	1	3	4	-	8
19=	Neil	-	-	-	1	-	-	-	-	-	1
19=	Alex	-	-	-	1	-	-	-	-	-	1
19=	Dina	-	-	-	-	1	-	-	-	-	1
19=	Dave	-	-	-	-	1	-	-	-	-	1
19=	Jonathan	-	-	-	-	-	1	-	-	-	1