

# **THE HARRIERS HERALD**

**No. 180, February 2008**

**Editor: Sue Francis**

## **In brief**

- Thursday night schedules for February and March
- Correspondence received in January
- Thanks to Mo and Sus for their contributions this month
- Copy date for March's Harriers Herald – 27<sup>th</sup> February

## **Features and reports**

- Oxford Mail cross-country series update
- 'On the twelfth day of Christmas' – a thank you from Jan
- In Case of Emergency – 'health and safety' advice from Simon
- Goring 10K – Six Harriers and a dog take part
- Lakeside Canal Run – Sus is first lady and wins a fantastic prize
- Other brief race results – the club is represented in a marathon, a 50K race and 'The Tough Guy'
- Handicap Race – Dick begins the 2008 series with another win
- Website Update – know your anatomy and reduce your injury risk – Mo reveals all
- Events Diary – Mo's selection of races for the first quarter of 2008

## **Thursday night schedule for February**

Thurs 7<sup>th</sup> Sue to lead  
Thurs 14<sup>th</sup> Dick to lead  
Thurs 21<sup>st</sup> Handicap Race  
Thurs 28<sup>th</sup> Sus to lead

## **Thursday night schedule for March**

Thurs 6<sup>th</sup> Ryan to lead  
Thurs 13<sup>th</sup> Handicap Race  
Thurs 20<sup>th</sup> Peter L to lead  
Thurs 27<sup>th</sup> Philomena to lead

<b>Correspondence received</b>		
<b>Sender</b>	<b>Subject matter</b>	<b>Action</b>
AAA	Preliminary notice of AGM – 16-03-08	File
White Horse Harriers	White Horse Half Marathon entries (06-04-08)	Events Diary & notice board
Cirencester A.C.	Chedworth Roman trail 10M entries (06-04-08)	Events Diary & notice board
BCAA	Minutes & reports from BCAA AGM	File
Running International	Imp 2008 catalogue	Passed to Martin
Frontrunner	2008 catalogue	File
Lochness festival of Running	Entry forms for Lochness marathon, 10K & 5K (05-10-08)	Events Diary & notice board

## **Oxford Mail cross-country series 2007/2008**

### **Next races:**

**Sunday 3<sup>rd</sup> February, Cirencester Park:** Ladies (~3 miles) start 11:10; Men (~6 miles) start 11:40.

**Sunday 2<sup>nd</sup> March, Horspath (Oxford):** Note the race order is altered for this one: Men (~6 miles) start 11:10; Ladies (~3 miles) start 11:40.

Please arrive in plenty of time to find the Team Kennet 'base-camp' (somewhere near the race start area – look out for yellow vests with blue trim). You will need to collect a Team Kennet running vest and race number from a Team Kennet official.

Further details, maps to each venue, and results can be found at: <http://www.oxonxc.org/>

## **On The Twelfth Day of Christmas ...**

### **Jan**

... whilst disentangling dusty tree decorations, compiling this year's card list based upon greetings received, wondering whether I really wanted to be bothered to cook something complicated just to use up half-bottles of wine (then deciding it'd be cheaper simply to drink the dregs), Hoovering up pine needles and glitter (most of which seemed to have found its way into Hannah's bed), emptying the fridge of turkey and sprout remains, and wondering what on earth I was expected to do with the crowds of lords, ladies, maids, drummers and pipers, let alone the flocks of assorted wild fowl, which my true love had sent to me (yep, there were quite a lot of dregs) I remembered with shame that I had missed the deadline for the January Harriers Herald in which my thank-you letter to you all should have appeared.

So, please accept my somewhat belated thanks for the box of Bendicks Mints which you kindly gave me at the 2007 Harriers' Christmas Meal, and particular thanks to Sue, various quiz-masters and my drivers, Simon and Amy, for making it such an enjoyable evening. Congratulations also go to Sue for her well-deserved 2007 Handicap Series victory and best wishes to all readers for all your 2008 events.

## **In Case of Emergency**

### **Simon**

In the December 2007 issue of 'Strider' – the Long Distance Walkers Association (\*) magazine – there was an interesting article about something called the ICE Campaign and I thought I'd share it with you.

Most people have lots of numbers stored on their mobile phones, but only the owner of the phone knows which numbers belong to close family or friends. In the case of an accident, the people helping would have the phone but wouldn't necessarily know who to call.

The ICE 'In Case of Emergency' idea was thought up by a paramedic, Bob Brochti, who apparently often encountered this problem when attending accidents (beats me why he was rifling through people's mobile phones rather than paramedicating, but there you go...).

All you need to do is store the number(s) of those who should be contacted in cases of emergency on your phone as ICE numbers. For multiple contacts store them as ICE1, ICE2, ICE3 and so on.

The ICE campaign is nationally recognised and as many people as possible are being encouraged to adopt this convention. It certainly seems to make sense.

(\*) Don't know about you, but I think there should be an apostrophe after "Walkers"...

## Goring & Woodcote Lions 10K, 6<sup>th</sup> January

Sue

Six Harriers started their racing year with this well-organised but tough 10K. A nice steady downhill section to 5K is followed by 2K of undulations, before heading uphill for the final 3K. Martin was first Harrier home, with Sue finishing a couple of minutes later. Dick was taking part in his first 10K road race for a few years, and was pleased with his performance as he gained considerably on Sue up the final hill. Ryan was testing his injury, so decided to run round with his dog, Jenna. Ryan and Jenna tracked Sus all the way, and Jenna's efforts up the hill pulled Ryan ahead in the final stages – you'll have to bring Lance next time, Sus, six legs are clearly better than two. Lucy completed the Harriers contingent, finishing well inside the first half of the field. Ryan and Jenna (who, I believe, was first dog home) were interviewed and had their photo printed in the Henley Standard. Sue was also interviewed, but quickly cast aside when the reporter realised she was not third lady!

1 <sup>st</sup>	Marcus Maxwell (Woodstock H)	35:04
23 <sup>rd</sup>	Martin	40:22
27 <sup>th</sup>	Anne Stewart-Power (RRR, 1 <sup>st</sup> lady)	40:42
41 <sup>st</sup>	Sue	42:26
44 <sup>th</sup>	Dick	43:16
64 <sup>th</sup>	Ryan & Jenna	44:31
66 <sup>th</sup>	Sus	44:37
206 <sup>th</sup>	Lucy	52:15
451 <sup>st</sup>	Last finisher	75:00

## Lakeside Canal Run, 27<sup>th</sup> January

Sus

Though this is a commercial based race organised by 209events it is still worth doing because they are, well, yes – professionals so everything is very well organized. I also believe that for your £13 you do get good value for money. Apart from the notorious medal, you do get a chip time, bottled water half way and at the finish, plus if you fancy it "For goodness Shake" and as many you can drink (I got a bit sick of it after the 3<sup>rd</sup>!). And on top of that a table where you could help yourself to various SIS energy gels and drink powder.

The 8.2 miles route was brilliant. The first half was on a hilly road around the wooded countryside. At halfway we joined Basingstoke Canal where we passed a series of locks. Back up on the road again towards Deepcut and the finish line at the Lakeside Centre.

Apart from all the goodies at the finish they also had a big monitor where you could straight away plot your running number in and see the position you had achieved.

The presentation of prizes was exactly 12:00 as stated, presented by Mike Gratton (later I learned that he was the winner of London Marathon 25 years ago) and now comes the best – the prize for the first man and first woman was .... a pair of running shoes! What else can I say than; Lake Canal Run see you again next year!

1 <sup>st</sup> Man:	Toby Lambert	42:48	Winchester & District AC
1 <sup>st</sup> Lady:	Sus	59:62 (or should I say 1:00:02)	Compton Harriers

356 finished the race.

## Race results in brief.....

Dick competed in the very muddy multi-terrain 'Cold Christmas' to 'Good Easter' Marathon, finishing in 4:44. Meanwhile, Lucy completed a 50K race in Gloucestershire, and Ryan (and Rich too??) ran in 'The Tough Guy'.

## Handicap Race

### Sue

The first Handicap Race of the 2008 series took place on a pleasant moonlit January evening. Eight regular Harriers were joined by new recruit John who, despite being made to run six times up Mayfield hill the previous Thursday, keenly returned for another week. Several of us recorded improvements on recent performances, the most notable being Dick who was 29 seconds under handicap. This gave him victory for the third successive month. Martin and Lucy were also well under handicap, with Martin snatching second spot from Lucy along the home stretch to record the evening's fastest time. A fantastically fast (and noisy!) sprint finish from Andy allowed him to catch and pass Sue along Burrell Road. Peter L continues to make his progressive return from injury and finished shortly after Sue. John started with Pete H, and this proved to work well, as John was able to follow Pete until Pete pulled away towards the finish. Nevertheless, John recorded a very respectable time for his first outing around the Handicap route. Finally, making a welcome return to the Handicap race, Kirsty finished just behind John.

Congratulations to Dick on his hat trick of wins, and thanks to Jan for timing. Mo recalls that both he and Kev have won three successive Handicap Races in the past, but we think that no one has ever won four in a row – there's a challenge for Dick. The next Handicap Race is scheduled for Thursday 21<sup>st</sup> February.

Pos	Name	Start time	Finish time	Actual time	Handicap Beaten?
1	Dick	3:24	15:31	12:07	-0:29
2	Martin	4:13	15:39	11:26	-0:21
3	Lucy	1:26	15:43	14:17	-0:17
4	Andy	4:11	15:52	11:41	-0:08
5	Sue	4:07	15:54	11:47	-0:06
6	Peter L	3:57	16:00	12:03	0:00
7	Pete H	2:44	16:19	13:35	+0:9
8	John	2:44	16:33	13:49	+0:33
9	Kirsty	1:05	16:39	15:34	+0:39

The rules and scoring for the 2008 Handicap series will be the same as those used last year, with the exception that an individual's best six scores will be used to determine the final results (best seven scores were used in 2007).

Pos.	Name	Race points									Total
		Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	
1	Dick	7	-	-	-	-	-	-	-	-	7
2	Martin	6	-	-	-	-	-	-	-	-	6
3	Lucy	5	-	-	-	-	-	-	-	-	5
4	Andy	4	-	-	-	-	-	-	-	-	4
5	Sue	3	-	-	-	-	-	-	-	-	3
6	Peter L	2	-	-	-	-	-	-	-	-	2
7	Pete H	1	-	-	-	-	-	-	-	-	1
8	John	1	-	-	-	-	-	-	-	-	1
9	Kirsty	1	-	-	-	-	-	-	-	-	1

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

**Mo**

I will be updating the website this weekend by including the option to download the files sent to me by Lucy which relate to the route for the 20 mile Downland Challenge. For those of you who don't already know, Martin ran the route last weekend wearing his Garmin 305 and Lucy has produced the files for uploading into Google Earth (for a pictorial view of the course) and also the database files for loading into other GPS devices.

My link of the month for February is <http://www.shoeguide.co.uk> which provides essential information on every training shoe you need to know about ... a must for all shoe hoarders!!

This month's short article is about the various body parts involved in running and how they can be damaged during training and competition. A good knowledge and understanding of the body's anatomy should help to reduce the risk of injury.

**Bones** provide the main body framework of the body and are composed of a thick, dense outer layer which cover an inner honeycomb-like matrix of porous bone containing marrow and blood vessels to provide essential nutrition. Every bone has evolved to maximise lightness, efficiency and strength and childhood flexibility largely disappears with age. Bones are surrounded by a layer of fibrous tissue, the periosteum, which, has a good nerve supply and is very sensitive.

**Common damage:** When a bone is broken, nearby blood vessels are also damaged; when bones heal, a tissue called callus is formed, which remoulds into normal bone but is often thicker and stronger than the original bone which should prevent another fracture should you have a similar accident again. Runners are plagued by the stress fracture – to picture one, think of a crack in a china cup. The fracture occurs as a result of overuse and repeated stress to a bone, and the broken surfaces are only held together by surface tension and the surrounding tissues. You'll probably become aware of a stress fracture by experiencing 'crescendo pain', which starts when you run, increases to reach a peak, and only eases when you stop. Doctors often have to make a diagnosis from your history, as x-rays show little in the early stages, and scans and other investigations are extremely expensive. The risk with a stress fracture is that a minor knock may upset the unsteady equilibrium and cause a complete fracture, which takes twice as long to heal. The cure for stress fractures is simply .... rest!

**Joints** between bones are limited in their direction and range of movement by the shape of the adjoining surfaces. These are covered by cartilage, the smooth finish of which is lubricated by synovial fluid, secreted within the joint to give almost frictionless movement. Any reduction in a joint's range or motion will decrease its efficiency and hence can only slow the runner.

**Common damage:** Runners experiencing knee pain should be aware that this can often be caused by training errors (usually too much exercise too soon), misalignment of the hip or the extensor mechanism including the patella and the feet, deficiencies in strength and flexibility, ill-fitting shoes and uneven training surfaces.

**Muscles** come in various forms, but those which link bone are composed of microscopically striated (streaked) tissues, which contain fast- or slow-twitch fibres. If the muscle is joined to bone at each end, muscle contraction will bring the bones together, and an opposing single muscle or group of muscles will reverse the action when it receives the signal to do so.

**Common damage:** Muscles are richly supplied with blood vessels, so they bleed freely when injured, but also heal rapidly. If you completely rupture a muscle, others will often take over its role and allow you to function reasonably normally, despite the fact that your limbs will look unbalanced. These muscles will strengthen and grow, so you will lose little – if any – strength.

It is important not to work an injured muscle too vigorously in the early stages, as fresh bleeding can cause the bruise to calcify and lose elasticity.

**Avoiding Injury:** Warm up thoroughly at the beginning of every workout. Beginning with light activity warms and lubricates the muscles, making the fibres less prone to tearing during the more intense portion of the workout.

Run on soft surfaces as much as possible. The greater the impact forces your body is forced to repetitively absorb, the more damage your muscles and connective tissues will incur.

Don't overdo your long and high-intensity workouts. Develop a feel for how long your body can go in a workout without being hobbled the next day. Muscle damage and soreness manifests itself in direct proportion to how much you work your muscles beyond what they are accustomed to.

Increase training workload very gradually. The more slowly you add volume or intensity to your training, the smaller will be the gap between what your muscles are accustomed to and what you require them to do each week. The gradual overload method is not just the best way to minimise muscle soreness throughout the training process but is also the best way to achieve a maximum fitness peak: the slower you build, the longer you can keep building.

Cool down thoroughly after high-intensity workouts. Circulation is the primary means by which the muscles repair themselves after intense exercise. Finishing workouts with low-intensity activity keeps circulation levels up without further damaging muscle fibres and thereby kick-starts the recovery process.

Spread out your key workouts during the week. This will prevent muscle damage and soreness from accumulating. Consider doing at least one active recovery workout per week in a non-impact discipline such as bicycling or deep-water running. A growing number of elite runners now perform one or more deep-water running (simulated running in the deep end of a pool aided by a floatation device) workouts every week for active recovery.

**Ligaments and Tendons:** Ligaments are formed of fibrous collagen and serve to loosely join bones. They are generally inelastic and do not stretch. Only if subjected to prolonged strain will they elongate, which results in hypermobility. The classic runner's example is the flat foot, which inevitably worsens with both increasing age and mileage!

Tendons join muscle to bone and to prevent friction, they may have a sheath of synovium which provides lubrication. White and shiny but thinner than muscle, tendons are immensely strong but suffer from a relatively poor blood supply, which can delay or prevent healing if they are damaged.

**Common damage:** Injuries to ligaments and tendons tend to behave in much the same way as muscle injuries, though they're slower to heal because of poorer blood supplies. This causes special problems for runners, and healing and rehabilitation must be carefully supervised to optimise recovery times. Initially following an injury to your knee or ankle you should treat the injury with rest, ice, compression, and elevation. You should rest your knee or ankle by not placing weight on it. You may use crutches to help you walk. Applying ice packs immediately to your injury can help reduce pain and swelling. In some cases, a brace may be recommended to immobilise and support the injury. However, a serious tear can generally only be repaired by surgery.

**Avoiding injury:**

- Take sufficient time to warm up and cool down,
- Stretch your muscles after your warm-up exercises.
- Only stretch a muscle to the point of mild discomfort. If it hurts, you're pushing too hard – ease off.
- Don't bounce. Instead, hold the stretch for around 10 to 30 seconds.
- Stretch opposing muscle groups one after the other. For example, stretch your quadriceps (muscles on the front of the thigh) then stretch the hamstrings (muscles on the back of the thigh).
- Remember to keep breathing normally as you stretch.

(Mo – Jan 2008)

**Events Diary:** Most entry forms can be downloaded from race websites; others are likely to be on the club notice board.

Sat <b>02 Feb</b> 08	<b>TOWN2TRING ULTRA 40</b> , 8:15 am Premier Travel Inn, Kew	40 miles	<a href="http://www.ambitionevents.com/tring2town">http://www.ambitionevents.com/tring2town</a>
Sun <b>03 Feb</b> 08	<b>TRING2TOWN ULTRA 40</b> , 8:15 am Pendley Manor Hotel, Tring	40 miles	<a href="http://www.ambitionevents.com/tring2town">http://www.ambitionevents.com/tring2town</a>
Sun <b>03 Feb</b> 08	<b>OXFORD MAIL XC</b> , Cirencester Park	3m(F),6m(M)	<a href="http://www.oxonxc.org">http://www.oxonxc.org</a>
Sun <b>10 Feb</b> 08	<b>DURSLEY DOZEN</b> , 10.30 am, May Lane car park (by the Old Spot pub)	12 miles	<a href="http://www.g4cio.demon.co.uk/ddozen/ddozen.htm">http://www.g4cio.demon.co.uk/ddozen/ddozen.htm</a>
	<b>WOKINGHAM ½ MTHN</b> , 10:00 am, Cantley Park, Wokingham	26.2 miles	<a href="http://www.wokinghamhalfmarathon.co.uk">http://www.wokinghamhalfmarathon.co.uk</a>
Sat <b>16 Feb</b> 08	<b>THAMES MEANDER 54</b> , 9:00 am, King's Meadow, Reading	54 miles	<a href="http://www.thamesmeander.com">http://www.thamesmeander.com</a>
Sun <b>17 Feb</b> 08	<b>HARDWICK X-STREAM</b> , 11:00 am, Manor House Farm, Hardwick	~6 miles	<a href="http://www.bearbrookjoggers.co.uk">http://www.bearbrookjoggers.co.uk</a>
	<b>BOOKHAM 10K</b> , 10:00am, South Bookham School	10k	<a href="http://www.dmvac.org.uk">http://www.dmvac.org.uk</a>
Sun <b>24 Feb</b> 08	<b>GORING 10K</b> , 11:00 am,	10k	<a href="http://www.goring10k.co.uk">http://www.goring10k.co.uk</a>
	<b>THE TERMINATOR</b> , 10:30 am, Pewsey School, Wilcot Road, Pewsey	11 miles	<a href="http://www.pewseyvalerunningclub.com">http://www.pewseyvalerunningclub.com</a>
Sun <b>02 Mar</b> 08	<b>OXFORD MAIL XC</b> , Horspath, Oxford,	3m(F),6m(M)	<a href="http://www.oxonxc.org">http://www.oxonxc.org</a>
	<b>READING ½ MTHN</b> , 10:05 am, Green Park, Reading	13.1 miles	<a href="http://www.asicsreadinghalfmarathon.co.uk">http://www.asicsreadinghalfmarathon.co.uk</a>
Sun <b>09 Mar</b> 08	<b>SILVERSTONE ½ MTHN</b> , 12:00 pm, Silverstone Racing Circuit	13.1 miles	<a href="http://www.adidashalfmarathon.co.uk">http://www.adidashalfmarathon.co.uk</a>
Sat <b>22 Mar</b> 08	<b>12<sup>th</sup> DOWNLAND CHALLENGE</b> , 9:00 am Downs School, Compton	40& 20 miles	<a href="http://www.comptonharriers.org.uk">http://www.comptonharriers.org.uk</a>
Sun <b>30 Mar</b> 08	<b>HOGWEED HILLY HALF IV</b> , 10:30am Horton Village Hall, Horton	13.1 miles	<a href="http://www.hogweedhillyhalf.co.uk">http://www.hogweedhillyhalf.co.uk</a>
Sun <b>06 Apr</b> 08	<b>WHITE HORSE ½ MTHN</b> , 10:00am, Millbrook School, Grove	13.1 miles	<a href="http://www.whitehorseharriers.org">http://www.whitehorseharriers.org</a>
Sun <b>13 Apr</b> 08	<b>FLORA LONDON MARATHON</b> , 9:00 am Greenwich Park	26.2 miles	<a href="http://www.london-marathon.co.uk">http://www.london-marathon.co.uk</a>

### Berkshire Road Running Championships 2008

<b>Distance</b>	<b>Race</b>	<b>Date</b>	<b>Status</b>	<b>Website</b>
Half Marathon	Wokingham Half Marathon	10th February	CONFIRMED	<a href="http://www.wokinghamhalfmarathon.co.uk/">http://www.wokinghamhalfmarathon.co.uk/</a>
10 Miles	Maidenhead Easter Ten	21st March	CONFIRMED	<a href="http://www.maidenheadac.co.uk/">http://www.maidenheadac.co.uk/</a>
10K	Wargrave 10K	15th June	CONFIRMED	<a href="http://www.wargraverunners.net/">http://www.wargraverunners.net/</a>
Marathon	Abingdon Marathon	19th October	CONFIRMED	<a href="http://www.abingdonamblers.co.uk/">http://www.abingdonamblers.co.uk/</a>
Marathon	Flora London Marathon	13th April	STAND-BY	<a href="http://www.london-marathon.co.uk/">http://www.london-marathon.co.uk/</a>

Don't forget ... if you are looking for events other than those listed above, then just click on the Union Jack in the menu bar of our website and follow the various links.

(Mo – Feb 2008)