

# THE HARRIERS HERALD

No. 192, February 2009

Editor: Sue Francis

## **In brief**

- Thursday night schedules for February and March
- Correspondence received
- Thanks to Sus, Martin and Mo for this month's contributions
- Copy date for February's Harriers Herald – 28<sup>th</sup> February

## **Features, reports and results**

- Woodcote Lions 10K – Four Harriers put in good performances
- Rough 'n Tumble – Tom, Sus and Ryan represent the club
- Box Hill Fell Race – Martin recommends a good event
- Frimley Park Canal Run – Sus has a narrow escape and wins a prize
- Oxford Mail X-C – Dick and Sue run well in tough conditions
- Handicap Race – Martin makes a good start to the 2009 series
- Harriers Wordsearch – the winner is announced
- Website Update – Mo focuses on quality training

## Thursday night schedule for February

Thurs 5<sup>th</sup> Sus to lead  
Thurs 12<sup>th</sup> Ryan to lead  
Thurs 19<sup>th</sup> Handicap Race  
Thurs 26<sup>th</sup> Meena to lead

## Thursday night schedule for March

Thurs 5<sup>th</sup> Peter L to lead  
Thurs 12<sup>th</sup> Rich to lead  
Thurs 19<sup>th</sup> Handicap Race  
Thurs 26<sup>th</sup> Sally to lead

<b>Correspondence received</b>		
<b>Sender</b>	<b>Subject matter</b>	<b>Action</b>
CSL Berkshire	New trophy & engraving service based in Newbury	File
England Athletics	'Setting the Pace' newsletter	Pass round
Help the aged	Charity cycle ride London to Paris (June 2009)	Notice board

## Woodcote & Goring Lions 10K, 11<sup>th</sup> January

Sue

Martin, Lucy, Dick and I took part in this popular annual race – over 100 hopeful on-the-day entrants had to be turned away this year. Following a week of very cold weather, race day was warmer and most of the ice had melted, though there were still a few icy patches on the sheltered roads. The race was started by Henley M.P. John Howell (Boris' successor) by Woodcote village hall, and we set off for a flat first kilometre, before beginning the long, steady descent to Goring. I found myself running with John and Nick from Team Kennet. Nick gave us a running commentary on who we were catching, who was behind us, where it was icy, and our kilometre split times. John and I saved our breath, and it paid off, as we pulled away from Nick up the hill from 5-6K. Mo cycled round the route in reverse, twice, to cheer us on. When I passed him at the 6K mark, I was the second lady with a seemingly comfortable lead on the next lady. However, I faded badly in the last 3K back up the hill to Woodcote, and two other ladies passed me in the final stages. Nevertheless, I was pleased to finish in virtually the same time as I'd run the previous year. Martin, Dick and Lucy were all faster than in 2008. Martin ran well to secure a top-ten placing and first V40, Dick was pleased to beat both Nick Bull and Richard Disney, and Lucy was an amazing 8 minutes faster than last year. The race winner was Marcus Maxwell (RAF Benson) in 35:26, while first lady was Samantha Amend (Handy Cross Runners) in 41:06. 430 runners finished, so we Harriers all did well to finish within the top 1/8<sup>th</sup> of the field.

Martin	8 <sup>th</sup>	38:54
Sue	27 <sup>th</sup>	42:21
Dick	33 <sup>rd</sup>	43:03
Lucy	54 <sup>th</sup>	44:52



Sue and Martin at 6K (photos courtesy of Mo)

## Rough 'n' Tumble, 11<sup>th</sup> January

Sus, Ryan and Tom completed this multi-terrain race, which was made all the tougher by the cold and slippery conditions. Sus and Ryan finished together in 1:32:15 taking 168<sup>th</sup> and 169<sup>th</sup> positions. Sus had persuaded Tom to take part as training for 'The Grizzly', and he did well to finish in 2:05:07 (484<sup>th</sup>), though his toes haven't been the same since. The race was won by Gareth Watkins (Army) in 1:06:23, while the last finisher completed in 3:34:00.

## **Box Hill Fell Race – 7.5 mile/ 1700' of climb - 17<sup>th</sup> January**

**Martin**

Lucy and I have wanted to have a bash at the Box Hill Fell race for past 3 or 4 years, but circumstances have always conspired against us. However, this year events fell into place nicely and the elusive race entries were secured. This is a very popular race with the folks in Town, and the 250 race limit is reached many weeks before race day.

The event is based at the Friends Provident HQ, near Dorking, which offers masses of parking and a very plush social club complete with bogs, beer, butties and bathing facilities, a plenty. The 1 mile jog to the start/finish also offers ample scope for a warm up and warm down. The race itself will appeal to anyone who likes like running up and down Streatley Hill or the Punch Bowl i.e. it has some tough hills interspersed with open or wooded tracks.

The run itself is organised by the South London Orienteers and Wayfarers ( <http://www.sloweb.org.uk>) who put on a very fine event which comes complete with fantastic grassy finish - steep, downhill and 500m long.

First home	Chris Daniels	52:29
First lady	Sarah Rollins	59:09
32 <sup>nd</sup> finisher	Martin	61:16
69 <sup>th</sup> finisher	Lucy	68:52 (5 <sup>th</sup> lady and first FV40)
Last Home		126:50
232 finishers		

## **Frimley Park Canal Run, 25<sup>th</sup> January**

**Sus**

Though narrowly escaping a car when I ran up from the river bank (please do not tell Elo!) to cross the road I still enjoyed the race. Despite my expecting for a good result I managed to finish as fifth lady and, taking into consideration that out of the 401 who completed it over 160 were ladies, I convinced myself that I should be pleased with my performance - despite the fact that the first lady was more than four minutes faster than me! It is a race I would recommend and you do get all the 'for goodness shake' you can drink afterwards, plus SIS gel etc and of course the usual medal.

1 <sup>st</sup> man	Toby Lambert	43:16
1 <sup>st</sup> lady	Jenny Jagger	48:01
	Sus	52:48

## **Oxford Mail X-C series, Race 4 – Cirencester Park, 1<sup>st</sup> February**

**Sue**

The Cirencester Park races took place on a cold day with a biting wind. On the plus side, the wooded course was fairly dry this year. The ladies raced over two laps, and the men ran three, each lap finishing with a steep, 150m long hill. 102 ladies faced the starter, and the 5.6K race was won by Melissa Hawtin (Oxford City) in 23:46, a winning margin of almost 1 minute. I thought I was safe in 9<sup>th</sup> place on the second lap, but a fast-finishing Banbury Harrier caught me at the top of the hill and I finished 10<sup>th</sup> (26:30). With Team Kennet's Rachael Elliot 4<sup>th</sup> and Helen Preedy 15<sup>th</sup>, we maintained our position as 1<sup>st</sup> team. The mens 8.4K race was won by Steve Kimber (Headington RR, 31:42). Team Kennet's Mark Shepherd and Tom Munt once again had good races with top-20 performances, and Dick ran well to finish 116<sup>th</sup> (41:20) from a field of 204 runners. The scoring six finished as 4<sup>th</sup> team.

## Handicap Race

### Sue

For January's Handicap Race, five Harriers were joined by new recruit Pete O. Martin had an excellent run: he started last, but gradually passed the rest of us and reached the finish line first in a good sub-11 time and breathing very hard. Dick and Sue had a good battle. Sue caught Dick up Shepherds Mount but Dick was determined not to let her pass, and he finished with 1 second to spare. Pete O set a very respectable time for his first Handicap Race, putting in a good finish to stay ahead of Lucy, and said he enjoyed it (maybe he was just being polite). Having not run with the Harriers for a while, Kirsty had a rather unfair handicap, but nevertheless set a good target for next month.

Well done Martin, and thanks to Jan for timing, with help from Tom. The next race is scheduled for 19<sup>th</sup> February 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	Martin	4:50	15:49	10:59	-0:11
2	Dick	3:46	15:59	12:13	-0:01
3	Sue	4:09	16:00	11:51	0:00
4	Pete O	2:00	16:12	14:12	New Runner
5	Lucy	3:22	16:20	12:58	+0:20
6	Kirsty	0:36	17:43	17:07	+1:43

January's race kicked off the 2009 Handicap series championship, which will follow the same format as last year's championship.

Pos.	Name	Race points									Total
		Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	
1	Martin	7	-	-	-	-	-	-	-	-	7
2	Dick	6	-	-	-	-	-	-	-	-	6
3	Sue	5	-	-	-	-	-	-	-	-	5
4	Pete O	4	-	-	-	-	-	-	-	-	4
5	Lucy	3	-	-	-	-	-	-	-	-	3
6	Kirsty	2	-	-	-	-	-	-	-	-	2

## Sue's New Year Wordsearch competition

Thanks to all those who had a go at the Wordsearch competition. When I prepared it, I intentionally included 57 Harriers/running-related words but, between you, you managed to find several more giving a total of 72 words each of which scored 1 point. Tom and Pete also found a few other words like 'old', 'ill', 'help' and 'die', but they don't have anything to do with running do they?!? Tom was the run-away winner with 67 words (Mo says he must have too much time on his hands!). In second spot was Pete H with 53 words (thanks to Jan H for writing the words so that I could read them). Sus and Elo are also highly commended for getting 46 English words and no strange Danish words. The list of 72 'correct answers' is on the next page. Well done Tom, you'll receive your prize in the near future.

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

### Mo

Firstly, I must start by thanking our new member Pete Oliphant for highlighting a problem with the contact email on our website. He mentioned that he had sent several emails, but had not received any response; little did I know just how much aggravation it was going to cause in order to correct the problem! I won't go into all the details, but what had happened was that Lycos, the provider who was hosting the [comptonharriers.org](http://www.comptonharriers.org.uk) domain name had decided to give up web hosting and although it did not immediately affect the operation of the website, it did affect the forwarding of email ... they just stopped forwarding it. Lycos advised that unless otherwise requested, all their web hosting would be transferred to a German company called STRATO at the end of January 2009. I therefore requested that the forwarding domain be transferred to Streamline.Net who are currently hosting our main website under the [comptonharriers.co.uk](http://www.comptonharriers.co.uk) domain name so that both domains would be with the same host. It all made simple sense to me, but for whatever reason, Lycos just would not carry out my request to release the forwarding domain despite several emails from me .... In fact after the first 3 or 4 emails, they didn't even bother acknowledging receipt any more. After giving it a bit of thought, I then contacted the domain name registration authority (who actually have their offices locally on Milton Trading Estate) and within half an hour of my email, they had resolved the problem for me and the domain was transferred .... now that's what I call service! Everything is now working as it should. The following email addresses can now be used to contact Compton Harriers: - [\(anything\)@comptonharriers.org.uk](mailto:(anything)@comptonharriers.org.uk); [\(anything\)@comptonharriers.co.uk](mailto:(anything)@comptonharriers.co.uk)

### For this issue, my recommended website visit is:

<http://www.lucozade.com/flm> which provides advice and tips about getting the best out of yourself for the forthcoming London Marathon on 26<sup>th</sup> April 2009. The home page starts with a video explaining how sports science will help to achieve all your goals. There are also several pdf documents you can download. The site also has some training and race tools ... I particularly liked the pace bands and race time predictors.

### My article this month focuses on quality training;

The only three quality sessions you'll ever need, whether you're training for 5K, 10 miles or a marathon are 5-minute repetitions, 90-minute long run and hilly fartlek to boost speed, endurance and strength. These sessions will also keep you ticking between races, but it is important to avoid doing any of the key sessions on consecutive days, as you need time to recover.

The 5-minute repetitions will ensure you sharpen your speed over long distances and give you that extra pace for a final sprint in the last 400 yards or so. The 90-minute run will provide a quality endurance session without leaving non-marathoners too exhausted. The flexible hilly fartlek session can be adjusted towards whatever your race goal is and will build up your leg strength and cardiovascular power as well.

These sessions don't need to be performed rigidly week-in, week-out, month after month, but when you learn how to get the most from them you'll keep coming back to them.

### ❖ 5-minute repetitions

By breaking up fast running with rest intervals you'll get fitter and faster. After just a few weeks of speedwork, your maximal oxygen uptake will rise and your running economy will improve. At the right pace (see below) your lactate threshold will rise and delay the point at which your legs start to feel heavy during brisk running. All of this not only guarantees you faster race times; it will make ordinary training feel much easier, too.

▶ **Method:** Find a clear circuit – ideally on smooth grass or a track – that takes about five minutes at your realistic goal 5K race pace. (A constant distance is more important than an exact time, so if you work out on a track, for example, use three laps.) After jogging easily for 10 minutes to warm up, and then stretching lightly, run one circuit at 5K pace, followed by four minutes of very light jogging to recover. If you're new to speedwork, repeat this twice more, then jog easily for 10 more minutes to help minimise soreness the next day. If you're experienced, aim for four to six repetitions in total.

Aim to run evenly, so that you finish the last repetition as strongly as the first, without feeling that you could do more repetitions after the last one.

### For Variety:

- ▶ Over a number of weeks, gradually reduce the length of your recoveries, while keeping your speed consistent; this will enable you to adapt to race conditions. (a PB at your goal pace is possible when you can complete sessions evenly with just two-minute recoveries.)

- ▶ Work slightly slower than 10K pace (or about 20 seconds per repetition slower than before), with just two- to three-minute recoveries. This will raise your lactate threshold and delay fatigue.
- ▶ Do sets – for example, two repetitions with a two-minute recovery between them; then a five-minute recovery, then two more repetitions with a two-minute recovery. This gives you some of the race-specific benefit of short recoveries, even if you're not at peak fitness.

### ❖ 90-minute long run

Long runs are excellent fat-burners (the average 10-stone runner burns 100 calories per mile, so 10 miles eats through 1000 calories). They also help to teach you the art of conserving your energy through sensible pacing and serve as a great confidence-builder when it comes to racing. Physiologically, long runs increase the number of mitochondria and capillaries in your muscles, which boosts their oxygen-carrying capacity – in other words, they'll turn you into someone who can run faster for longer. They also teach your central nervous system to delay feelings of fatigue, and teach your body to conserve carbohydrate reserves in favour of fat, both factors that will keep you strong at the end of a long race.

There's no magic length for a long run – it depends on your goals. But 90 minutes is long enough to kick in the increased fat-burning response that occurs after about eight or nine miles and start up your other physiological responses to fatigue.

- ▶ **Method:** Go slowly – about 65 per cent of your working heart rate, or a minute per mile slower than your target marathon pace. Your legs should feel pleasantly used, not absolutely wasted, after your run, which means that you should be concentrating on comfortable time on your feet. That's particularly true if you're a beginner, in which case you should build up your long runs by no more than 10 minutes a week, and not be afraid to take one-minute walk breaks every mile or so. Ideally, run on trails, grass and woodland – soft surfaces which will keep your legs freshest and least at risk of injury.

### For Variety:

- ▶ Once you become more experienced and durable as a runner, you can add some faster segments. These not only make you better at running on tired legs; they break up your run and make it more enjoyable.
- ▶ Ninety minutes is great for all-round fitness. But if you're training purely to be the best 5K runner, 60-75 minutes is ample for a long run. For marathon training, you need to build up to around three hours or more, and, ideally, two hours or more for a half.
- ▶ From time to time, forget your targets, pull your trail shoes on and head out with a map to explore new footpaths and tracks. When you're clambering over stiles and discovering places you didn't know existed, you'll forget that you're even running.

### ❖ Hilly Fartlek

Even though it means 'speed play' in its original Swedish, this session of fast and slow bursts in a normal-length run can be the most effective work-out of your week. Like structured speedwork, it's a superb way of improving your strength, power, economy and VO2max, but in a more rounded – and fun – way. If you add some good, strengthening hill-climbs, it's a total all-in-one session.

**Method:** Choose what, for you, is a normal-length route – say one that's 35-50 minutes long. After 10 minutes of easy running, simply start to throw in some fast bursts – anything from 20 seconds to two minutes. You decide exactly how fast they should be, and how fast and long the recoveries should be. There are no rules – just try to discover how to push your body successfully in response to different pressures. Be specific about the length of each effort, so that you don't tail off halfway through it. Say, for example, 'I'm going to run to that tree or that lamppost, or for 30 breaths, or 50 strides.'

### For Variety:

- ▶ The great thing about fartlek is that every session can be a variation. That's what keeps it so fresh, but try to include hills in your route as often as possible – they're a tremendous fitness booster and yet they don't batter your legs like hard sessions on the flat can.
- ▶ Take a friend! You'll be far less inclined to be lazy when there are two (or more) of you. Take it in turns to call out the length and speed of the next effort, and you'll find that the session will fly by.
- ▶ Lope... That is, take the run fairly easily and use the efforts simply as a way of stretching your legs out. Don't raise your heart rate too high or build up lactic acid in your legs. This is an ideal session to do on the day before a race.