

THE HARRIERS HERALD

No. 204, February 2010

Editor: Sue Francis

Contents, features, reports, results

- Thursday night schedules for February and March
- Correspondence received
- Compton Harriers Reunion – preliminary details
- Race results: ‘Endurance Life Coastal Trail Series’ – Dick takes on a new challenge; ‘Oxford Mail cross-country’ - Sue races on a frozen course at Banbury; ‘Box Hill Fell Race’ –Lucy and Martin represent the Harriers; ‘The Heartbreaker’ – a nice race, but too short for Sus
- Handicap Race – new runner Francis is first across the line
- Webmaster’s article – Mo focuses on nutrition and performance

- Thanks to Sus, Mo and Dick for this month’s contributions
- Copy date for March Harriers Herald – 2nd March

Thursday night schedule for February

Thurs 4th Mo to lead
Thurs 11th Handicap Race
Thurs 18th Sue to lead
Thurs 25th Alison to lead

Thursday night schedule for March

Thurs 4th Sus to lead
Thurs 11th Handicap Race
Thurs 18th Pete O to lead
Thurs 25th Peter L to lead

Correspondence received		
Sender	Subject matter	Action
White Horse Harriers	White Horse Half (11-04-10)	Events Diary & notice board
SEAA	Masters X-C Champs, Hertfordshire (14-03-10)	See me for entry form
Lakelands Hospice	Brass Monkey 6-mile race, Corby (07-02-10)	Events Diary & notice board
Handy Cross Joggers	Marlow 5 miles (09-05-10) Wycombe 10K and Wycombe Half (18-07-10)	Events Diary & notice board

Compton Harriers 20-year Anniversary Reunion, 3rd July 2010

You should now all have received a preliminary e-mail about the ‘reunion’ I am planning. 3rd July is the day of our 6-mile Compton Canter race, held in conjunction with Compton village fete. I hope many past and present Harriers will come along for all or part of the day – to run, walk or marshal at the Compton Canter, to visit the fete, and to attend an evening gathering in The Pickled Pig. Current and past members total over 100. I’ve sent my preliminary e-mail to the approximately 60 people for whom I have contact details, so that I can gauge the level of interest before finalising the booking of the Pickled Pig. Meanwhile, I am doing some ‘detective’ work trying to trace the rest! Further updates will follow as plans progress.

Race results

Endurance Life Coastal Trail Series

Dick

Okay, so I might have said that I'd never do one of those overpriced, over-commercialised events that have a half page ad in Runner's World. But there was something about the prospect of 7 *coastal* trail marathons that just caught my imagination. I've done many Grizzlys in my time, and almost enjoyed one of them so, if this series was being staged on similar terrain, it might be just the incentive I'd been looking for. After years of trying to return to fitness from a variety of niggles, it was time to set a challenge worthy of making some proper effort.

Don't get me wrong, I like running just for the fun of it and trotting about our countryside is absolutely fine but, if you want to push that bit further, it is so much easier with a goal to aim for. I'd gone a whole year without calling the surgery and with no bits falling off, but my times for the usual training routes were still well down on what they should be. Being far too long in the tooth to get back to any sort of competitiveness, it seemed that I was stuck on the Plateau of Indifference, not really caring whether or not I took the next training run. Maybe, if I splashed some cash on entering all seven races in one go, the fear of wasting my, fairly easily earned (but in very small quantities) pounds, would push me into putting on the NewBies a bit more often. On 29th September last year, £250 was reluctantly shifted into Endurancelife's account.

Those of you who regularly run on training nights will have noted that the massive improvement in performance the abstraction of this cash was expected to induce, has yet to occur. I have not given up on this notion entirely, but at least I am enjoying the days out at the seaside. Perhaps it was money well spent after all. In fact I'm enjoying these races very much indeed and they've turned out to be every bit as demanding as I'd hoped for. In case any of you might wish enter the series in future, or indeed, complete the final four events of this season, I'll try to give an impression of the series so far. The first impression, on seeing the route profile for the opening event, was that it was pointy, very pointy. Of course twenty six miles of up and down compressed into a few inches is bound to appear like a section of saw gauge, but this would make an extremely rough-cutting saw. After consulting the Google aerial route map it also became apparent that much of the only flattish bit of the route was pebbly beach. This was going to be tough. They say you can't always go by first impressions, but in this case I could.

The Dorset race was based at a holiday camp at Charmouth. My trusted supporter and I arrived early and had plenty of time to "enjoy the facilities" and take in some "atmosphere". As much of that atmosphere was pretty cold, I decided to make my final preparations in the much warmer climate of a Vauxhall Meriva. During the Vaseline smearing process, you know, when you've done all your bits, and just realised that you've also covered steering wheel, gearstick, door handle and radio knob, I saw ultra runner of distinction, Mark Cockbain, approaching. Upon my dutiful application of Vaseline to the ignition key and window button to facilitate communication, Mark greeted me with, "What are you doing here? You're supposed to be a race organiser," instantly changing my race strategy. No longer was I there just to see if I could survive a trail marathon, I now had someone to beat!

As usual I have left preparing this until the last minute. To give Sue a chance to include it in this edition I'll leave the story here to be continued in the next one. If you are tempted by the CTS 2010, details can be found at <http://www.endurancelife.com/event.asp?series=29> There are four, admittedly fairly pricey, races of 10K, Half Marathon and Marathon distance left. Four results qualify for the series.

Oxford Mail X-country league, 3rd January

Sue

The weather was bitter but sunny for the third Oxford Mail league race at Drayton School, Banbury. The course is a good one – varied and interesting, but challenging. The ladies race started with a lap of playing fields, followed by an undulating section round the edge of a field, before heading steadily downhill into the valley where the ground was frozen solid and there were patches of ice to negotiate. At the bottom of the valley, we turned through a wood then up and over a ploughed hill before going back up the valley on the other side of a hedgerow. Here, the sun had warmed the ground a bit and, in contrast to the outward run, the surface was soft and sticky and our running shoes soon began to feel heavy. Finally, it was back up a steep hill and round the playing field to the finish. There were 133 runners in the race, which was won by under-17 runner Melissa Hawtin (Oxford City) in 25:38. Team Kennet's Rachael Elliot, despite having a heavy cold and just 'jogging' round, finished 8th and I finished 12th (29:28) but, on this occasion, there was no third runner to complete the team. In the men's race, Team Kennet finished as 3rd team in division 2.

Box Hill fell race, 24th January

Martin and Lucy competed in this 7.5-mile fell run. Martin was 37th in 62:42, and Lucy, despite pulling a calf muscle while warming up, was 135th (10th lady) in 75:55. First man was Tim McMullen of Thames Hare and Hounds (52:32) and first lady Catherine Higgs of Serpentine (64:07). The last finisher came in at 109:51.

The Heartbreaker 14.3 miles or so..., 31st January

Sus

I have to admit, hand on heart, that I am more a road runner than an off-road runner. I prefer the speed than to concentrate where I am putting my next step. This race however, ticks both boxes for off-road and road runners alike, so no wonder it always gets sold out. It is run on well-maintained gravel/bike roads across New Forest beautiful landscape.

You need to register on arrival to receive your number and I always think, surely they must be non-runners who are sitting at the registration desk, since they ask you to take some of *their* safety pins. Do they not know that top runners like Paula Radcliffe, and me of course, have their own lucky safety pins??

We were instructed to meet in the cafeteria 15 min before the start for the briefing but it was like a sauna in there and, since the outside temperature was below freezing and the first ¾ mile was uphill, I prioritised the warming up more and skipped the meeting. We were off – up the hill out on the open landscape. App 5 miles in I started to pass runners coming in the opposite direction. Odd, I thought, I seem to recall from the map only the last mile to be the same as going out?? It turned out that they had announced during the briefing that, due to ice patches, they had to shorten and alter the route to 10.6 miles, out and back the same way. So, when I stood with my medal in my hand at the finish, I felt a bit robbed for only doing 10 miles and not 14 plus – entirely my own fault though. I drove home, picked Lance up from his beauty sleep, and went for a run over the "Bumps" down to East Ilsley, a loop around the Millennium Park and back home – at total of 15 miles for the day was in the bag. I now had a better conscience, both legs in working order from the thorough warming up and, on top of, that a happy dog!

1 st Man Wayne Smith	1:02:35	Team Feat
1 st Lady Draskau-Petersson	1:07:38	Team Feat
8 th Lady Sus	1:16:14	

Handicap Race

Sue

The first Handicap Race of the 2010 series was held a little later than usual, having been postponed for a week due to snow and ice on the Compton pavements. Conditions were good on the new race day, and five regular handicappers were joined by new runner, Compton resident Francis. While the rest of us were nervous, Francis approached the race in a laid-back manner listening to music on his headphones. He was first home in a good time of 12:18. Lucy continued her fine form setting another great P.B. for second place, with Sue third. Pete O, Dick and Mo completed race. Well done Francis and Lucy, and thanks to Jan for timing. The next Handicap Race will be round the village lap route on 11th February.

Pos	Name	Start time	Finish time	Actual time	Handicap Beaten?
1	Francis	0:41	12:59	12:18	New Runner
2	Lucy	1:22	13:42	12:20	-0:18
3	Sue	1:45	14:06	12:21	+0:06
4	Pete O	1:24	14:31	13:07	+0:31
5	Dick	1:58	14:45	12:47	+0:45
6	Mo	0:00	19:50	19:50	-0:02

Since Francis was set off based on a roughly estimated time, the seven points go to Lucy for this race and she starts the year at the top of the 2010 Handicap Championship scoreboard. Mo, although he was last across the finish line, would have come second had he been set off at his correct start time. Therefore, Mo gets the 6 points, with Sue getting 5.

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

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

Mo

Links of interest this month:

- ◆ <http://www.quest-events.co.uk/> for details of the Farmyard Frolics on Sunday 21st March 2010
- ◆ <http://www.RunFurther.com> for details of the UK Ultra Running Championships 2010.
- ◆ <http://www.MarlboroughRunningClub.org.uk> for details of the 2010 Marlborough Downs Challenge which is part of the above championships and is a scenic one lap route, mostly off-road along tracks and footpaths, taking in some of the finest Wiltshire countryside. The event will take place on Saturday, 15th May 2010 and will consist of the following three events in one:
 - ▶ 33-mile Trail Race - part of the Ultra-Running Championship Series (medium distance)
 - ▶ 20-mile Trail Race - incorporating the UK Trail Running Championship (middle distance)
 - ▶ 20-mile Challenge Walk.Online entry is now available on the Marlborough RC website - Entries limited to 350 so book early to avoid disappointment!

My articles for the next few issues of HH will look at nutrition and performance and how this will enable you to stay healthy and injury-free.

❖ **The Healthy Balanced Diet**

Getting the balance right between nutritional intake and exercise will ensure you:

- ◆ achieve and maintain your ideal body weight
- ◆ stay healthy
- ◆ have plenty of energy
- ◆ improve your performance
- ◆ reduce your chances of being injured
- ◆ recover more quickly from physical effort

However, if you get it wrong it will make no difference how hard you train; you won't be able to achieve your maximum capabilities.

Compared with the average couch potato, a physically active person needs:

- ◆ A higher total calorie intake, to meet increased energy needs.
- ◆ More carbohydrate to fuel physical activity.
- ◆ A little more protein, to repair muscle damage through vigorous training.
- ◆ A higher fluid intake, to offset the losses caused by sweating.
- ◆ Lower fat consumption to allow for greater carbohydrate intake and maintain appropriate body weight for maximum performance.

❖ **Carbohydrate**

For an active lifestyle, the most important nutrient is carbohydrate, so this should feature in every meal and snack. For peak performance, carbohydrate-rich foods should make up more than half your total daily calorie intake. The importance of carbohydrate for physical activity can't be over-emphasised as it is the main source of fuel the body uses to convert into glucose which is then transported to the working muscles by the blood.

Carbohydrate is stored in the muscles in the form of glycogen and as the body has a limited capacity for storage, supplies need to be constantly replenished.

Carbohydrate-rich foods include sugary foods like jam, sweets and fruit juices as well as starchy foods like potatoes, rice, grains, pasta and bread. The sugary foods (and highly- refined starches, such as white bread or rice and sugary breakfast cereals) flood the blood with glucose very rapidly, while more complex carbohydrates, like porridge oats, brown rice and wholegrain bread, release their sugar more slowly.

The speed at which a food releases its sugar into the bloodstream is called its glycaemic index (GI). Low-GI carbohydrates release energy slowly, while high-GI choices increase blood glucose very quickly, which can lead to an energy rush, followed by a low. It is generally considered to be a healthier option to take in low-GI carbohydrates most of the time. Too many high-GI carbohydrates can cause problems with insulin levels and could lead to the onset of Type 2 diabetes.

As a general rule of thumb your overall carbohydrate intake should be approximately 60% of your overall calorie intake which is a slightly higher level than that recommended for the couch potato. This equates to approximately 6-10g of carbohydrate per kg of body weight.

Good sources of carbohydrate-rich foods are:

- **Wholegrain pasta**
- **Porridge oats**
- **Sweet potato**
- **Beans**
- **Noodles**
- **Brown rice**
- **Basmati rice**
- **New potatoes**
- **Rye bread**
- **Muesli**
- **Malt loaf**
- **Oatcakes**
- **Dried apricots**
- **Dried figs**

Next month I will cover proteins and fats and the following month vitamins, mineral and fibre.

... and one last thought ...

You know you are a runner when you wake up thinking about today's run and go to sleep thinking about tomorrow's run! (aah yes ... now where did I put my Eagle Trails?)

Mo February 2010