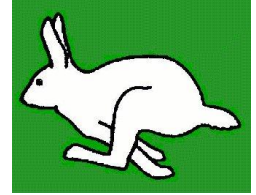


THE HARRIERS HERALD

No. 228, February 2012

Editor: Sue Francis



Contents, features, reports, results

- Thursday night schedules for February and March
- Correspondence received
- Quote of the month
- How runners can help the emergency services – Kirsty gives some advice which could save your life
- Race results: *Oxford mail cross-country* – Six Harriers race over a new course; *Rough ‘n Tumble 10M* – Prizes and a course record for Sus; *Woodcote & Goring Lions 10K* – Lucy and Martin return with trophies
- Handicap Race – Dick finishes first in the opening race of 2012
- Webmaster’s article – Mo features a night-time trail run, a new fitness calculator, Running Free magazine, and forthcoming local races
- Thanks to Mo and Kirsty for this month’s contributions
- Running Life series resumes next month (Gillian Anton)
- Copy date for next Harriers Herald – 29th February

Thursday night schedule for February

Thurs 2nd Gillian to lead
Thurs 9th Handicap Race
Thurs 16th Sue to lead
Thurs 23rd Richard D to lead

Thursday night schedule for March

Thurs 1st Sus to lead
Thurs 8th Philomena to lead
Thurs 15th Handicap Race
Thurs 22nd Terry to lead
Thurs 29th Colin to lead

Quote of the month

While striding out down Newbury Lane at the end of a recent Thursday run, Rich Bickerton (aka Riky Biky) suddenly made a great comment, which was only heard by a few of us, so I thought I would share it with you all:

“I love Compton Harriers; you guys really rock!”

I thought this perfectly sums up the camaraderie and atmosphere in our small and friendly club.

Correspondence received		
Sender	Subject matter	Action
North Devon Hospice	North Devon AONB Marathon & Half (24-06-12)	Events Diary & notice board
City of Lincoln Council	City of Lincoln 10K (25-03-12)	Events Diary & notice board

How Runners can help the Emergency Services

Kirsty Bayley

In my current job as SCAS frontline Ambulance crew I have been to a few jobs now involving runners (yes they do get sick sometimes).

Having been to a variety of cases from the slightly sick runner able to sit and talk to me, to the critically ill runner very unable to give me any information, I have observed that there are a few things that runners could do to help both themselves and the Ambulance crews in an emergency.

I have come across “Vital ID Wristbands” which can be purchased from quite a few places including **theidbandco.com** .

The information that we find most useful is:

- Your name
- Your date of birth
- Your Next of Kin/ Emergency Contact
- Allergies (medication allergies only please; I don't need to know if you are allergic to marmalade)
- Medical conditions such as Diabetes, Hypertension/Hypotension, Angina, Anaphylaxis etc (also any recent relevant surgery)
- Blood type (not vital but useful for hospital)
- Your normal resting heart rate (this one is really useful as I have explained to hospital staff several times that a patient is not bradycardic, they are just very fit!!)

If you usually run with a mobile phone, marvellous, and if you usually run with some sort of carry belt you can put any relevant medical history in there as you can't fit a massive amount on the wristband-sized slip of paper.

It's not as important if you are with a running buddy, but your running buddy may not know that much about you or your family phone numbers etc, so it's worth wearing ID anyway. Also, if you are going for a run, tell someone where you are going, so that if you are unwell up on the Ridgeway we have a clue as to where you may be.

I appreciate this is a pain to do but it saves us a lot of time and less guessing, and enables us to get on with the job of promoting recovery.

So, stay safe and well everyone, and I hope to never have to read any of your ID bracelets.

Race Reports & Results

Oxford Mail x-country, Middleton Cheney, 8th January

Sue

The third race of the series was on a new course at Middleton Cheney near Banbury. This was what I call a 'proper x-country course'. It was very undulating and varied, including grassy fields, stony tracks, a ditch to jump, and a mini-bog which left my socks smelling of raw sewage. The last 800m of each race was a never-ending gradual climb up to the finish. The team was a bit depleted this month as some were competing in other races, and some had competed the day before.

The 7K ladies race was won by Frances Briscoe (White Horse Harriers) in 26:20. Helen Preedy was first home for Team Kennet (10th, 29:42, followed by Sue (12th, 29:56). The team was completed by Mags (138th, 48:39) and Gillian (144th, 52:37). The 'A' team was 6th on the day.

The 10K men's race was won by Paul Fernandez (Abingdon) in 34:01. First home for TK was Michael Randall (39th). Dave was second scorer (198th, 48:45) having steadily worked his way through the field. Rich was 222nd (51:00) and Colin (236th, 52:24). The team was 8th in division 2 of the league.

Rough 'n Tumble 10M, Milton Lilbourne, 15th January

Sue

Having decided that my 10K performances would benefit from some longer distance training, I had resolved to enter a few longer off-road races again this year. I hadn't done the Rough 'n Tumble before, but it was highly recommended by Sus, Ryan and Colin (who says this is one of his all-time favourite races).

Race day was bright, dry and crisp with the temperature close to zero. Sus kindly gave me and Ryan a lift to the race and we met up with Colin in the race HQ at Milton Lilbourne village hall, where the homemade cakes (one of the reasons for Sus' recommendation!) were already on display to tempt us. As it was so cold, there was a certain reluctance to leave the relative warmth of the village hall and runners were crammed in every corner. We discussed our goals for the day. Sus wanted to beat her 1:21 time set in 2011. Colin wanted to finish before all the cakes had been sold (last year he was just too late). I planned to treat it as a training run, enjoy it and break 1:30. And Ryan wasn't sure how he felt, having done a hard hill session the day before.

Twenty minutes before the start, there was a mass exodus into the cold air to run a few warm-up laps around the playing field, and make use of the group of laurel bushes in the corner. In his start-line announcements the race organiser, Steve Goulding, warned us not to be fooled by the first flat mile along a tarmac lane, and he recommended a steady start. Sure enough, in the 2nd mile, we rounded a corner and suddenly it went all dark as the sun disappeared behind our first hill. Once at the top there was a long stretch along the ridge. I picked up my pace and started to gain places. Our next hill started off as a steady tarmac drag, before we turned off onto a narrow stony track and continued upwards. In mile 6, 'the' hill loomed before us; steep, long and rugged. It was a bit like scaling a climbing wall – I had to concentrate to look for the next footholds and handholds (and hope that the person in front didn't put their foot where I'd put my hand).

Once at the top, we had some glorious sun-lit views across the valley and well beyond. But soon it was time to concentrate again, this time going down a hill similar to that we had just climbed. Having gradually gained quite a few places over the last 5 miles, I was rather disappointed to lose so many here, as I gingerly picked my way down while others went past like mountain goats.

The next 3 miles were along flat and gently undulating grassy or wooded tracks. I got back into my rhythm and caught a lot of runners again, including three ladies just before the 9-mile marker. Then 'disaster' struck - my shoe was sucked off in some sticky mud! As I wrestled to get it back on, two of the ladies went past me again. My last mile was my fastest, as I wanted to pass those ladies again, and get my sub-1:30 target. I achieved both, finishing in 1:29:45.

Sus and Ryan were waiting to cheer me in, having run round together in a fantastic time of 1:20:56 (51st and 52nd). Ryan kindly bought us cakes, including one for Colin so he didn't miss out. But we didn't have to wait long for Colin. He finished in 1:39:22, a good 10 minutes quicker than his 2011 time. So, we were all very happy to have achieved our goals.

At the presentation, we were proud to see Sus collect the trophies for 3rd lady overall, and for 1st FV45. What's more, she broke the FV45 course record! First man was Tom Fisher of Avon Valley Runners, in a course record (1:04:33), while first lady was Gemma Jones (Horwich Harriers, 1:19:00).

This was a very scenic, well-organised and friendly event, which I really enjoyed and would certainly do again.



Goring & Woodcote Lions 10K, 8th January

Martin and Lucy both put in very good performances in this tough 10K road race. Lucy recorded her best ever time over the course (42:52) and was 2nd lady (24th overall). Martin's 40:01 finishing time gave him 10th overall and 2nd MV50 behind a Reading Roadrunner who threw up at the finish. Lucy was impressed that Martin kept his breakfast down at all times. Jeremy Waite (who became a Compton Harrier member the following week) finished in 40:18 (11th). First man was Charlie Pearson (London, 35:42), while first lady (Sam Amend, Belgrave Harriers, 37:26) was also 5th overall.

Handicap Race

Sue

The 2012 Olympic Handicap Race series kicked off on a very cold but dry and still January evening. Nine regular handicappers were joined by Rich, recently back from his Australasian travels, and Jeremy who was running with us for the first time. Dick's recent increase in training clearly paid off, as he recorded his fastest time for some months and secured victory by a safe margin. The next seven runners finished in close succession. Another good performance from Debbie saw her take 2nd place. Rich and Colin ran together all the way, but Rich's younger legs gave him the edge in a sprint finish. Sue was close behind, keeping just ahead of Jeremy who put in a great performance to record the evening's fastest time. Martin and Pete O followed. Lucy was forced to take it steady, recovering from her PB run in the Woodcote 10K earlier in the week. Mo recorded one of his fastest times of late, and he was the runner who beat his predicted time by the greatest amount. Well done Dick and Mo, and thanks to Jan for timing. The next race is scheduled for 9th February (Village Lap route).

Finish Position	Position on handicap	Name	Start time	Finish time	Actual time	Handicap Beaten?
1	2	Dick	3:10	16:43	13:33	-0:17
2	3	Debbie	1:47	16:56	15:09	-0:04
3	-	Rich	3:16	16:58	13:42	New Runner
4	4	Colin	3:16	17:00	13:44	0:00
5	5	Sue	4:56	17:03	12:07	+0:03
6	-	Jeremy	5:24	17:05	11:41	New Runner
7	6	Pete O	3:53	17:17	13:24	+0:17
8	7	Martin	5:24	17:19	11:55	+0:19
9	8	Lucy	4:24	18:59	14:35	+1:59
10	1	Mo	0:19	19:37	19:18	-0:23
11	9	Gillian	0:30	22:14	21:44	+2:14

In this first race of the 2012 series, Mo beat his handicap by 23 seconds, giving him the 12 points. Dick beat his handicap by 17 seconds, so scores 10 points.

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	Mo	12	-	-	-	-	-	-	-	-	12
2	Dick	10	-	-	-	-	-	-	-	-	10
3	Debbie	9	-	-	-	-	-	-	-	-	9
4	Colin	8	-	-	-	-	-	-	-	-	8
5	Sue	7	-	-	-	-	-	-	-	-	7
6	Pete O	6	-	-	-	-	-	-	-	-	6
7	Martin	5	-	-	-	-	-	-	-	-	5
8	Lucy	4	-	-	-	-	-	-	-	-	4
9	Gillian	3	-	-	-	-	-	-	-	-	3
10	Rich	1	-	-	-	-	-	-	-	-	1
11	Jeremy	1	-	-	-	-	-	-	-	-	1

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

Mo

Links of interest this month:

If you love running off-road in the dark then try this link <http://goo.gl/pszhk> which will take you to the details of the NIT-RO South 6km trail run. The event takes place on Saturday 25th February 2012 off Mytchett Place Rd, Normandy, Surrey (Google Maps location coordinates 51.283863,-0.703404), starting at 6:00 p.m. The combination of woodland, single track and hill running around the Tunnel Hill Military Ranges at Ash near Aldershot will test your fitness and wits to the full especially as it will be in the dark. Are you up for this raw challenge?

Another interesting link if you enjoy playing with fitness calculators, try this one <http://goo.gl/09gR5>

Although there is a link from the menu on the Harriers website, you may not have tried Running Free Magazine, so if you haven't, here's the link to the February edition which this month considers all the wonderful reasons why we run: <http://tinyurl.com/RunningFreeFEB12>

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

Sat 11 Feb	Weekly Free 5km Timed Park Runs
Sun 12 Feb	The Wiltshire 10 Road Race - Melksham, Wiltshire, SN12 7ED
	Meon Valley Plod - 21 mile XC - Clanfield Scout Hall, PO8 0RE
	Dursley Dozen - 12 mile fell - Dursley sports centre, GL11 4BX
Sun 19 Feb	Calne SMaRTT 10k - Calne Town Hall, Calne, Wiltshire, SN11 0EN,
	Drover's Revenge, new 8 mile multi-terrain run - Broad Chalke, Salisbury.
Sat 25 Feb	NIT-RO South 6km trail run - 51.283863,-0.703404
Sun 26 Feb	The Terminator 11.5miles - SN9 5EW
	QX 6k & 12k Trail Runs - Aldermaston, Berkshire, RG7 4NG
Sun 4 Mar	Goring 10k - Goring Primary School, Goring, Oxon
	Oxford Mail X-C - Wittenham Clumps
Sun 11 Mar	Silverstone Half Marathon - Silverstone Circuit, NN12 8TN
	Bath Half Marathon - Great Pulteney Street, Bath
Sun 18 Mar	Reading St Patrick's 5 mile Scurry - Reading University, RG6 6AH
Sun 25 Mar	Oxford Mail OX5 Run - Blenheim Palace
	San Domenico 20 Miler - Merthyr College, Merthyr Tydfil, CF48 1AR
Sun 1 Apr	White Horse Half Marathon - OX12 7LB
	Reading Half Marathon - Madejski Stadium, Reading, Berkshire, RG2 0FL
	Combe Gibbet to Overton 16 Miles - Overton, Hampshire, RG25 3ES
Fri 6 Apr	Maidenhead Easter 10 Mile - SL6 3QH
Sat 7 Apr	Compton Downland Challenge - The Downs School, Compton
Sun 8 Apr	Easter Sunday
Sat 14 Apr	Hurstbourne 5 Multi-Terrain Race - SP11 0AX
Sun 15 Apr	Thames Towpath 10 - 51.476011,-0.267084
Sun 22 Apr	Virgin London Marathon - +51° 28' 33.73", +0° 0' 2.78"
Sun 29 Apr	Milton Keynes Marathon - StadiumMK Milton Keynes MK1 1ST
	The Drover's 10k - Steeple Langford, SP3 4PA
Sun 6 May	1066 Relay - Pevensey Castle
Sat 12 May	The 51st Ridgeway Walk - 51.411574,-1.830683