

# **THE HARRIERS HERALD**

**No. 179, January 2008**

**Editor: Sue Francis**

## **In brief**

- Thursday night schedules for January and February
- Correspondence received in December
- Thanks to Mo and Sus for their big contributions this month
- Copy date for February's Harriers Herald – 30<sup>th</sup> January
  
- Many congratulations to Simon and Joanna on the safe arrival of baby Hannah on 18<sup>th</sup> December

## **Features and reports**

- Harriers Christmas meal – an enjoyable end to another successful year for the Harriers
- Oxford Mail cross-country series – brief reports on the two most recent races
- The Victory 5 – Sus reports on a race which wasn't quite all it's cracked up to be
- Andy Reading 10K – Sus and Lucy race in 'the bare nothing'!
- Somerly 10K – 6<sup>th</sup> position for Sus in a scenic race
- Handicap Race – another win for Dick, on his birthday
- Website Update – Mo features more tips to avoid injury, and a useful physio website
- Events Diary – Mo's selection of races for the first quarter of 2008

## **Thursday night schedule for January**

Thurs 3<sup>rd</sup> Pete H to lead  
Thurs 10<sup>th</sup> Kevin to lead  
Thurs 17<sup>th</sup> Martin to lead  
Thurs 24<sup>th</sup> Handicap Race  
Thurs 31<sup>st</sup> Mo to lead

## **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

<b>Correspondence received</b>		
<b>Sender</b>	<b>Subject matter</b>	<b>Action</b>
BCAA	County X-C update	File
Heart UK	Looking for FLM runners to raise funds for them	Notice board
Tunbridge Wells Harriers	Tunbridge Wells Half: 24-02-08	Events diary & notice board
England Athletics	National x-c champs, Alton Towers: 23-02-08	File
Sweatshop Events	Reading Half Marathon: 02-03-08	Events diary & notice board
UKA	Nominations for elections for Road Running Leadership Group	File
Mike Neighbour	Festival of Running (10K, 3K, 1K, Aldershot), 17-02-08, in aid of rehab of injured armed services personnel	Events diary & notice board
England Athletics	Annual report	File
England Athletics	Nomination form for elections to regional councils; advance notice of AGM	File
Berks County AA	Subscription renewal memo	To be paid in January

## Christmas Meal

Sue

Nineteen Harriers and partners attended the Christmas meal at The Red Lion, Blewbury – a short drive away for most of us, but perfect for Kev and Emma who live just around the corner. We had the whole of the restaurant area to ourselves and it was a very nice meal. Throughout the evening, various presentations were made and there were several Christmas games.

The name of the lucky recipient of the London Marathon Club Entry was drawn by Ash – and the deserving winner was.....Ryan, who can now look forward to a few months of hard training, while Gerry can look forward to a lot of talk about running! Chairman Martin made the presentation of the prizes for the 2007 Handicap Race Championship (see page 5 for full results). The winner of the trophy was Sue, and there were also prizes for runner up Pete H, and for Dick and Mo who shared third spot. On behalf of all the Harriers, Pete presented Jan K with a box of chocolates to thank her for her support throughout the year, in particular for timing the Handicap Races.

Tom and Maggy were unable to make the meal this year but, two weeks previously, Tom had given me a sealed envelope to be opened at the meal. The message read 'Merry Christmas from Tom and Maggy on Bondi Beach', and enclosed was Tom's traditional picture quiz. This year, it was a spot-the-difference quiz using a doctored photo of the London Marathon, featuring Martin. Several couples found all ten differences so Jan H drew out the name of the winning couple, as instructed by Tom, and the winners of the bottle of wine were Andy and Ash (\*). Martin and Lucy also had a picture quiz – match the countries with the accessories – which was pretty hard, and I don't recall who got the highest score. Dick's 'dingbats' quiz had us scratching our heads, and Sus learned a few new English sayings! The winners were Peter and Sally and their prize of a pair of magnetic swizzlers provided entertainment throughout the evening, particular for Simon and Amy!

One particularly grumpy member of the pub staff was rather keen for us to leave before 11pm so he could tidy up, and he kept loitering and removing more and more from the table. This made us more determined to stay as long as possible, but eventually it was time to go home after an enjoyable end to another successful year for Compton Harriers.

(\* ) You forgot to take your wine home Andy – we have it, and will bring it along next time you're joining us for a run.

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

### **Next race: Sunday 3<sup>rd</sup> February, Cirencester Park**

Ladies race (~3 miles) start 11:10 am

Mens race (~6 miles) start 11:40 am

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 Nick Bull.

Further details, along with maps to each venue and results (as and when they are posted) can be found at: <http://www.oxonxc.org/>

### ***Race 2, Culham, 2<sup>nd</sup> December***

Four Compton Harriers took part in the Culham race, as part of the Team Kennet team. It was a bitterly cold day, very windy, and with outbreaks of freezing rain. Each lap of the course took us round a waterlogged and muddy flood plain alongside the river Thames. The mud was so thick in places that many of us were reduced to a slow jog. Once off the flood plain, we had two short sharp zigzags on a steep grassy slope to complete the lap. The ladies ran two laps, while the men ran three. The ladies race was won by Yasmin Smith (Swindon Harriers) in 22:29, with Team Kennet's Rachael Elliot just four seconds behind to take an excellent second spot. With Helen Preedy 10<sup>th</sup> (24:39) and Sue 14<sup>th</sup> (25:07) the TK ladies team finished 2<sup>nd</sup> on the day. The mens race was won by Headington's Steve Kimber in 31:52. Ryan put in a good performance to finish 72<sup>nd</sup> (38:45). TK's Iain Adams was 81<sup>st</sup> and Nick Bull 101<sup>st</sup>. Martin did not enjoy the conditions, but did well to finish somewhere between Iain and Nick (though he does not appear to be listed in the results). Dick, however, seemed to be in his element and had one of his best races of late to finish 113<sup>th</sup> (41:19).

### ***Race 3, Banbury, 30<sup>th</sup> December***

Conditions were much nicer for the Banbury race – mild, no rain, no wind – but sticky mud on much of the route soon made the feet feel heavy. Each lap began with a gentle downhill section, followed by an undulating middle section, and then a gradual climb up towards the finish. The ladies ran one whole lap, while the men ran slightly less than two laps. The ladies race was won convincingly by Frances Briscoe (White Horse Harriers) in 19:04. Team Kennet's Rachael Elliot was 9<sup>th</sup> (21:38), Sue was just passed on the finish line to come 14<sup>th</sup> again (22:26), while Helen Preedy was 22<sup>nd</sup>. This gave the team 3<sup>rd</sup> position. The mens race was dominated by White Horse Harriers. Winner Tom Penfold ran 31:13, while his team-mate Owain Bristow (remember him, Pete H?!) took 2<sup>nd</sup>. Team Kennet performed well with top-25 positions for Mark Shepherd and Tom Munt. Dick had another good run and finished 97<sup>th</sup> (42:07). The team finished 4<sup>th</sup> in the Division 2 league table.

## *Sus reports on a 5-mile race and two 10K races*

### Victory 5

I was keen to try this race as it has been voted the number 1 5-mile road race in recent years. It was advertised as having computerised results by Richard Dean (I am not sure who he is?), pre/post race drinks, excellent changing facilities, massage, free parking, refreshments and videos of prior races. Well, the results were just like any other results you get in a race, the changing was excellent but there was no lock on the locker, and the car park was full due to another event at the Centre. The pre-race drinks you had to buy at a costly price at the cafeteria and you had water at the finish. The video of previous races did not work properly, and when it did they all ran backwards and seemed to be dating back from the eighties. There were no start and finish banners - that could have something to do with the strong wind though. Nonetheless the route was quite unique running on the promenade and the harbour. But one thing I would like to praise was the massage – oh that was lovely and only £5 for nearly ½ hour.

But advertising it as the number 1 5-mile race is going a bit far – it does not beat Peasemore 5 in my view. So the question is would I do it again – of course!

First man	Scott Overall	24:43
First lady	Kath Bailey	29:02
	Sus	34:53

### Andy Reading 10K

Probably one of the most enjoyable 10K I have done, not because of the scenery but because you knew exactly what was coming further down the road. You start by running through Chesterton and then out over the M40 to Weston-on-the-Green Airfield. Here, with the help of the flags, you knew when to try to get cover from the wind. Back again over the bridge of the M40, from here you could see the finish and you knew when to use your last resources. I was aiming for an even pace per K at app. 4:15. Though I did not quite master it, I believe that is the way forward for me. Another thing I learned, from Lucy, was after warming up; strip down to the bare nothing when you are racing it feels much better.

31:31 1<sup>st</sup> man Jonathan Blackledge – Belgrave  
36:28 1<sup>st</sup> lady Jude Craft – Headington R.R.  
43:14 Sus  
50:38 Lucy

### Somerly 10K, Hampshire, 30<sup>th</sup> December

I do not think any of us have done this race before, which is a shame because the settings are absolutely beautiful at the Somerley estate. The event was very well cared for with plenty of toilets and hot and cold drinks. According to the organiser, the Wessex Autistic Society, this year the route was accurately measured. Though another runner at the start warned me that I should be prepared for mud - and he should know as this was his 5<sup>th</sup> time running it, he proudly announced - I never did see any proper mud, 90% of the route was on gravel or tarmac it was only to avoid the cattle grids we ran on a few yards of grass/mud. It was a 2-lap route so you were just allowed to smell the finish before setting out for your last lap, mentally not ideal but at least you knew what was coming. Only prizes for the first 3 men and lady, no age category but you did get, apart from your unavoidable medal, a nice goody bag with 2 chocolates and free sample of organic cereal and a drink – not bad for an entry fee of only £8.

First man	Lee Piercy	33:41
First lady	Kathryn Baily	37:41
6 <sup>th</sup> lady overall	Sus	43:57

414 finished the race.

## Handicap Race

### Sue

A wet and windy December evening saw six dedicated runners, and their loyal timekeeper, take on the final Handicap Race of 2007. Dick's continuing improvement in form gave him a sub-12:30 time and a well-deserved victory for the second successive month. Meanwhile, the rest of us found we were all a bit slower this month. Sue had to settle for second spot, for the third successive month, but recorded the evening's fastest time. Martin took third spot just ahead of Pete, with Lucy and Mo completing the field. Congratulations to Dick for winning on his birthday, and thanks to Jan for timing on a bitterly cold night. The next Handicap Race is scheduled for Thursday 24<sup>h</sup> January.

Pos	Name	Start time	Finish time	Actual time	Handicap Beaten?
1	Dick	2:26	14:53	12:27	-0:07
2	Sue	3:10	15:12	12:02	+0:12
3	Martin	3:20	15:26	12:06	+0:26
4	Pete H	1:54	15:32	13:38	+0:32
5	Lucy	0:48	15:46	14:58	+0:46
6	Mo	0:48	21:06	20:18	+1:01

The final results of the 2007 Handicap Championship are given below. Thanks to everyone who has taken part - a grand total of 19 runners ran in at least one of the races throughout the year. Sue and Pete H were the only two to complete all nine races, but let's not forget that someone else was also there for all nine - thanks again Jan! The total scores are calculated by adding an individual's best seven scores (where seven or more races were completed) or all scores (where fewer than seven races were completed). The trophy winner was Sue, ahead of Pete H, Mo and Dick. The trophy awarded to Sue is an annual trophy with room for the names of at least eight more annual Handicap winners! So, I will organise another championship for 2008, with much the same format, but perhaps taking the best six scores (or five? - to be confirmed before the first race!) instead of seven.

Pos.	Name	Race points									Total
		Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	
1	Sue	(4)	5	(2)	5	6	4	6	6	6	38
2	Pete H	5	4	4	(3)	4	(2)	4	5	4	30
3=	Mo	-	-	6	7	-	5	1	1	2	22
3=	Dick	-	-	1	-	5	-	2	7	7	22
5	Martin	3	-	(1)	1	3	1	3	4	5	20
6	Kirsty	-	-	5	-	-	7	7	-	-	19
7	Peter L	-	-	-	-	7	6	1	3	-	17
8	Lucy	6	-	1	1	1	1	-	2	3	15
9	Kev	7	6	1	-	-	-	-	-	-	14
10	Rich	-	-	7	6	-	-	-	-	-	13
11	Ryan	-	7	-	-	-	3	-	-	-	10
12	Susanne	-	2	1	4	2	-	-	-	-	9
13=	Freya	-	1	3	2	-	-	-	-	-	6
13=	Andy	-	-	1	-	-	-	5	-	-	6
15	Matt S	-	3	-	-	-	-	-	-	-	3
16=	Phil	-	-	-	-	1	-	-	-	-	1
16=	Amy	-	-	-	-	1	-	-	-	-	1
16=	Don	-	-	-	1	-	-	-	-	-	1
16=	Tom	1	-	-	-	-	-	-	-	-	1

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

**Mo**

Happy New Year to all. As a follow-on from my last month's offering, should you be unfortunate enough to acquire a running injury, I can recommend a very helpful website which will explain the injury and help to fix the problem. The address is <http://www.physioroom.com>. The running injuries section lists the top 5 injuries common to runners and uses a picture of Paula Radcliffe to highlight the positions on the body.

Over the next few issues of HH, I propose to do a series of articles about running training with hints and tips which should help you when deciding your training plans for peak fitness leading up to your chosen events. Firstly, it is important to ensure that whatever training you undertake keeps you free from injury, so the first of my articles is on injury prevention.

Injury prevention is a serious issue for those who run regularly, especially when in training for a particular race or event. An injury can disrupt the training schedule and result in the runner not being properly prepared for the race or event.

Well-designed running gear that also fits properly can go a long way towards injury prevention. One of the most important pieces of equipment for runners is their running shoes of course. Running shoes should fit properly, not be overly worn and should also ideally be designed to accommodate the runner's style of running. Generally, running shoes should be replaced regularly to prevent injuries caused as a result of too much wear and tear; as a general rule of thumb, shoes should be replaced every 300-500 miles. To help you choose the right shoe, just follow these simple steps:

1. Examine the soles of your old running shoes. Notice the spots where the shoes show wear from the road. This tells you where your foot falls every time it hits the ground.
2. Place your shoes side-by-side on a flat surface. If the shoes tilt in toward the middle, your new shoe probably needs more stability than your old shoe. If they tilt to the outside, you may have a high arch and your new shoes should have good shock absorption.
3. Look at the top of your shoe. If you can see an outline of your big or little toe, and you've noticed discomfort in those areas while running, you should try a larger or wider shoe.
4. Consider the amount of running you will be doing. This tells you whether you should buy an elite running shoe or a basic model. The more intense the running, the more you'll need to spend.
5. Go to a specialist running shoe store. Tell them what you've found out about your old shoes, or take a pair with you. The sales staff should be able to "read" your old shoes and guide your choice.
6. Try out the new shoes. Many stores will let you take a run up and down to try out the shoes. Try on as many shoes as it takes. Make sure you like the feel and fit of the shoe before buying.

Stretching regularly can also help runners to avoid injuries. However, many runners make the common mistake of stretching before a run rather than warming up first with a jog of half a mile or so; cold muscles are not as pliable as muscles which have been warmed up so premature stretching can easily lead to injury. For example, if you are planning to go for a five mile run, you might want to consider jogging an easy half mile or a mile before you stretch to give your muscles ample time to warm up and be more receptive to stretching. It is also a good idea to stretch after you have completed your run. This will help your muscles to cool down properly and will aid in the recovery process of the muscles. This is important because the muscles can tighten considerably during the course of the run. Stretching them afterwards will help to prevent a long term shortening of the muscles.

Finally, injuries can be prevented by avoiding too much mileage too quickly. Those who have not been running regularly are advised to start out with only a couple of miles a day. Even experienced runners can cause injuries by attempting to increase their mileage too quickly. You should aim to make mileage increases as gradual as possible and try to limit yourself to an increase of no more than 10% per week to avoid injuries commonly associated with overtraining such as shin splints and stress fractures.

(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 05 Jan 08	<b>Berks AA County X-C Championships</b> , 12:15pm Upton Court Pk, Slough	6k(F),12k(M)	
Sun 06 Jan 08	<b>WOODCOTE 10K</b> , 10:30 am outside Langtree School in Woodcote	10k	<a href="http://www.lions-gwd.org.uk/">http://www.lions-gwd.org.uk/</a>
Sun 13 Jan 08	<b>ROUGH 'N' TUMBLE 10</b> , 11:00am Milton Lilbourne Village Hall, Marlborough, SN9 5LQ	10 miles	<a href="http://www.grassrootsevents.co.uk">http://www.grassrootsevents.co.uk</a>
Sat 19 Jan 08	<b>THAMES PATH ULTRA 50</b> , 9:00 am Kings Meadow, Reading	50 miles	<a href="http://www.ambitionevents.com/thamespathultra">http://www.ambitionevents.com/thamespathultra</a>
Sun 20 Jan 08	<b>WENDOVER M-T 5</b> , 11:00 am Wendover Woods	5 miles	<a href="http://www.justracinguk.com">http://www.justracinguk.com</a>
Sun 27 Jan 08	<b>LAKESIDE CANAL RUN FRIMLEY</b> , 10:00 am Lakeside, Frimley Green	12k	<a href="http://www.209events.com">http://www.209events.com</a>
Sat 02 Feb 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 03 Feb 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 03 Feb 08	<b>OXFORD MAIL XC</b> , Cirencester Park	3m(F),6m(M)	<a href="http://www.oxonxc.org">http://www.oxonxc.org</a>
Sun 10 Feb 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 16 Feb 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 17 Feb 08	<b>HARDWICK X-STREAM</b> , 11:0 am, Manor House Farm, Hardwick	~6 miles	<a href="http://www.bearbrookjoggers.co.uk">http://www.bearbrookjoggers.co.uk</a>
Sun 24 Feb 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 02 Mar 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 09 Mar 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 22 Mar 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 06 Apr 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 13 Apr 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

Distance	Race	Date	Status	Website
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 – Jan 2008)