

THE HARRIERS HERALD

No. 191, January 2009

Editor: Sue Francis

Wishing you all a Happy and Successful New Year!

In brief

- Thursday night schedules for January and February
- Correspondence received
- Thanks to Sus and Mo for this month's contributions
- Copy date for February's Harriers Herald – 31st January

Features, reports and results

- Christmas meal - the end of another successful and enjoyable year for Compton Harriers
- Oxford Mail X-C – good results for Dick and Sue in sub-zero temperatures
- Church Stretton fell race – Martin and Dick complete the 9-mile challenge
- Andy Reading 10K – Ryan's first race after his knee operation
- News from ex-Harriers overseas – Sue P and Annette are still keeping up the running
- Handicap Race Series – Lucy is crowned 2008 Champion following a sixth win
- Website Update – Mo features marathon training schedules and foods to support hard training
- Harriers Wordsearch - Sue's New Year prize competition

Thursday night schedule for January

Thurs 8th Sue to lead
Thurs 15th Handicap Race
Thurs 22nd Martin to lead
Thurs 29th Mo to lead

Thursday night schedule for February

Thurs 5th Sus to lead
Thurs 12th Ryan to lead
Thurs 19th Handicap Race
Thurs 26th Meena to lead

Correspondence received		
Sender	Subject matter	Action
Just Racing	Wendover MT-5 (11-01-09); Wellingborough MT series 2009	Events Diary & notice board
BCAA	Subscription renewal due (*)	Payment sent by cheque
Tunbridge Wells Harriers	Tunbridge Wells Half (15-02-09)	Events Diary & notice board
England Athletics	Asking for nominees for England Athletics Regional Council elections	File
AAA of England	Preliminary notice of AAA AGM (15-03-09)	File
White Horse Harriers	White Horse Half (05-04-09)	Events Diary & notice board
Running Fitness	Brands Hatch Half, 10K & mile fun run (07-02-09)	Events Diary & notice board
Cirencester AC	Chedworth Roman Trail MT-10 (05-04-09)	Events Diary & notice board

(*) NB: the club subscription to Berkshire County Athletic Association remains at £30 for 2009, but will increase to £50 in 2010.

Compton Harriers Christmas Meal

Sue

A total of 18 Harriers and partners attended the meal at 'The Wheatsheaf', East Hendred, five days before Christmas. Most of the Christmas regulars were there, along with Rich and Charlotte for whom this was their first Harriers Christmas meal. We had an area of the pub to ourselves and were arranged on two tables of nine, which worked very well, except for the fact that it meant that one couple was split between the two tables (sorry Peter and Sally). The meal was excellent – fast and friendly service, plenty of nice food and good value (...until the 10% service charge put in an unexpected appearance at the end of the bill).

The meal was followed by the traditional presentations and games. Sue announced the results of the 2008 Handicap championship (for full results see later). Martin and Dick each received a pack of Jaffa cakes for taking the runners' up spots, but it came as no surprise that Lucy was crowned 2008 champion for her consistent and excellent improvement throughout the year. She was presented with the annual trophy and some Jaffa cakes. Sue then presented Jan K with a box of chocolates to thank her for her support of the Harriers throughout the year, in particular for time-keeping at the Handicap, Boundary and Relay races. Dick got out his party poppers, which were loaded with Christmas baubles - Ryan and Gerry seemed to be particularly good shots at hitting Martin.

Mo produced his annual 'webmaster's quiz' featuring questions on fitness, training and Olympic athletes. The winning trio was Kev, Emma and bump who won a red rear light for night running – no excuses now, Kev. Lucy received a reflective band as runner-up. Tom and Maggy's quiz on Irish medical conditions resulted in a draw between Sally & Peter, and Sue & Mo, both couples having scored full marks. With only one prize at stake, Tom asked the tie-breaker question: What Irish medical condition is defined as 'a backwards Welshman'? Sue reckoned the answer was 'fat' (as in backwards 'taf'), but this was not right! No one could work out the 'real' answer ('Di-rear') so, following the toss of a coin, the Champagne went to Peter and Sally. Dick had set a pictorial quiz all about lorries and their logos, and was a bit surprised how little the rest of us knew about this subject. Pete and Jan H were top scorers and won the bottle of whiskey.

Once again, the Christmas meal marked end of a successful and enjoyable year for Compton Harriers.



Lucy receives the Handicap trophy



Socialising between competitions

Oxford Mail X-C series

Sue

Race 2 - Culham, 7th December

The Culham race venue is down by the Thames and, in contrast to 2007's waterlogged and windy event, this year's race was held on a bright, dry and still day. The ground was firm, as the temperature was barely above freezing but, without any wind, it didn't seem cold. The sun shone over the frosty slopes and the birds twittered on the river banks – it was just a perfect winter's day for a run....

I was the only Harrier to compete for Team Kennet on this occasion, and I finished 6th in a field of 105, in 22:14. Along with team Kennet's Rachael Elliot (2nd) and Helen Preedy (7th) we formed the winning team on the day. The race was won by Melissa Hawtin (Oxford City) in 20:08.

Race 3 - Banbury, 4th January

Once again, the weather was bitterly cold and frosty, but dry and still for the Banbury race. The ground was nice and firm and, with the exception of a few frozen puddles, frozen ruts and a couple of logs to negotiate, the going was good underfoot. The ladies race was won by Frances Briscoe (White Horse H) in 17:09, while team Kennet's Rachael Elliot was 3rd (17:40). I started at a sensible pace and gradually worked my way up from 20th spot to finish 6th (18:46). There were 109 finishers. Unfortunately we had no third lady runner to complete the team. The mens race was won by Steve Kimber (Headington RR, 26:45), but he didn't have his usual large lead this time and several other runners, including Team Kennet's Mark Shepherd (7th, 27:45) were not far behind. Dick had a good race to finish 102nd (34:17), not far behind Nick Bull. There were 215 finishers. The scoring six finished as 4th team.

Church Stretton Fell Race, 7th December

In equally pleasant conditions, Martin and Dick completed a 9-mile fell race finishing 38th and 88th respectively, in a field of 220 competitors.

Ryan's debut race with his new knee

Sus

I managed ages ago, with out any difficulties, to get Ryan to sign up to do the Andy Reading 10K because it is a flat race so it would be good to do as a first time event after his operation. He promised me that he would not go mad and, after my recent marathon, my left calf had been playing up so a start in the sub-45 min box seemed to be a sensible choice. We planned to take it easy to start with and then see how we felt. After a couple of Ks we both felt fine so we decided that we would start to push it a bit. I caught up with Ryan again at about 6K only to confirm that all was fine and off he went again. We both finished with a sub-43 min time but best of all, apart from a sore throat from breathing heavily, Ryan was fine and my calf was on form. We went home with cakes for our other halves to enjoy, to celebrate the good news.

News from ex-pat ex-Harriers

Those who remember ex-Harriers Sue Paulin and Annette Benmore may be interested to hear some of their news sent in Christmas correspondence. Sue and husband Dave are now settled in New Zealand. Along with their day-jobs, they are kept very busy with their small-holding, and now have ducks and chickens and are preparing to have some sheep, along with the cats and dogs. They competed as part of a team of three in the 'Goldrush Challenge' which took place over several days and involved running, kayaking and mountain biking. They would have enjoyed the event had it not been for their spoilsport team-mate who took it far too seriously, had a rant at Dave and decided to withdraw the team when he thought Sue was cycling too slowly. Sue is now running regularly, though not competitively, with her work colleagues.

Annette and family still live near Chicago. Annette combines a bit of running with cycling, swimming and yoga. She occasionally competes in triathlons, and had a great race in the hilly triathlon in Galeena, where she was first in her age category. Annette and Chris' daughters Megan (8) and Sophie (6) are also very sporty and both finished first in their year-group in their school 1-mile races.

Sue and Annette both send their best wishes to those Harriers who knew them.

Handicap Race

Sue

December's Handicap Race was held around the 'Village lap' route, on a cold, dark and dampish evening. Once again, Lucy set a PB, knocking a few more seconds off her November time, and winning the race with a 30-second margin. Everyone else finished in quite close succession. Sue moved ahead of Matt in the finishing straight, only to be overtaken by Martin. Dick took fifth spot, and Meena put in a good performance just five days after the Florence marathon.

Congratulations to Lucy, and thanks to Jan for timing, with help from Tom. The next race is scheduled for 15th January and will be around the Village lap route (starting and finishing from outside the Kearns' house unless you hear otherwise).

Pos	Name	Start time	Finish time	Actual time	Handicap Beaten?
1	Lucy	2:03	14:34	12:31	-0:26
2	Martin	3:48	15:04	11:16	+0:04
3	Sue	3:12	15:08	11:56	+0:08
4	Matt	3:10	15:12	12:02	+0:12
5	Dick	2:53	15:20	12:27	+0:20
6	Meena	0:16	15:32	15:16	+0:32

2008 Handicap Championship result

December's Handicap completed the 2008 nine-race series. Thanks to everyone who took part – a total of 13 of you ran at least one race, while Lucy and Sue were the only runners to race all nine. Each runner's five best scores were added up to determine their final score. Congratulations to Lucy who won six of the nine races and was the overall winner, regaining the title she also won in 2006 and 2004. It was a tight finish between Martin, Dick and Sue for second and third spots, but Martin's good performance in the last two races gave him second place, with Dick and Sue on equal points for third.

I will aim to arrange the 2009 Handicap series with the same format; however, any suggestions for improvement are welcome, so long as you let me know before the first race on 15th January.

Pos.	Name	Race points									Total (best 5)
		Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	
1	Lucy	5	7	5	7	7	7	6	7	7	58 (35)
2	Martin	6	4	-	1	4	6	-	6	6	33 (28)
3=	Sue	3	6	6	2	1	2	3	4	5	32 (24)
3=	Dick	7	-	-	6	3	4	4	3	3	30 (24)
5	Peter L	2	-	-	3	5	5	-	5	-	20
6	Andy	4	-	7	-	2	-	-	-	-	13
7=	Pete H	1	5	-	4	-	1	-	-	-	11
7=	Meena	-	-	-	-	6	1	-	2	2	11
9	Matt	-	-	-	-	-	-	5	1	4	10
10	Sally	-	-	-	5	1	3	-	-	-	9
11	Rich	-	-	-	-	-	-	7	1	-	8
12	Kirsty	1	-	4	1	-	-	-	-	-	6
13=	Sus	-	-	-	-	1	-	-	-	-	1
13=	John	1	-	-	-	-	-	-	-	-	1

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

Mo

Happy New Year to all ... no changes to report, but the events calendar is continually updated so don't forget to let me know if you feel any particular events of note should be included.

Webmaster's recommended website visits are:

<http://tinyurl.com/9fl4vw> This will take you to Runner's World 2009 spring marathon schedules available to Garmin Forerunner (205, 301, 305 and 405) users. You can choose a schedule and download the training file for your Garmin. Then all you have to do is load the file into your Garmin Training Center software (easy as pie), connect your Forerunner, and all 16 weeks will be uploaded onto your wrist at once! There is on-line help if you have problems downloading. You can also customise the marathon target time, and your heart rates or training zones if you want and then download a customised schedule.

For those of you who either don't have a Garmin or would prefer to use a customised written training schedule, then this link really rocks! <http://tinyurl.com/5m9tgt>

Webmaster's monthly article:

Last month's article focused on comfort during your winter training; so as we've had a particularly cold spell recently, I hope you have made full use of the various suggestions ... I certainly have.

Now you're comfortable in your running, the next step is to ensure that a nutritious diet fully supports your physical efforts. Therefore, the following suggestions for your New Year's Eating Resolutions are: -

▶ **Increase your Intake of Fruits and Vegetables**

Choosing a variety of fruits and vegetables will provide your body with vitamins, antioxidants, phyto-chemicals and fibre, all of which are great disease fighters. Make it fun for your family and try to serve a meal with all the colours of the rainbow!

▶ **Eat Hearty Whole Grains**

Whole grains and cereals provide fibre and nutrients your body needs for peak performance. Quinoa, whole wheat pasta and bread, barley, and brown rice are great sources of whole grains. The protein and fibre in whole grains will leave you feeling full longer, and will help maintain more stable insulin levels.

▶ **Check Labels For Partially-Hydrogenated Vegetable Oils**

Trans fats are found in these oils and have been found to both raise LDL ("bad" cholesterol) and lower HDL ("good" cholesterol), which increases your risk of heart disease. When possible, choose products with heart-healthy oils such as olive and canola.

▶ **Eat Breakfast Each Day to give yourself a Boost**

The brain and body perform best on a steady flow of glucose (sugar which the body converts to energy). With zero fuel to use, the mind and body slow down, which is why breakfast is extremely important to start the flow of energy at the start of the day.

▶ **Be Aware of a Balanced Diet**

For the average individual, try to balance your meals so that 1/2 of your plate is fruits and vegetables, 1/4 is whole grains, and the remaining 1/4 is protein. Good sources of protein include lean meat, poultry, fish, legumes, nuts, eggs and tofu (soya).

▶ **Eat Slowly**

It takes 15-20 minutes for the stomach to tell the brain it has had enough, so eat slowly and don't rush back for that second helping.

▶ **Eat in Moderation**

Especially around the holidays, it's hard not to be tempted by the desserts and other rich foods that accompany the season. Depriving yourself of much-loved comfort items can often result in an overindulgence down the road. Therefore, allow yourself to have that holiday treat... just commit to a small portion and savour every bite!

Mo – January 2009