

THE HARRIERS HERALD

No. 203, January 2010

Editor: Sue Francis

Contents, features, reports, results

- Thursday night schedules for January and February
- Correspondence received
- 2009 Handicap Race Championship – the winner is revealed
- Compton Harriers Christmas Meal and a ‘thank you’ from Jan
- Race results: ‘Watlington XC’ - Meena does well, while Sus takes a wrong turn; ‘Oxford Mail cross-country’ - Sue enjoys the Culham course, but Peter doesn’t; ‘Coastal Marathon series’ – Dick is category winner in two tough races; ‘Andy Reading’ 10K – PBs for Lucy and Terry
- Compton Harriers overseas – club members warm-weather training abroad
- Webmaster’s article – Mo focuses on avoiding injury

- Thanks to Sus, Mo, Pete H and Simon for this month’s contributions
- Copy date for February’s Harriers Herald – 31st January

Thursday night schedule for January

Thurs 7th Pete H to lead
Thurs 14th Handicap Race – (unless roads & paths are dangerously icy)
Thurs 21st Martin to lead
Thurs 28th Gillian to lead

Thursday night schedule for February

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

Correspondence received		
Sender	Subject matter	Action
Bearbrook Joggers	Hardwick X-Stream 6 mile cross-country (21-02-10)	Events Diary & notice board
England Athletics	‘Setting the Pace’ newsletter	Circulate
AAA	Preliminary notice of AAA AGM (14-03-10)	File
Nike Milton Keynes race team	Milton Keynes festival of running: 5K, 10K, half marathon, half marathon relay (07-03-09)	Events Diary & notice board
White Horse Harriers	White Horse Half (11-04-09)	Events Diary & notice board

Handicap Race

Sue

For the final race of the year, the rain cleared, leaving a calm and moonlit but chilly evening. A few Harriers who usually do their best to avoid the handicap put in an appearance because the Club AGM was due to follow the race. Pete O, knowing he needed to score well in this race to ensure championship victory, rushed home from work and changed into his running gear on the start line...only to find that his nearest rival, Dick, had sprained his ankle and so would be timekeeping instead of running. Martin started last but finished first, in a good time of 11:00. However, he had to work hard, only passing Lucy, Pete O, Sue and Philomena in the final straight – that’s good handicapping for you! Lucy and Pete O both set PBs. Well done Martin, and thanks to Jan and Dick for timing. The next Handicap Race round the village lap route will be on 14th January.

Pos	Name	Start time	Finish time	Actual time	Handicap Beaten?
1	Martin	3:36	14:36	11:00	-0:24
2	Lucy	2:15	14:39	12:24	-0:21
3	Pete O	2:10	14:46	12:36	-0:14
4	Sue	2:40	14:47	12:07	-0:13
5	Philomena	0:21	14:50	14:29	-0:10
6	Peter L	3:10	15:17	12:07	+0:17
7	Terry	1:43	15:21	13:38	+0:21
8	Andy	3:31	15:44	12:13	+0:44
9	Sally	0:09	18:02	17:53	+3:02
10	Mo	0:09	20:11	20:02	+0:16

Thanks to everyone who took part in the 2009 Handicap race series - nineteen members took part in at least one of the nine races, Lucy and Sue being the only two to compete in all. Grateful thanks to Jan who was also there to time-keep for every race, whatever the weather. Three of the races were won by Terry, while Martin won two, and Pete O, Lucy, Philomena and Go each won one race. After the final race of the series, the top five (or fewer for people who ran fewer than five races) scores for each person were added to determine their Championship total. With a maximum of 7 points for each race, the maximum total possible would be 35, so Pete O did very well to score 30 points and win the 2009 championship in his first year with the Club. Hot on his heels was Dick with 28 points while Terry took third spot. Also scoring highly, and always in contention for the top places, were Philomena, Lucy, Sue and Martin. The trophy was presented to Pete at our Christmas meal. I plan to organise the 2010 Handicap Championship in the same format.

Pos.	Name	Race points									Total
		Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	
1	Pete O	4	7	6	-	6	-	6	-	5	30
2	Dick	6	6	5	-	1	6	5	1	-	28
3	Terry	-	-	1	7	7	-	7	3	1	25
4	Philomena	-	5	7	4	5	-	-	1	3	24
5=	Sue	5	4	3	5	2	5	3	1	4	23
5=	Lucy	3	3	1	3	3	7	4	1	6	23
7	Martin	7	2	2	2	1	4	-	1	7	22
8=	Gillian	-	-	-	-	-	3	7	-	-	10
8=	Pete H	-	-	-	1	4	-	-	5	-	10
10	Mo	-	-	-	-	-	3	-	4	2	9
11	Alison	-	-	-	-	-	-	2	6	-	8
12	Go	-	-	-	-	-	-	-	7	-	7
13=	Ryan	-	-	-	6	-	-	-	-	-	6
13=	Kirsty	2	-	4	-	-	-	-	-	-	6
15	Steve	-	-	-	-	-	-	-	2	-	2
16=	Romy	-	-	1	-	-	-	-	-	-	1
16=	Sally	-	-	-	-	-	-	-	-	1	1
16=	Peter L	-	-	-	-	-	-	-	-	1	1
16=	Andy	-	-	-	-	-	-	-	-	1	1

Christmas meal

Sue

Our 2009 Christmas meal at the recently reopened 'Coach and Horses' in Beedon, was very well attended, with a total of 24 Harriers and partners gathering to celebrate the end of another successful year for the Club.

It was a nice pub and we had a room to ourselves, spread around two long tables. The staff were friendly and the food very good (although the general feeling was that we could have done with some more vegetables and some mince pies!). During the interval between the main course and desserts, Sue announced the results of the 2009 handicap championship. The overall winner, Pete O, received the annual trophy and a bottle of local 'Schutchamer Knob' beer, while runners up Dick and Terry each received a bottle of beer. On behalf of the Club, Pete H then presented a box of chocolates to Jan K as thanks for her continued support of the Club especially as our handicap race time-keeper. Martin & Lucy, Tom, and Dick had all produced quizzes to keep us occupied throughout the evening. Tom's wildlife quiz was won by Hannah, with Sue & Mo runners up. For the 'UK shipping forecast zones quiz' set by Martin and Lucy, the top scorers were Gillian & Uwe, Meena, and Pete & Jan H. In Dick's 'World Beers Quiz', Tom & Maggy, and Pete & Jan H tied for the top score, but the tiebreaker question established Tom & Maggy as the winning duo. Thanks to Gillian and Terry for organizing an enjoyable evening, and to all the quizmasters for keeping us entertained.

A 'thank you' from Jan

Well, it seems that the end of time has come. I have studied today's TV listings and can find not even the smallest clue that the greatest Lord of all Time might be transported to that magical box in the corner of my Sitting Room. Oh yes, it has been a truly wonderful Christmas; from *Alan Carr's Chatty Man*, through various Top 100s of this and that, the best bits of *Top Gear*, his masterful portrayal of Shakespeare's emotionally deranged Prince of Denmark, to the highlight of both Christmas and New Year Days, David Tennant *was* Christmas 2009. Of course those of you who, like my daughter, cannot understand the attraction ('But Mum, he looks just like a weasel') must be grateful that it's all over. I, however, must cope with disappointment by turning my attention to more earthly pursuits, like writing my thank-you letters. So, Dear Harriers, thank you so much for the box of Lindt Pralines which you kindly gave me to enjoy whilst drooling over the TV. As you prepare for your forthcoming handicaps, spare a pitying thought for mine.

Race results

Watlington XC, 6th December

Sus

First time for me getting lost in a race, but there was no panic, no tears. I was cool as a cucumber, I even managed to drag two other runners with me for company, one of them was less impressed and we ended up in the village among shoppers!

It is a demanding off-road, cross country or trail run in its 2nd year gone from about 50 runners last year to 90 this year. Meena and I both enjoyed it and the value is very good. Entry in advance £10, you get a t-shirt and a medal – so everybody is happy and on top of that a goody bag. Though perhaps I did miss a cup of tea at the end but I should not complain, I managed to get a few extra K's in the bag compared to the rest of the field.

1 st Man	Dave Wileman	44:19
1 st Lady	Stephanie James	47:46
Meena		63:41

Oxford Mail X-country league, 6th December

Sue

Peter L joined me for the short trip to Culham, to compete in his first Oxford Mail x-country race, which turned out to be a ‘baptism of fire’! Although it was a nice sunny day, the recent heavy rain had ensured that the course was very wet underfoot, and there was also a strong cold breeze to contend with. Each lap consisted of a boggy loop around the flood meadows alongside the Thames, followed by a couple of zigzags up and down a long bank before levelling off to the finish. The ladies ran two laps while the men ran three. As with November’s race, I decided to start steadily and once again it paid off as I gained places all the way, eventually finishing 8th in 30:24. There were 157 finishers in the ladies race, which was won by Helen Barnes (Headington) in 28:21. Team Kennet’s Rachael Elliot ran well to take 2nd place and, along with Helen Preedy (17th), we were 2nd team. There were 221 finishers in the men’s race, which was won by Steve Male (Oxford City) in 33:19. Peter didn’t enjoy the conditions but ran consistently to finish 161st in 46:41 (though he was later heard to say: ‘Don’t expect me to run in January’s Oxford Mail race!’). Team Kennet finished as 2nd team in division 2.

Coastal Marathon Series

Dick has entered a series of multi-terrain coastal marathon races, and has now completed two of them. In November he raced the Dorset Coastal Marathon (26.5 miles) finishing 30th overall (1st MV50) in 4:59:36. In December, despite having a swollen ankle, he ran in the Gower Coastal Marathon (27.4 miles) finishing 62nd (1st MV55) in 5:14:27.

Andy Reading 10K, 13th December

Three Harriers ran this annual 10K road race at Bicester. Lucy (41:45) and Terry (45:12) both set PBs, while Ryan was the Club’s first finisher in around 39 minutes.

Compton Harriers overseas

Two Harriers recently put in some warm-weather training while holidaying abroad. Simon toured Egypt in November and wore his new Harriers’ vest for a run around Sharm El Sheikh. He says that unfortunately his right calf tightened up after about a mile and he ended up jogging back to the hotel with a bit of a list to starboard. Meanwhile Pete H fitted in some early morning runs in Singapore, and managed to pose with the winner’s cheque after the Singapore marathon.



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

Mo

Happy New Year to all ... hopefully you will all exceed your expectations and running goals in the coming year. My aim is to improve and modernise the site a little this year, without reducing the download speed ... I've lost enough speed already!

Links of interest this month;

- ◆ <http://www.berkshireathletics.org.uk/rr.htm> for entry to the Berkshire County Road Race Championships 2010.
- ◆ http://gobeyondultra.co.uk/go_beyond/calendar_events for off-road ultras, starting with the 40 mile **Country to Capital** on 16th January following canal towpaths, footpaths and bridleways starting in Wendover at the **Shoulder of Mutton Pub** and finishing in **Little Venice**.
- ◆ <http://www.rorycoleman.co.uk/> Rory Coleman's site details more ultras throughout the year.

Having now completed my series of articles on fitness and the essentials of warming up and cooling down, my next series will look at staying healthy and injury-free.

❖ **Avoiding Injury**

All runners will know that the secret to good performance is consistency so there is nothing worse than being hampered by injury. To reduce the risk of injury, sensible preventative measures such as warming up and cooling down as outlined in last month's article should form an essential part of your activity.

1. Run Safely

Poor technique or attempting too much too soon is often to blame for running injuries and statistics show that in any given year as many as 7 out of 10 runners sustain an injury that will put them out of action for a period, depending on its severity. The following tips will help you to run away from injury:

- ▶ Warm up before each session and cool down and stretch afterwards.
- ▶ Avoid running every day; try to include low-impact activities such as cycling, rowing and swimming as part of your over-all training regime.
- ▶ Alternate hard sessions with easy ones.
- ▶ Wear the right footwear to suit your individual running style/needs and the surfaces you are running on.
- ▶ Mix surfaces between road, off-road and running track.
- ▶ Use strength training to build up your muscles, tendons, ligaments and bones.
- ▶ Ensure you are always well-hydrated.
- ▶ Gradually increase mileage by no more than 10% each week.
- ▶ Don't ignore aches and pains ... running through pain can cause major injury. The quicker you address the problem, the more you will reduce the damage.

2. Treating Injury

Severe injuries will need medical help, but minor muscle pulls and sprains can be treated by following the 'RICE' strategy:

- ▶ **R**est the injury and take weight off the injured area.
- ▶ Apply an **I**ce pack (or bag of frozen peas) for about 10 minutes every 3-4 hours.
- ▶ Use a **C**ompression bandage to limit blood flow and reduce swelling.
- ▶ **E**levate the injured area to reduce the effects of blood pressure (e.g. raise leg above hip height).

Continue the above for 48 hours after which time you will need to start mobilising and stretching the injured area. (Career or occupation may restrict the length of time you can carry out the treatment).

❖ Common Injuries

Whilst it may not be possible to escape injury at some stage in your physical training exercises, here are some of the most common injuries and the steps you can take to prevent them happening.

- ▶ **ILIOTIBIAL BAND (ITB) SYNDROME:** The ITB is a band of connective tissue that runs from the hip to just below the knee along the thigh which can become tight and inflamed, causing it to pull on or rub against other surrounding tissues. This can be prevented by strengthening the glutes, avoiding excessive downhill running or uneven surfaces and correcting overpronation (when the foot rolls in too much on striking).
- ▶ **HAMSTRING TEARS:** Excessive strain on the muscle can cause tears as a result of sudden movement or repeated movement patterns. This can be prevented by thoroughly warming up, good technique and stretching.
- ▶ **ACHILLES TENDONITIS:** Inflammation of the Achilles tendon along the back of the lower leg to the ankle causing the heel to feel stiff and tender, particularly when rising up on your toes. Prevented by stretching the calf muscles and wearing the right running shoes.
- ▶ **KNEE PAIN:** Patellofemoral syndrome or “runners knee” is pain and inflammation caused by the kneecap moving out of line. This can be prevented by strengthening the thighs (doing squats, lunges and step-ups), stretching regularly and wearing appropriate running shoes.
- ▶ **SHIN SPLINTS:** This describes the inflammation of the connective tissue that attaches to the tibia (shin bone). It can be prevented by regularly changing shoes (to maintain running style and cushioning), avoiding too much running on hard surfaces and stretching and strengthening the lower legs.
- ▶ **ANKLE SPRAIN:** Turning or twisting the ankle may result in slight stretching of the ligaments or actual tearing of the tissues causing swelling and bruising. To prevent this, you need to continually watch your step, especially on uneven ground. Strengthening your ankles using single balance exercises or a wobble board will also help.

And remember to be careful which path you take when running off-road ultras ... don't follow the crazy runner ... he'll be taking the psycho path!

Mo January 2010