

# THE HARRIERS HERALD

No. 215, January 2011

Editor: Sue Francis

## **Contents, features, reports, results**

- Thursday night schedules for January and February
- Correspondence received
- Compton Harriers Christmas meal
- Race results: Oxford Mail x-country series – five Harriers do well in the 2<sup>nd</sup> and 3<sup>rd</sup> races; Andy Reading 10K – a good performance from Lucy; Bedford Half – Ryan unknowingly pushes Sus to a PB; Wicksteed Half – chaotic organisation, but Ryan and Sus run well
- Handicap Championship 2010 – the winner is announced
- Webmaster's article – Mo features 'Run Britain' and why 'running to the beat' is beneficial during exercise
- Thanks to Sus and Mo for this month's contributions
- Copy date for next Harriers Herald – 31<sup>st</sup> January

## Thursday night schedule for January

Thurs 6<sup>th</sup> Lucy to lead  
Thurs 13<sup>th</sup> Sarah to lead  
Thurs 20<sup>th</sup> Handicap Race  
Thurs 27<sup>th</sup> Steve to lead

## Thursday night schedule for February

Thurs 3<sup>rd</sup> Sue to lead  
Thurs 10<sup>th</sup> Pete H to lead  
Thurs 17<sup>th</sup> Handicap Race  
Thurs 24<sup>th</sup> Tom to lead

## Correspondence received

Correspondence received		
Sender	Subject matter	Action
Lakelands Daycare Hospice	Brass Monkey 6-mile race, Corby (30-01-11)	Events Diary & notice board
AAA of England	AGM of Amateur Athletic Association (13-03-11)	File

## Christmas meal

**Sue**

On the day of our Christmas meal, several inches of snow fell over our region. This unfortunately meant that four couples decided it was either not possible or not safe to attempt to get to The White Horse at Hermitage. As I stood in the middle of a dark snowy road near Aston Tirrold in my party clothes and walking boots, shoveling snow so that Mo could try to get my Renault Clio up the hill, I began to wonder if we should have stayed at home too. But Mo was determined: after spending half an hour getting up that hill, we were away, and arrived in time for the first course of the meal. In fact, we arrived only a few minutes after Lee and Faye, who had spent half an hour sitting in The White Hart at Hampstead Norreys, wondering where we all were!

The food at The White Horse was very nice, and the staff did well to efficiently serve our party of 18 as well as two other large parties. There was also a good live band to entertain us, though this made conversation a bit difficult at times. During the interval between the main course and desserts, Martin

and Lucy presented their ‘Guess-the-weight-of-the-jar-of-Rowstock-honey’ competition. Tom won the honey for his estimate, which was within a few grams of the actual weight. Sue announced the results of the 2010 Handicap Championship. The overall winner, Mo, was presented with the Annual Handicap Trophy and also with an engraved medal – many thanks to Nick for the engraving and for providing the medal. Worthy runner-up Terry received a box of Jelly Babies. (For full Handicap Championship results, see later in this issue).

Dick had produced a clever photo quiz to test our observation skills. We had to put in order pictures of ‘landmarks’ taken round our Village Lap handicap route. This certainly kept us occupied, trying to recognize house doors, road signs, gateways and trees. Needless to say, there were no high scores, but the winner was Steve – I’m not sure if he has become highly observant with his new headlight, or whether he just had some lucky guesses!

The evening was a perfect way to celebrate another successful year for the Club.

### *Race reports and results*

#### *Oxford Mail x-country series*

Sue

#### *Race 2, Culham, 5<sup>th</sup> December*

Lucy, Sarah and I took part in the Culham race as part of the Team Kennet team on a sunny but bitter morning. The 7K route included a flat flood plain alongside the Thames then a zigzag up and down two steep banks, on each of the two laps. Around the floodplain, the ground was frozen with a thin layer of slippery surface mud. But this was easy going compared with the 200m of sticky, squidgy, slippery mud which we encountered at the end of each lap. This was particularly hard for Sarah, who was running in road shoes! The race was won by Newbury’s Susie Bush (27:02). In a field of 131 runners, I was 12<sup>th</sup> (31:55), Lucy 15<sup>th</sup> (32:43) and Sarah 56<sup>th</sup> (37:01). Along with Team Kennet’s Jenny Eaton (20<sup>th</sup>) we finished as 4<sup>th</sup> team.

The 9.5K men’s race saw Steve Naylor (Woodstock) cross the line first in 31:50. Members of the Team Kennet men’s team included Nick Jones (18<sup>th</sup>), Tom Munt (46<sup>th</sup>), Nick Bull (101<sup>st</sup>) and Colin Price (183<sup>rd</sup>). The team finished 7<sup>th</sup>.

#### *Race 3, Horspath, 2<sup>nd</sup> January*

Four Harriers started the New Year racing in Team Kennet colours at Horspath, on the outskirts of Oxford. The races started on a playing field, before heading out around farm fields to the bottom of a long steep hill, which wound up between the trees to Shotover plain. From here, there was a nice downhill section, before a long flat muddy woodland path. The 5.6K ladies race then skirted back round the playing field to the finish. The men however, emerged from the woods only to have to go up the hill for a second time before following the route to the finish (9.2K).

The ladies race was won by Newbury’s Sophie Crumly (22:44) and there were 108 finishers. I and Lucy both ran well to finish 12<sup>th</sup> (25:35) and 17<sup>th</sup> (27:01) respectively. Along with Team Kennet’s Helen (18<sup>th</sup>), Jenny (30<sup>th</sup>) and Mary (68<sup>th</sup>) we finished as 5<sup>th</sup> team.

In the race series, Lucy is currently ranked 2<sup>nd</sup> in the FV45 category, and I am ranked equal 4<sup>th</sup> in the FV35 category.

The men’s race was once again won easily by Woodstock’s Steve Naylor (30:05), who has an unusual but obviously extremely efficient style. There were 247 finishers. Martin and Dick finished 125<sup>th</sup> (40:43) and 164<sup>th</sup> (42:55) respectively. Other friends of Compton Harriers in the TK men’s team were Nick Jones (24<sup>th</sup>), Tom Munt (51<sup>st</sup>) and Colin Price (207<sup>th</sup>). The team finished 8<sup>th</sup>.

## Andy Reading 10K, 12<sup>th</sup> December

Lucy was 2<sup>nd</sup> FV45 in a time of 42:42.

## Bedford Half Marathon 12<sup>th</sup> December

Sus

Four fat-dripping sugar ring doughnuts the day before was probably not the best race preparation. But, since Phil, Ryan and I had not done this race before, there was no pressure trying to beat last year's time so a relaxed attitude seemed to be the overall approach from the little Compton team.

I ran with Ryan the first mile or two but then he gradually pulled away, especially every time we reached a climb or hill, but I still managed to catch up with him and had him in my sights – from about 7 miles in I watched him and saw every move he made and every step he took. I thought to myself 'if I can just keep up with him I will be all right'. As we got near the finish he had a stitch which meant I was hot on his heels when we crossed the line. Apparently Ryan had no idea that I was stalking him so, when I called him, he was so surprised and happy to see me that it was worth every effort. We all did very well, so upon finishing we agreed that perhaps the secret to success is a relaxed attitude and to take it as it comes, it definitely seems to work for us on the day.

Though a long journey to the race itself, app. 2 hours before you stand at the start line, including taking a bus from the car park to the HQ, I still think it is worth it as I would go so far as to say it is the most organized race I have been to - so definitely one to do next year – regardless of which frame of mind you choose to have at the start line.

1 <sup>st</sup> Man	Matthew James, Bedford & County AC	1:08:06
1 <sup>st</sup> Lady	Lucy MacAlister, Thames Hare & Hounds	1:17:29
	Ryan	1:26:38
	Sus	1:26:46 - PB
	Phil	1:40:28

1461 finished the race

## Wicksteed Half Marathon, 1<sup>st</sup> January (organised by Ultramarathon)

Sus

No mile markers, no organisation, no start line, no finish line, no drinks afterwards, no signs telling us where the start was, no warning signs on the road about runners. And when we got to the start area the toilets were shut, so we were asked to pee in a Coke bottle if needed and take it back home with us! I thought the marshals did a very good job however but, to be honest, Ryan and I could not really take it too seriously as we both felt heavy and I had only had a few hours sleep but, for an entry of £20 each (plus an unexpected £2 for parking), I felt it was a bit of a rip-off but at least we felt good about ourselves afterwards. The route was measured by various runners to be 12.7 miles.

1 <sup>st</sup> Man	Daniel Carr	1:12:59
5 <sup>th</sup> Man	Ryan	1:24:01
1 <sup>st</sup> Lady	Sus	1:27:44

106 finished the race

## Compton Harriers Handicap Championship 2010

### Sue

Thanks to everyone who took part in the 2010 Handicap race series - 22 runners competed in at least one of the nine races; Sue was the only person to compete in all, while Mo and Dick each only missed one race. Races 4 and 5 each saw the grand total of 12 runners taking part. Grateful thanks to Jan who was once again there to time-keep for all but one of the races, whatever the weather. Two races were won by Mo, two by Philomena, while Sue, Alison, Ryan, Lucy and Steve G 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 highest possible total score would be 35, so Mo did very well to score 31 points and win the 2010 championship. Terry, just two points behind Mo, was the worthy runner-up. Also scoring highly, and always in contention for the top places, were Sue, Steve G, Philomena and Dick.

For the 2011 Handicap Championship, I propose the same race format (five on-road winter races, and four off-road summer races, with best five scores to count), but with a change to the scoring for each race. After consultation with the 2010 champion, we decided the following: To give an extra incentive for winning each race, the winner will get two more points than the runner-up (F1 Grand Prix style!); also, as we now regularly have about ten runners in the race, the scoring will start at 12 points for a win (i.e. 12, 10, 9, 8, 7, 6, 5, 4, 3, 2, and 1 point for all subsequent finishers). In this way, there is an incentive to fight for every place and be rewarded for each person you beat (and we avoid the situation we had in races 4 and 5 where the 7<sup>th</sup> finisher only got the same score as the 12<sup>th</sup> finisher).

The first race for 2011 is scheduled for Thursday 20<sup>th</sup> (Village Lap route).

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	Mo	6	7	6	7	1	2	5	-	1	31
2	Terry	-	3	5	6	3	6	6	-	6	29
3	Sue	5	1	3	1	7	4	3	6	2	25
4	Steve G	-	1	-	3	6	5	1	-	7	22
5=	Dick	3	1	-	1	5	3	4	4	5	21
5=	Meena	-	-	2	1	4	7	7	-	-	21
7=	Pete O	4	1	-	5	3	-	2	-	1	15
7=	Lucy	7	-	-	2	-	1	1	-	4	15
9	Alison	-	6	7	1	-	-	-	-	-	14
10=	Richard	-	-	-	-	1	-	1	5	3	10
10=	Pete H	-	5	-	4	-	-	-	-	1	10
12	Gillian	-	4	-	1	-	-	-	3	1	9
13	Ryan	-	-	-	-	-	-	-	7	-	7
14=	Peter L	-	-	5	-	-	-	-	-	-	5
14=	Martin	-	2	-	-	1	1	1	-	-	5
16=	Francis	2	-	-	-	-	-	-	-	-	2
16=	Colin P	-	-	-	-	-	-	-	2	-	2
18=	Sarah	-	-	1	-	-	-	-	-	-	1
18=	Bethan	-	-	-	1	-	-	-	-	-	1
18=	Steve S	-	-	-	-	1	-	-	-	-	1
18=	Kirsty	-	-	-	-	1	-	-	-	-	1
18=	Dan	-	-	-	-	1	-	-	-	-	1

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

### Mo

Updates since December's report:

- ▶ January 2011 Harriers Herald
- ▶ Downloads for 15<sup>th</sup> Downland Challenge revised route and entry forms
- ▶ Links to online entry for 20 & 40 mile events at Runners World

### *Links of interest this month:*

<http://www.runbritain.com> Further to my report in October 2010, this site has taken off in a big way, so I thought it worthy of an update. If you wish to claim your own personal handicap score, you can register with Runbritain. Once [registered](#), you just need to log in to be taken to your bespoke personal running blog profile page featuring:

- \* current rankings at each distance
- \* personal progress graph
- \* direct comparisons with other runners with a 'head-to-head' function
- \* handicap score updated automatically after each run
- \* target times to bring score down to the next level
- \* training schedules to help you achieve your targets

The scoring system, which has been developed in conjunction with the team behind the [McCain Power of 10 website](#), rewards regular racing and factors in a degree of difficulty for slower courses. The score is derived from your results at 5K, 5miles, 10K, 10miles, Half Marathon and Marathon during 2010 and thereafter on a rolling 12 month basis although you only need to have done one race in 2010 to claim a handicap. By the way, if you have already registered with Power-of-10, you can use the same login.

If you happen to be looking for events around the world, then the following link is a good place to start <http://www.runningcalendar.eu> ... I didn't mind recommending this link as the owners of the database sent a message to advise that our Downland Challenge is included. I will also add a link on the website to this calendar.

### *This Month's Article: Run to the Beat?*

According to a new study by Brunel University in London, listening to the right music when you exercise can lower your perception of exhaustion, heighten cardiovascular benefits, extend the length of time you can work out and put you in a better mood, thus helping you fight through the fatigue barrier. When exercising, the brain looks for motivation in the surrounding environment. The study found that music of 120-150 beats per minute is the perfect tempo and it makes your workout 19 percent more effective. The study also concluded that, because "maintaining synchronous movement during the onset of fatigue requires more attention", our bodies focus less on how tired we are and, because motivational music enhances our mood, we interpret our fatigue more positively, which in turn improves our workout.

Apparently, the top five motivational tracks are:

1. "Mercy", Duffy
2. "Just Dance", Lady GaGa
3. "Jump", Girls Aloud
4. "Valerie", Mark Ronson with Amy Winehouse
5. "Dance Wiv Me", Dizzee Rascal with Calvin Harris

That's it then ... I'll have to get Sue to buy me an MP3 player for my next birthday!

**Forthcoming Events as listed on the Website Events Calendar:**

<b>Date</b>	<b>Time</b>	<b>Event</b>	
Jan-11	2nd	10:00 AM	Oxford Mail X-C Race 3
	9th	10:30 AM	Goring, Woodcote and District 10K
	15th	8:30 AM	Country to Capital 45 miles
	16th	11:00 AM	Rough 'n' Tumble 10
		11:00 AM	Run Rampage 10K
	22nd	08:00 AM	ULTRArace.45/90
	23rd	10:30 AM	Gloucester Marathon
		12:30 PM	Dorney Lake 10k
	30th	10:30 AM	Gloucester 50k
9:00 AM		Slaughterford 9	
Feb-11	5th	8:30 AM	GB Ultra Thames Trot 50
	6th	10:00 AM	Oxford Mail X-C Race 4
		10:30 AM	Watford Half-Marathon
	13th	10:30 AM	Dursley Dozen
	20th	10:30 AM	Bramley 20/10 mile
	27th	10:30 AM	Meon Valley Plod 2011
		10:30 AM	The Terminator 2011 11 Mile
Mar-11	5th	09:00 AM	The 21st Annual Belvoir Challenge (15 or 26 Miles)
	6th	10:00 AM	Oxford Mail X-C Race 5
	6th	11:00 AM	Goring 10k road race
Apr-11	10th	8:45 AM	Paris Marathon
		10:00 AM	White Horse ½ Marathon
	17th	9:30 AM	London Marathon
	23rd	9:00 AM	Compton Downland Challenge
	24th		Easter Sunday

Mo, Jan 2011