

THE HARRIERS HERALD

No. 185, July 2008

Editor: Sue Francis

In brief

- Thursday night schedules for July and August
- Correspondence received
- Rec. Soc. membership for Compton Harriers
- Copy date for August's Harriers Herald – 30th July

Features and reports

- Ekstrem Matahon – Sus and Klaus complete a 70K orienteering race in Denmark
- Ridgeway Relay – an excellent performance from the Harriers team
- Chiltern Chase, Thames Run, Humphs Hilly Half – Compton Harriers do well in local events
- Boundary Race – Ryan and Sue defend their titles
- Handicap Race – can anybody catch Lucy?
- Website Update – Mo features more training tips
- Events Diary – Mo's choice of races for the summer and autumn months

Thursday night schedule for July

Thurs 3rd Dick to lead
Thurs 10th Meena to lead
Thurs 17th Ryan to lead
Thurs 24th Peter L to lead
Thurs 31st Handicap Race

Thursday night schedule for August

Thurs 7th Lucy to lead
Thurs 14th Tom to lead
Thurs 21st Sally to lead
Thurs 28th Pete H to lead

Correspondence received

Sender	Subject matter	Action
England Athletics	AGM (28-06-08) & accounts	File
Tony Curry	Cirencester Charity Run, 5 miles (07-09-08)	Events diary & notice board
David Game	TRA permit for Boundary Race	Displayed at B. Race; 'unattached levy' to be paid
SEAA	Info. update #115; notice of AGM (07-09-08)	File
Running 4 Women	Windsor 8K (20-09-08)	Events diary & notice board

Compton Harriers membership of IAH Rec. Soc.

Sue

Following on from last month's report of discussions at May's Rec. Soc. Committee meeting: A recent e-mail to Rec. Soc. members from the Rec. Soc. Chairman & Membership Secretary (which I forwarded to all Harriers) stated:

“Membership clarification: Associate - for people not employed on site, but who are ex-employees or are members of at least one of the four affiliated clubs (Compton Harriers, Squash Club, Keep Fit, Cricket Club). Members of the above clubs must be members of Rec. Soc. for insurance reasons”.

I'm not sure if this was sent in direct response to my questioning, but it was reiterated in no uncertain terms at the Rec. Soc. Committee meeting on 2nd July. However, the wording seems rather ambiguous. What are 'insurance reasons' and do they only apply when the member is using the Rec. Soc. facilities? I cannot see Rec. Soc. changing their view on this, so maybe we have to consider a second tier of Compton Harriers membership? To be discussed.....

Ekstrem Matahon, Denmark

Sus

After several weeks training running with my backpack containing old towels and hand weights, I was now ready for my first orienteering/camp race with Klaus my brother. Eleven mixed teams of two were on the start line at 5 p.m. on the most glorious summer evening in Denmark. The first 6 checkpoints were in a city so they were easy to find which gave us some confidence. The remaining 31 check points on that day were out in the woods, which proved to be slightly more challenging but we were a good team; Klaus had the map and the compass and I kept feeding him with what we were passing as we were running (not literally though). We were concerned that we would not be able to find all checkpoints before it got dark and we would have to retire to the night camp and incur penalty points, but we worked our way through bog land where no man had ever sat his foot before, crawled through thick pine woods and swam across lakes and managed astonishingly to retrieve them all. We reached the camp at 9:51 p.m., set up our tent, had our “gourmet dinner” and went to sleep. Though I did not sleep for more than 4 hours I felt reasonably ok the next morning. At 8:00 a.m. we were ready again on the start line to attack the next testing day. The 2nd day only had 34 check points one behind a waterfall which was another lovely cooling effect as it was getting warmer and warmer. Again we surprised ourselves and found all 34 checkpoints and crossed the finish line at 12:21 p.m. where Klaus’s wife, mum and dad were waiting.

I must say it was great fun, but if somebody had told me beforehand that I was about to run/swim/crawl 70 K with 1 stone heavy backpack, sleep rough overnight and still be able to concentrate on finding 71 checkpoints – I would say that I would not be able to do so - but you just get on with it and eventually you do manage.

6 out of 11 teams managed to finish, we came 4th.

Ridgeway Relay, 15th June

Sue

A team of ten Compton Harriers completed the Ridgeway Relay in a time of 10:50:21, our fastest for some years. We finished in a very creditable 8th place, out of a total of 38 teams. Every team member put in a good performance. Thanks to Martin for co-ordinating the team, and to Mo, Phil, Jan, Ash and Gerry for support along the route. Peter and Mo’s photos of the event can be viewed on our website.

Leg	Runner	Start Time	Finish Time	Time	Pace min/mile	Team placing at the end of this Leg	Individual placing this Leg
1	Martin Fray	07:30:00	08:41:20	01:11:20	00:06:29	5	5
2	Sus Enhard	08:41:20	09:31:01	00:49:41	00:08:17	4	9
3	Peter Linton	09:31:01	10:38:56	01:07:55	00:07:14	5	8
4	Sue Francis	10:38:56	11:17:56	00:39:00	00:07:13	4	4
5	Ryan Morris	11:17:56	12:38:21	01:20:25	00:07:58	5	15
6	Andy Buckland	12:38:21	13:52:07	01:13:46	00:07:06	8	11
7	Pete Humphreys	13:52:07	15:05:39	01:13:32	00:08:05	8	20
8	Lucy Gettins	15:05:39	16:05:32	00:59:53	00:07:41	9	14
9	Nigel Henton	16:05:32	17:16:50	01:11:18	00:06:40	8	7
10	Dick Kearn	17:16:50	18:20:21	01:03:31	00:06:45	8	12

Compton Harriers also competed in.....

Chiltern Chase 10K, 1st June: Ryan (39:16), Peter (42:42) and Sally (53:59) all put in good performances, with Sally's time being a P.B. First man was Chris Dettmar (33:10) and first lady Sarah Gee (38:12). 550 took part.

Thames Run, Wallingford, 8th June: Originally billed as a 13K event, this was reduced to 10K (9.55K by Andy's Garmin) due to local flooding. Ryan ran 38:26 to finish 13th, Andy 39:15 (19th), and Meena 45:56 (11th lady).

Humphs Hilly Half, Bourton, 29th June: Peter and Meena took part in this tough event, finishing in ~1:38 and ~1:49 respectively.

Boundary Run & Walk, 26th June

Sue

Although we had a small turnout this year (almost as many helpers as competitors!), the Boundary event went very well. The weather was nice for running, and underfoot conditions were good. As we started in the Cricket Field, the route was approximately 1 minute longer than in recent years, but this is actually a more logical place to start so will probably be used in the future.

Ryan took the lead from the start and ran well to defend his title and better his 2007 time, despite the longer distance. Dick, Sue and Matt ran more or less together for the first 4 miles. Matt pushed on up the hills through East Ilsley and established himself safely in second spot. Dick and Sue continued their battle until the last quarter mile, when Dick opened up a gap. Lucy put in an excellent performance, ably paced by a jet-lagged Martin, and finished very strongly. Pete was next home, having run alone for much of the way. Meena missed the turning into 'Death Valley', and ran on for several minutes before realizing her mistake, but did well to gain two places again. Tom set off steadily, but gained a place in the second half of the race, and Isabel completed the Boundary Race for the first time.

Many thanks again to everyone who helped with the event: Mo for manning the drinks station, Dick and Ryan for clearing the tracks, and Lucy, Martin, Meena & Sus for route marking.

Runners		
Position	Name	Time
1	Ryan Morris	55:51
2	Matt Forster	*58:30
3	Dick Kearn	59:24
4	Sue Baigent	59:48
5	Lucy Gettins	1:04:21
6	Martin Fray	1:04:23
7	Pete Humphreys	*1:08:00
8	Philomena Mburu	1:17:13
9	Tom Doy	1:21:23
10	Isabel MacDonald	1:23:19

Walkers		
Position	Name	Time
1=	Elizabeth Slack	2:24:45
1=	Richard Oakes	2:24:45

(* Due to a stopwatch problem, these times are approximate)

Handicap Race

Sue

June's Handicap Race was held over the 'off-road' route, on a very pleasant running evening, which saw most of us setting P.B.s for this course. Lucy made a big improvement over her previous performance, and was a worthy winner for the second successive month. Meena took second spot, well clear of the rest of the field. Peter just held off Martin to clinch third place, but Martin can have the satisfaction of setting a course record. Dick, Andy, Sally and Sue followed in close succession. Sus completed the field, struggling to find speed just four days after her efforts in the Ekstrem Matahon.

Congratulations to Lucy, and thanks to Jan for timing. The next race is scheduled for Thursday 31st July, again around the off-road route.

Pos	Name	Start time	Finish time	Actual time	Handicap Beaten?
1	Lucy	1:38	16:19	14:41	-1:41
2	Meena	0:46	16:34	15:48	-1:26
3	Peter	4:01	17:03	13:02	-0:57
4	Martin	4:39	17:05	12:26	-0:55
5	Dick	4:01	17:19	13:18	-0:41
6	Andy	4:41	17:26	12:45	-0:34
7	Sally	1:13	17:34	16:21	-0:26
8	Sue	4:34	17:36	13:02	-0:24
9	Sus	3:14	18:26	15:12	+0:26

After five races, the positions at the top of the scoreboard remain unchanged, but Lucy's lead is now enormous! Can she be caught before the end of the year?

Pos.	Name	Race points									Total
		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	-	-	-	-	31
2	Sue	3	6	6	2	1	-	-	-	-	18
3	Dick	7	-	-	6	3	-	-	-	-	16
4	Martin	6	4	-	1	4	-	-	-	-	15
5	Andy	4	-	7	-	2	-	-	-	-	13
6=	Pete H	1	5	-	4	-	-	-	-	-	10
6=	Peter L	2	-	-	3	5	-	-	-	-	10
8=	Kirsty	1	-	4	1	-	-	-	-	-	6
8=	Sally	-	-	-	5	1	-	-	-	-	6
8=	Meena	-	-	-	-	6	-	-	-	-	6
11=	Sus	-	-	-	-	1	-	-	-	-	1
11=	John	1	-	-	-	-	-	-	-	-	1

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

Mo

Further to last month's articles on marathon preparation and beating injury, this month I have some tips on improving your running form which can help you run quicker, more efficiently, and with less stress on your body:

Look Ahead

Your eyes should be focused on the ground about 10 to 20 feet ahead of you. Don't stare at your feet.

Land Mid-foot

Don't be a toe runner or a heel-striker. If you land on your toes, your calves will get tight or fatigue quickly and you may develop shin pain. Landing on your heels means you are over-striding and in effect applying the brakes, which wastes energy and may cause injury. Try to land on the middle (ball) of your foot, and then roll through to the front of your toes.

Keep Hands at Your Waist

Try to keep your hands at waist level where they might lightly brush your hip. Your arms should be at a 90 degree angle. Some runners have a tendency to hold their hands up by their chest, especially as they get tired. Ironically, you may actually get more tired by holding your arms that way and you'll start to feel tightness and tension in your shoulders and neck.

Relax Your Hands

As you run, keep your arms and hands as relaxed as possible. You can gently cup your hands, as if you are holding an egg and you don't want to break it. Don't clench your fists because it can lead to tightness in the arms, shoulders, and neck.

Check Your Posture

Keep your posture straight and erect. Your head should be up, your back straight, and shoulders level. Check your posture once in a while. When you're tired at the end of your run, it's common to slump over a little, which can lead to neck, shoulder, and lower-back pain. When you feel yourself slouching, poke your chest out.

Relax Your Shoulders

Your shoulders should be relaxed and square or facing forward, not hunched over. Rounding the shoulders too far forward tends to tighten the chest and restrict breathing.

Rotate Arms from the Shoulder

Your arms should swing back and forth from your shoulder joint, not your elbow joint.

Don't Bounce

Try to keep your stride low to the ground and focus on quick turnover. Too much up-and-down movement is wasted energy and can be hard on your lower body. The higher you lift yourself off the ground, the greater the shock you have to absorb when landing and the faster your legs will fatigue.

Keep Arms at Your Side

Avoid side-to-side arm swinging. If your arms cross over your chest, you're more likely to slouch, which means you're not breathing efficiently. Imagine a vertical line splitting your body in half -- your hands should not cross it.

(Mo – July 2008)

Events Diary: Most entry forms can be downloaded from race websites; others are likely to be on the club notice board.

Sat 05 Jul 08	THE COMPTON CANTER , 2:00 pm Recreation Gnd, Compton, Berks	10k	http://www.comptonharriers.org.uk
Sun 06 Jul 08	9th BEWL 15 mile run , 10:30am, Uplands C College, Wadhurst, E Sussex	15 miles	http://www.wadhurstrunners.co.uk
	TADLEY RUNNERS SUMMER 10K , 11:00am, Hurst Community College	10k	http://www.tadleyrunners.hampshire.org.uk/
Sat 12 Jul 08	THE GIBBET CHALLENGE 2008 , 2:00pm, Inkpen Playing Field	~7.5k mt	http://tinyurl.com/3m7a6c
Sun 13 Jul 08	DIDCOT 5 , 09:30am, Willowbrook Leisure Centre, Bowmont Water, Didcot	5 miles	http://www.didcotrunners.co.uk
	NEW FOREST 10 , 11:15am, New Park Farm, Brockenhurst	10 miles	http://www.nf10.co.uk
Sun 20 Jul 08	HIGH WYCOMBE ½ Mthn & 10K , 09:30am, The Rye, High Wycombe	13.1m & 10k	http://www.handycrossrunners.co.uk
Wed 23 Jul 08	BARBURY CASTLE TRACK 'N' TRAIL , 7:30pm, Barbury Castle, Wilts	5 miles	http://www.grassrootsevents.co.uk
Sun 27 Jul 08	DOWN TOW UP FLOW ½ Mthn , 10:00am Windsor Leisure Centre	13.1 miles	http://www.purplepatchrunning.com
	30 MILE DOWNLAND ULTRA CHALLENGE , 9:00am, Burgess Hill	30 miles mt	http://haywardsheathharriers.co.uk
	EXMOOR SEAVIEW 17 , 10:15am, Sports Centre, Bircham Rd, Minehead	17 miles mt	http://mineheadrunningclub.co.uk
Sun 10 Aug 08	BEARBROOK JOGGERS 10K , 10:00am, Aylsbry FC, W Turville, Bucks	10k	http://www.bearbrookjoggers.co.uk
Sun 31 Aug 08	RUNOXFORD HEADINGTON 10K , 10:30am, Worminghall Airfld, Bucks	10k	http://www.hrr.org.uk
Sat 06 Sep 08	OVERTON 5MILE ROAD RACE , 3:00pm, Rec. Centre, Overton, Hants	5 miles	http://www.overtonharriers.org.uk
Sun 14 Sep 08	PEASEMORE FESTIVAL 5MILE , 10:30am Peasemore Rec.	5 miles	http://www.peasemore.org.uk
Sun 21 Sep 08	THE BONESHAKER , 10:30am Ardington Sports Club	5k,20k,5k	www.bone-shaker.co.uk
Sat 20 Sep 08 & Sun 21 Sep 08	IoW FELL RUNNING SERIES , Ventnor, Isle of Wight	3,7 & 13 miles	http://www.rydeharriers.co.uk
Sun 28 Sep 08	ADP HIGHCLERE 10K , 10:30 am, Highclere Castle	10k	http://www.newburyac.org.uk (or email webmaster for entry form)
Sun 19 Oct 08	ABINGDON MARATHON , 9:00 am, Tilsley Park, Abingdon	26.2 miles	http://www.abingdonamblers.co.uk

Berkshire Road Running Championships 2008 (last event in this year's series)

Distance	Race	Date	Status	Website
Marathon	Abingdon Marathon	19th October	CONFIRMED	http://www.abingdonamblers.co.uk/

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 – July 2008)