

THE HARRIERS HERALD

No. 197, July 2009
Editor: Sue Francis

Contents, features, reports, results

- Thursday night schedules for July and August
 - Correspondence received
 - Race results – Good performances by the team in the ‘Ridgeway Relay’; Sus wins a pair of trainers at the ‘Salomon Turbo X Pure Filth’ race; Ryan and Sue defend their trophies in the ‘Boundary Race’; plus the ‘Cheltenham Circular Challenge’ and ‘Go Beyond 30K’
 - Compton Canter – the Club stages another successful and popular race
 - Handicap Race – a second successive win for Terry, but Pete O leads the Championship
 - Webmaster’s article – Mo’s advice on how to improve your stamina
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- Thanks to Sus and Mo for this month’s contributions
 - Copy date for August’s Harriers Herald – 29th July

Thursday night schedule for July

Thurs 2nd IAH Boundary Race
Thurs 9th Sue to lead
Thurs 16th Hannah to lead
Thurs 23rd Peter L to lead
Thurs 30th Pete H to lead

Thursday night schedule for August

Thurs 6th Handicap Race
Thurs 13th Romy to lead
Thurs 20th Lucy to lead
Thurs 27th Tom to lead

Correspondence received		
Sender	Subject matter	Action
SEAA	Info Update #123; Open 10K & SEAA 10K Champs, Crystal Palace London (04-10-09)	Events Diary & notice board
‘Plan UK’ (children’s charity)	Royal Parks Half Marathon (London, 11-10-09), charity places available	Events Diary & notice board
SEAA	Preliminary notice of SEAA AGM (06-09-09)	File

Race results

Salomon Turbo X Pure Filth, 31st May

Sus

On a really hot day, this 10(ish) mile race offered dry tracks winding up and down hills followed by multiple long stretches of shady valleys of deep mud and watery bogs. Though I am not normally to off road races where you run through mud up to your thighs just for the sake of it, this race is very well organized by 2:09 events, but because it is organized by a professional company it perhaps lacks a bit of charm, but then the setting definitely makes up for it at Surry Hills, Swinley Forest. I was lucky enough to win my age category and receive a voucher for a pair of Salomon trail running shoes – so perhaps I have to admit defeat and do it again next year!

1 st Man	John Heneghan	1:03:07
1 st Lady	Hayley Yelling	1:24:02
4 th Lady	Sus, (1 st in category)	1:30:38

741 finished the race

P.S. When I took off my shoes after the race, not only did I find the usual small stones but also a slug or maybe it was one of these blood-sucking creatures used in the old days in the hospitals!

Cheltenham Circular Challenge

Sus

The Circular Challenge is made up of 4 linked routes in the countryside around Cheltenham that together make a marathon distance. You can start between 7 and 9 a.m. Before you set off you receive a card with your start time and you then get it stamped as you pass the check points. You can do as many or as few of the sections as you like and they will bring you back in the free bus service available. It is organized by the Rotary Club and it was very well structured with plenty of bottled water for all runners or walkers. Do not expect a fast run as you will meet a lot of walkers on route, but treat it as training day and you will enjoy the scenic route even more. Well worth doing if you do not take it too seriously.

Go Beyond 30K, 28th June

Sus

If you want to be familiar with your race route then do this 30K race in Irchester Country Park organized by “go beyond ultra” (you also had the choice to do a 10K and 20K using the same loop) it consists of a 2K loop you do 15 times and initially it sounds daunting but I found it absolutely great. You knew where and when the hills came, when the drink station came and so on and, since you got to meet the same marshals 15 times, you started to know them and *vice versa*. It did say in the route description that it was a challenging route and it was with 4 steep banks I personally could not manage to run up.

You have to register before the start and already you are then given your finishers t-shirt. I am superstitious with that I cannot touch my finish t-shirt before I finish, then I will rather not have one it will mean bad luck. I have tried it trust me – but a marshal kindly walked with me carrying it, back to my car before the start and rightly so I finished as first lady (but if the truth has to come out I think I was also the 2nd lady and the last lady - I think I was the only lady!). But Ryan did very well finishing 4th. At the time of writhing no results are up yet. One I can recommend if you want to do something different and well provided with sports drink and jelly babies.

Ridgeway Relay, 21st June

Sue

At 07:30 on the longest day of the year, Martin lined up on the start line at Ivinghoe Beacon with 40 other first leg runners. As has become traditional, Martin led the field to the top of the first hill then slowed to a more sustainable pace. Despite a niggling Achilles tendon injury, he ran strongly to hand over to Sus in 6th place in Wendover. Sus had a storming run (no 'near misses' with cars this year) setting a personal best time for this leg and gaining two places to hand over to Peter L at Whiteleaf Hill.

For much of Peter's stage, he was running alone and took a wrong turn at one point, adding a few minutes to his time. However, he did very well to hand over to me in 6th place. I had a much better and more enjoyable run this year. I passed the WHH runner, but was overtaken by a RRR in the last mile, so 6th place was maintained as I handed to Ryan at Swyncombe Church. Ryan was full of running; no mistakes on the golf course this year as he caught and passed RRR then powered along Grimm's Ditch and gradually reeled in the Swindon runner to regain 4th place as he handed to Dick at South Stoke.

Three other teams handed over in close succession, so Dick was soon being chased. Nevertheless, he ran a strong stage and reached Bury Down car park to hand over to Pete H in 7th place. Soon after Pete set off, several other Leg 7 runners were set off in a mass start, so we rather lost track of our true team position from here on, until the results were published the next day. This was Pete's first race since his long-term Achilles tendon injury. He found it tough but finished well to hand over to Phil at Charlbury Hill. This was now the hottest part of the day, but Phil took on plenty of fluids and carried on running in her comfortable style which makes running look so easy. She passed over to Nigel who set off on the penultimate stage towards Barbury Castle.

We were able to cheer Nigel on and give him water on the approach to Ogbourne St. George, and again as he embarked on the long drag up to Barbury Castle. He dug in and maintained the team's position as he handed to Lucy for the final stage. Lucy set off fast, pursuing Newbury's Dave Wright. She reached Hackpen Hill so quickly that Mo and I missed her and had to drive on to the track above Manton to give her water. Lucy gained a place and brought the team home in an impressive 12th position in a total time of 10:49:45, faster than last year by 36 seconds – it's a shame there wasn't an award for the most consistent team. Reading Roadrunners won in a time of 9:35, with Vale of Aylesbury, Headington and Abingdon also recording sub-10 hour times.

We headed to 'The Royal Oak' in Marlborough for a nice meal and to reflect on a very successful and enjoyable day for the Club. Thanks to Martin for once again organising the team, and to Sally, Mo and Jan for support along the way. Mo's photographic record of the day can now be viewed on our website.

Compton Canter, 4th July

Sue

Well done to Lucy and Martin who, with marshalling and timekeeping assistance from Compton Harriers and friends on the day, once again staged an excellent Compton Canter in conjunction with the village fete. The weather was good and, although the number of entrants was lower this year, many of the 50 runners said how much they enjoyed the route, the scenery and the friendly atmosphere. Category winners were all rewarded with a bottle of wine. The race was won by Paul Jegou (White Horse Harriers) in under 35 minutes, some 2 minutes ahead of the second runner, Roger Thetford (Headington). First lady was Newbury's Bev Hall (44 minutes). Our Club was represented in the race by Pete O and Romy, both of whom put in good performances.

Boundary Run & Walk, 2nd July

Sue

Despite the very hot conditions, we had a good number of entrants for this year's Boundary Races, and no casualties. For the third successive year, Ryan was the first runner home with a winning margin of almost 5 minutes. Behind him, Peter L, Sue and Dick battled for the next three places, with Peter eventually breaking away to take 2nd place. Lucy, 2nd lady and 5th overall, was the only participant to set a personal best time this year – pretty good going considering the temperature. Polly put in a good performance to finish as third lady in her first Boundary Race. Also competing for the first time were Jon T, Pete O, Chris, Romy and Richard C. It was nice to see Pete H, and Rich O back in action, both having been sidelined with injury in recent months, and to welcome John P back to the event after an absence of several years.

Amy, Paul, and John C were the only walkers this year, but seemed to enjoy their walk and their stop for a pub drink in East Ilsley. They completed the walk almost together, although the chaps politely let Amy cross the line first and collect the walkers' trophy.

Thanks to all Harriers who helped out to make the event a success again: ever-reliable Jan for timekeeping; Mo for spending 3 hours strimming nettles in the wood; Dick for setting up the finish area and rushing home to get another water barrel just minutes before the race start; Pete H for giving up a lunchtime to mark from Ilsley to Cheseridge, and Sus for collecting up the route markers the next day.

Position	Name	Time
Runners		
1	Ryan Morris	56:51
2	Peter Linton	1:00:48
3	Sue Francis	1:01:02
4	Dick Kearn	1:01:53
5	Lucy Gettins	1:02:47
6	Martin Fray	1:02:50
7	Matt Forster	1:05:28
8	Jon Tyler	1:05:39
9	Pete Oliphant	1:07:02
10	Pete Humphreys	1:10:17
11	Rich Oakes	1:13:08
12	Chris Russell	1:16:49
13	Tim Wallis	1:19:20
14	Polly Bailey	1:20:04
15	Tom Doy	1:26:16
16	Richard Chalkley	1:31:42
17	Romy Freiburghaus	1:36:34
18	John Prentice	1:38:43
19	Malcolm Francis	1:44:34

Walkers		
1	Amy Boyd	2:48:48
2=	Paul Turnbull	2:49:05
2=	John Carrall-Wilcocks	2:49:05

Handicap Race

Sue

The weather was much better for June's Handicap Race, although a little breezy. The route was dry and the grass short, although there were some patches of knee-high nettles which we had to tackle with sticks on our warm-up lap. Terry set off first and once again showed a tremendous improvement, knocking 70 seconds off his April time and winning the race by a 1-minute margin. Pete O set a good time to take 2nd spot ahead of Phil and Pete H. It was once again a close finish between Lucy and Sue, who both produced pleasing times, and Dick would have been closer had he not had to stop to tie a shoelace. Martin was not far behind, and recorded the evening's fastest time.

Well done Terry, and thanks to Jan for timing. There will be no Handicap Race in July – the next one will be in August, again round the off-road route.

With five races completed, Pete O and Phil now lead the Championship table ahead of Sue and Dick. However, as it is an individual's best five scores which will be added to determine their Championship total, there is plenty of opportunity for positions to change, with four races remaining.

Pos	Name	Start time	Finish time	Actual time	Handicap Beaten?
1	Terry	1:57	16:58	15:01	-2:02
2	Pete O	3:42	17:58	14:16	-1:02
3	Phil	2:40	18:19	15:39	-0:41
4	Pete H	3:11	18:29	15:18	-0:31
5	Lucy	4:47	18:48	14:01	-0:12
6	Sue	5:52	18:53	13:01	-0:07
7	Dick	5:29	19:05	13:36	+0:05
8	Martin	6:42	19:13	12:31	+0:13

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	-	-	-	-	23
2	Phil	-	5	7	4	5	-	-	-	-	21
3	Sue	5	4	3	5	2	-	-	-	-	19
4	Dick	6	6	5	-	1	-	-	-	-	18
5	Terry	-	-	1	7	7	-	-	-	-	15
6	Martin	7	2	2	2	1	-	-	-	-	14
7	Lucy	3	3	1	3	3	-	-	-	-	13
8=	Ryan	-	-	-	6	-	-	-	-	-	6
8=	Kirsty	2	-	4	-	-	-	-	-	-	6
10	Pete H	-	-	-	1	4	-	-	-	-	5
11	Romy	-	-	1	-	-	-	-	-	-	1

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

Mo

Not too much to comment about the website at present ... all the usual features are still in place and a few additional pictures following recent events. I still haven't got around to a general overhaul and update of site content, although I have several ideas to develop. Therefore, I will get on with the article:

The second of my series of articles on fitness will concentrate on the first of the 3 components outlined in last month's article (Stamina) and the type of running exercises to include in a balanced training programme.

As a reminder, Stamina (Aerobic or Cardiovascular Fitness) is the fitness of the respiratory and circulatory systems. Good aerobic fitness ensures your heart, blood vessels and lungs deliver sufficient oxygen and nutrients to your working muscles so you can keep going longer without fatigue.

A balanced running programme should include good running technique, meaningful warming up exercises and challenging training routines.

❖ **Good Running Technique:**

- ▶ Keep your shoulders held back and try to avoid rolling or hunching them forward, but at the same time remain relaxed rather than holding them rigidly in position.
- ▶ Keep looking forward with your head held up; remember, the average sized head weighs around 10 pounds so if you keep looking around down towards the ground, you are wasting energy. This will also help you to maintain posture and anticipate obstacles ahead.
- ▶ Ensure your arms are bent at about 90 degrees at the elbow and move them in sync with your legs, but don't allow them to swing across the body.
- ▶ Hands should be relaxed; don't clench your fists as this can cause tension in the neck and shoulders.
- ▶ Your abdominal muscles need to be gently pulled in with your body upright rather than bending forward from the waste.
- ▶ Knees and feet need to be kept in line and your overall movement should be forward, not up and down or side to side.
- ▶ Adjust your stride to allow your feet to land underneath the body - not way out in front as this causes a "braking" action.

❖ **Warming up Exercises:**

- ▶ A great way of improving your running technique is to introduce running drills into your training. Each drill hones in on one or two aspects of the running stride, allowing you to focus on that alone. Try the following drills over a distance of around 20 metres, repeating each one two or three times. They can then be incorporated into your warm-up after you have loosened up.
 - **High Knees:** Whilst jogging, bring your knees up to hip height in front, without leaning back. This helps to get your foot landing below the knee rather than in front of it.
 - **Fast Feet:** Start with both feet together, then lift your feet quickly off the ground as if running over hot coals, moving forwards gradually, but concentrating on fast upward motion. This will help to increase your stride rate.
 - **High Knee Skips (Exaggerated skipping):** Skip forward on to one foot lifting your knee high up in front and using your arms in a running action. Try to aim for height as you skip from foot to foot. The exercise will improve power and strengthen your glutes.

❖ **Challenging Training Routines:**

Jogging or running at a steady comfortable pace will improve your aerobic fitness and heart health and will also burn plenty of calories, but when it no longer becomes a challenge then it's time to a tougher routine. A few more challenging sessions will place new demands on your body and will lead to an increased state of fitness.

- ▶ **Fartlek training (Swedish for speed play);** is a good way of progressing from steady running. By using landmarks such as trees or lampposts - or variations in the terrain - you can increase or decrease pace to suit. For instance fast sprints between the first two lampposts followed by a jog or slower run between

the next two and speed up again for the next two etc. The duration and difficulty can be tailored to match ability. A variation of this can be performed with a group of runners jogging in Indian file at a steady pace whilst the runner at the back sprints to the front of the line to resume jogging on arrival and then signal for the next runner at the back to follow suit. In this way the line moves forward at a steady jogging pace while each member of the line takes a turn to sprint to the front. The repetitions or distance can be agreed by all at the outset.

- ▶ **Interval training** Similar to Fartlek, but you work harder than normal with much faster bursts of effort interspersed with recovery jogging or rest. This type of training is one of the most effective methods of raising your fitness levels. The specific effects of interval training will depend on:
 - Duration or distance of the work interval.
 - The pace of your effort
 - The number of repetitions
 - Duration of the jogging or rest interval

- ▶ **Hill running:** Working against gravity will improve leg strength as well as aerobic fitness. By repeatedly running up and then walking or jogging down a particular hill (hill reps) you will strengthen the connective tissues and improve your stride rate and technique. Hill training helps to:
 - Develop muscle elasticity
 - Increase stride frequency
 - Develop arm action
 - Increase muscular endurance
 - Increase speed and strength

- ▶ **Tempo Running:** This is a continuous run at a brisk pace just below the lactate threshold (the point at which lactic acid builds up in the muscles faster than it can be cleared away. Running for an extended period just below the threshold helps to push it up so this will eventually help you run faster without muscle fatigue setting in.

And finally, one more tip:

Although more physically demanding, running on softer surfaces such as woodland trails, grass and sand the loading on your joints will be less and will help to prevent overuse injuries. However, you may need to be more aware of ankle twisting on uneven surfaces so be wary and run in daylight or in well-lit areas.

Mo – July 2009