

THE HARRIERS HERALD

No. 209, July 2010

Editor: Sue Francis

Contents, features, reports, results

- Thursday night schedules for July and August
- Race results: Otmoor Challenge – Philomena is first super-vet lady in a lovely event; St. Albans Half – Sus’ lucky hand-socks get an unexpected wash; Chiltern Chase 10K & 5K – a sweet win for Sue and a good race for Sarah; Ridgeway Relay – the Hares and Hounds are inseparable; Marlborough Challenge – Sus does well on a challenging course; Salomon Forest Trail 10K – a perfect prize for Sus; Boundary Run & Walk – Martin and Ryan push each other to the end, while Simon breaks a record; also South Downs Marathon, 44-mile ultra trail race, Compton Canter
- Handicap Race – Steve S is first home, while Sue wins on handicap
- Webmaster’s article – Mo features various events for the forthcoming months.
- Thanks to Sus, Philomena and Mo for this month’s contributions
- Copy date for August’s Harriers Herald – 31st July

Thursday night schedule for July

Thurs 1st Mo to lead
Thurs 8th Pete O to lead
Thurs 15th Gillian to lead
Thurs 22nd Peter L to lead
Thurs 29th Sus & Ryan to lead

Thursday night schedule for August

Thurs 5th Philomena to lead
Thurs 12th Handicap Race
Thurs 19th Sue to lead
Thurs 26th Alison to lead

Correspondence received

Correspondence received		
Sender	Subject matter	Action
SEAA	Preliminary notice of AGM (01-09-10)	File
England Athletics	List of benefits of affiliation	File
‘Full on Sport’	Online race management service for organisers of races (manages race entries, timing etc.) see www.fullonsport.co.uk	Pass to Martin & Lucy

Compton Harriers Anniversary Reunion

You should all have received a separate e-mail from me summarising the events of our Reunion Day, and providing links to photos.

Race reports and results

If you take part in an event, don't forget to send me the results or a report – whether you've run a distance for the first time, taken part in a new event, won a trophy, or set a PB, they are all achievements to be proud of and to tell the rest of the Club

Otmor Challenge, 5th June

Philomena

This half marathon took place on a steaming hot Saturday afternoon at 2pm when temperatures were around 28C! (Yes I know I come from Kenya and should be used to running in warm temperatures but I have been here too long now and have lost my heat tolerance!). The race was organised to coincide with the Horton-cum-Studley village fete.

It turned out to be a lovely and very well organised race. The route alternates between on and off road sections and apart from a little bump at mile 10-11 is more or less flat. There were some lovely touches to the organisation such as notices on route telling you how far to the next water station, of which there were loads! They had a board in their office at race headquarters with little hooks on which to leave your car keys, nice if your running shorts didn't have a back pocket like mine didn't! They even had loos on route out in the countryside so no need to detour into a bush! Just leading up to one of the many fields we went through there was a notice informing the runners that they should be aware of "curious cows and horses in the next field". One kind gentleman stood outside his house with a hosepipe cooling down the runners as they ran past...lovely! The atmosphere of the race was quite relaxed and light hearted.

For me the best thing was that I was second "Super Vet Lady" (50+) and I didn't even know about it until almost a week later when I happened to look up the results (I highly approve of the title "Super Vet" by the way....goes to show that there are some advantages to being 50 and above!). Apparently I was entitled to an award which was actually delivered to my house by hand, what a lovely gesture!

So I guess it will be obvious that this was lovely race which I thoroughly enjoyed and I would highly recommend it to anyone looking to do a half marathon with a difference.

St. Albans Half Marathon, 13th June

Sus

The St. Albans half marathon was founded in 1982 by local businessman, Phil Gibson who wanted to raise money for a hospital scanner following the death of his mother to breast cancer. Now 28 years later it attracts more than 2500 runners; Phil and I decided we wanted to be a part of those 2500.

Just before the start we needed to spend the last penny, the quickest option was to go for a bush, so we found a good corner where we took turn in standing guard. When we both finished a lady runner asked if we also would stand guard for her. As we were listening to her murmur I realized that I had left my trusted socks behind while I had a wee. Since our little spot was not very big this lady was most likely peeing on them! Rightly so, when I went to pick them up they were lukewarm! I would feel very strange if I did not run with them, Phil assured me that urine is very clean and the lady most likely was very well hydrated so we rinsed them as well as we could – gave them a sniff - and we were off to the start block.

I found it difficult to get into a rhythm, but had my eye on another lady who was supposed to be my target. She suggested we ran together, she remembered me from the Watford half in March where I was just ahead of her, and she knew I was age group 35-44 so she recommended that I went for that prize and she would go for the 45-55 age category. We agreed to take turn in leading, and swap every time we reached a mile - and it worked

very well - the miles clicked by very quickly but by mile 10 she said she was starting to struggle, I suggested just one more mile and after that I sensed it was best to leave her.

After crossing the finish line, a medal *and* a t-shirt was waiting, and then it was time for a massage. I always try to take advantage if the service is available. I had a very nice lady working on me and, as you talk about everything and nothing, she mentioned that she also was a runner, belonging to the running club Front Runner. After a tense 15 min I could finally relax and had a wander around the runners' village while it was Phil's turn to have a massage. Over the loud speakers they started to list the winners' names, and I was lucky enough to have taken 2nd place in my age category, and my newly established lady friend surely took the prize for the 45-55. We were asked to go to the winners' tent to pick up our prizes, here canapés, wine and beer were laid out for us but I just wanted some homemade cakes and a cappuccino, well I don't suppose you can have it all!

Forename	Surname	Gender	GenderPos	Chip Time
FABIAN	DOWNS	Male	1	01:14:11
Becky	Penty	Female	1	01:18:19
Susanne	Enhard	Female	7	01:29:24
Philomena	Mburu	Female	44	01:44:34

Chiltern Chase 5K and 10K, 13th June

Sue

The Chiltern Chase races are based in the picturesque South Oxfordshire village of Ewelme, near Benson. Car parking was in a farmer's field, then there was a 5-minute walk along a wooded footpath down to race HQ on 'Cow Common'. Here, there was a tent for race registration and timing chip collection, a baggage tent, a massage tent, a refreshments tent, and portaloos.

I had chosen to race the 5K, which started first, while Sarah Gibbs was doing the 10K which incorporated the 5K route. The routes were challengingly undulating, but very varied and scenic, including quiet roads, fields, wooded tracks and paths. I was pleased with my run, as I started sensibly and gradually gained places all the way, although it took me 3.5K to catch 15-year-old Rebecca Bryan who is clearly a talented youngster. My time seemed a little slow, until the first man told me that his Garmin had recorded a distance of 5.36K.

While waiting to cheer in the 10K runners, I treated myself to a nice homemade cake and, along with the other 5K category winners, was 'interviewed' by the event commentator. Sarah finished strongly, despite a continuing knee problem. The presentations took place promptly, and category winners collected small trophies as well as jars of honey (the event sponsor was Rowse honey of Wallingford).

In summary, a lovely local event.

5K

1 st man	Ian Gutteridge	19:42
1 st lady (3 rd overall)	Sue Francis	22:01

10K

1 st man	Eddie O'Gorman	
1 st lady	Belinda Tull	41:00
	Sarah Gibbs	53:01

Ridgeway Relay, 20th June

Sue

This year, for the first time, the Harriers fielded two teams in the Ridgeway Relay. The teams, 'Compton Harriers Hounds' and 'Compton Harriers Hares', were made up of regular Compton Harriers and friends of the Club. Our 'Team Manager', Martin, had arranged the teams such that they should be quite evenly matched, and this proved to be the case. Over the course of 89 miles, the two teams changed positions a few times, but there was never more than 10 minutes between them, which was great because we all had the opportunity to cheer each other on. In the end, they were separated by only 6 minutes, the Hounds finishing in 11:28:51 (14th team) and the Hares in 1:34:45 (16th team). These were excellent positions, as 38 teams took part. Our teams were, in running order:

Hounds: Glynn Jones, Susanne Enhard, Peter Linton, Mo Francis, Sue Francis, Dick Kearns, Sarah Lambert-Gibbs, Iain Adams, Lee Jones, Steve Somerville.

Hares: Martin Fray, Terry Bartholomew, Pete Oliphant, Gillian Anton, Ryan Morris, Pete Humphreys, John Marriot, Steve Gosling, Nigel Henton, Philomena Mburu.

Everyone ran really well and surpassed our expectations. Particularly outstanding performances for the Hounds came from Susanne (who was 3rd fastest person on Leg 2), and Iain (7th fastest on Leg 7). For the Hares, Martin and Ryan both produced fine runs, both being 6th fastest on their respective stages (Leg 1 and Leg 5).

Thank you and well done to Martin for organising two such well-matched teams.

Marlborough Challenge 10 miles, 27th June

Sus

You can be sure that when Julie and Steve Goulding from Grassroots Events are involved then nothing is left untouched. This event was no exception. It is a challenging route (hence the name) which takes in part of leg 10 in our Ridgeway Relay. Unfortunately only 135 runners turned up, due to the heat and perhaps the football. This left the organizers with more home made cake than they could throw at us. So I drove home with a whole Victoria Jam Sponge cake which I think Elo admired more than my little trophy!

1 st Man	Hugh Mackenzie, unattached	1:03:31
1 st Lady	Joanna Parker, Swindon Harriers	1:14:27
2 nd Lady	Sus	1:16:04

Salomon Forest Trail 10k – Swinley, Tuesday 29th June

Sus

I know that 2:09 who organize these runs often have a pair of Salomon shoes for 2nd overall so I was obviously more than very keen to get to the finish line as fast as I possibly could! We were off; I had spotted this very fast-looking lady from Reading Road Runners. She looked like she was out of my league, and rightly so she immediately took 1st position, I was in 2nd. At about 2K I was overtaken by not one but two ladies - my hope was that they had gone off too fast and I would retrieve them later. I managed to reel one back at about 7K and I was now in 3rd position – but still not good enough to get my shoes. I tried desperately to get the 2nd lady but she was too strong for me and I finished as 3rd lady. Shoes gone but at least I had done all I could. However, only after arriving home did I open my prize envelope – they must have thought that I needed another pair because there it was - a voucher for a pair of running shoes! But I can't help wondering what 2nd lady got. Two pairs perhaps?

1 st Man	Nick Baker	37:05
1 st Lady	Liz Hartney	42:27
3 rd Lady	Sus	43:55

Boundary Run & Walk, 24th June

Sue

Well done and thanks to all participants and helpers at last Thursday's Boundary Run & Walk. Despite the warm conditions, 28 people completed the full course and there were some very good performances. Martin and Ryan had a great battle for first place in the run, Martin eventually crossing the finish line just 15 seconds ahead of Ryan (who has won the event for the past three years) and both recording fast times. Lee took third place. Sue was first lady home, ahead of Lucy and Philomena. Competing in the Boundary Race for the first time were Lee, Guy, Terry, Neal, Jo, Pierre, Colin, Claudio and Steve. It was nice to see Fiona, Chris and Nick taking part again after a few years' absence.

In the walk, Simon strode out to break his own course record (set in 2003), by over 2 minutes. The remaining five walkers completed the route together, over an hour behind Simon.

Thanks again to everyone who helped out with the event.

Position	Name	Time
Runners		
1	Martin Fray	54:41
2	Ryan Morris	54:56
3	Lee Jones	1:01:10
4	Sue Baigent-Francis	1:01:20
5	Guy Watts	1:01:22
6	Jon Tyler	1:02:43
7	Pete Oliphant	1:03:16
8	Terry Bartholomew	1:03:31
9	Neal Harris	1:04:37
10	Lucy Gettins	1:05:15
11	Pete Humphreys	1:06:34
12	Pierre	1:07:24
13	Nick Bull	1:08:01
14	Philomena Mburu	1:11:43
15=	Jo Stoner & Colin Price	1:13:02
17	Steve Gosling	1:13:21
18	Claudio Busato	1:13:33
19	Polly Bailey	1:22:44
20=	Fiona Wycherley & Chris Rowland	1:23:09
22	Malcolm Francis	1:37:33

Walkers		
1	Simon Bolton	1:36:50
2=	Pam Lithgow, Miriam Windsor, Lucy Robinson, Carolina Cubillos, Eric Lefevre	2:53:32

Compton Harriers also competed in....

South Downs Marathon, 13th June: Lucy entered this race in order to recce the route for her 100-mile race later this year. Unfortunately her calf muscle twanged after 9 miles so she had to walk several miles until it calmed down! She finished in 4:54 even though it was hilly and says the scenery was well worth it, even with a gammy leg!

44-mile Ultra trail race, 26th June: Well done to Dick, who completed this testing event and collected the prize for 1st MV50.

Compton Canter, 3rd July: Two current Harriers (Dick and Pete O) completed the Compton Canter, along with six former Harriers (Fiona Wycherley, Jess Franklin, Vicky Adams, Ian Hope, Thomas Vaughan and Mike Hegley). Dick collected the prize for first local man, while Jess was first local lady. Pete bettered his 2009 time by almost 2 minutes. Full results on our website.

Handicap Race

Sue

A warm but breezy evening greeted the runners for June's Handicap Race round the off-road course, and the grassy tracks had recently been mown making for easier conditions underfoot. Mo set off first and, despite finishing spot-on his predicted time, could not retain the trophy as there were good performances all round. Steve S, after several month's absence from the Club, returned in good form and, after a good battle with Steve G, he pulled away to finish first with a 15 second lead. Having Dick, Terry and Pete O to chase, I had a good race and finished 2nd with my fastest handicap race time for some months. The next five runners finished in close succession. Steve G set a P.B. to take third just ahead of Dick, who showed a good return to form this month as he just passed Philomena. Terry and Pete O once again had a very close race. In April, they both set exactly the same time. This month, Pete O set off with a 2-second lead over Terry; they raced hard all the way and were inseparable at the finish. Martin 'took it easy' to rest a dodgy calf muscle and Mo completed the field. Post-race calculations revealed that I had beaten my predicted time by the most (28 seconds), so I was the winner on handicap, while Steve S received the trophy for being first across the line. The points for the Handicap Championship have been awarded according to the amount by which each person beat their predicted time. Well done Steve, well done me, and thanks to Jan for timing. There will be no Handicap Race in July. The next one will be on 12th August round the off-road route.

Finish Position	Position on handicap	Name	Start time	Finish time	Actual time	Handicap Beaten?
1	-	Steve S	1:49	17:17	15:28	New Runner
2	1	Sue	4:15	17:32	13:17	-0:28
3	2	Steve G	1:52	17:36	15:44	-0:24
4	3	Dick	3:45	17:42	13:57	-0:18
5	4	Philomena	1:37	17:50	16:13	-0:10
6=	5=	Terry	3:37	17:51	14:12	-0:09
6=	5=	Pete O	3:37	17:51	14:14	-0:09
8	8	Martin	4:50	19:30	14:40	+2:21
9	7	Mo	0:09	21:00	20:51	0:00

Despite a lower points score this month, Mo retains his large lead, while Terry and I share second spot.

Pos.	Name	Race points									Total
		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	-	-	-	-	27
2=	Terry	-	3	5	6	3	-	-	-	-	17
2=	Sue	5	1	3	1	7	-	-	-	-	17
4	Alison	-	6	7	1	-	-	-	-	-	14
5	Pete O	4	1	-	5	3	-	-	-	-	13
6=	Dick	3	1	-	1	5	-	-	-	-	10
6=	Steve G	-	1	-	3	6	-	-	-	-	10
8=	Pete H	-	5	-	4	-	-	-	-	-	9
8=	Lucy	7	-	-	2	-	-	-	-	-	9
10	Meena	-	-	2	1	4	-	-	-	-	7
11=	Peter L	-	-	5	-	-	-	-	-	-	5
11=	Gillian	-	4	-	1	-	-	-	-	-	5
13	Martin	-	2	-	-	1	-	-	-	-	3
14	Francis	2	-	-	-	-	-	-	-	-	2
15=	Sarah	-	-	1	-	-	-	-	-	-	1
15=	Bethan	-	-	-	1	-	-	-	-	-	1
15=	Steve S	-	-	-	-	1	-	-	-	-	1

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

Mo

Links of interest this month:

<http://www.runningfreemag.co.uk> – The July electronic Issue of Running Free Magazine is available now online; Race listings can be found on page 50.

Running Free is launching a 5K and 10K race in conjunction with Votwo Events on 26th September 2010 at Dorney Lake, Windsor. Enter online at www.votwo.co.uk

www.salisburyfirestation.info will take you to details of this year's Salisbury 5-4-3-2-1 42k Trail Marathon and 50k Ultra ... sounds like good training for Pete and Sus in preparation for their Berlin Marathon in September.

<http://www.basildonburn.co.uk> Lydia Berks sent the following message:

“Hello Compton Harriers,


I just wondered whether you would be interested in entering our Basildon Burn again this year (19th September 2010).....you need to defend your titles as you won a couple of the events last year! Here is the website FYI. We are still very new to all this, but hope to get our act together and have on-line entry but currently it is just registration of interest.”

<http://www.aldbourne10k.co.uk/> This once popular race returns on 12th September 2010 after a break of 4 years (since Dave and Sue Paulin emigrated to New Zealand).

www.merthyrpolice10k.org.uk One for Pete Oliphant no doubt! Ian from the Merthyr Police sent this message: “Dear running club,

Your members may be interested to know that this years MP10K is to be held on Sunday 15th August 2010 at 10:30am. The race HQ, start and finish are again at Merthyr Tydfil College (CF48 1AR). This event is now in its 7th year of running and with your help we are hoping to surpass last year's record of 235 entries. I have attached the postal entry form as a PDF file, if you could let your members know about it and add it to your club race calendar that would be great.

Forthcoming Events for 2010 as listed on the Events Calendar:

Date	Time	Event	Type
8 th July	6:15 pm	Pete O to lead	Club Event
10 th July	9:00 am	 Reading parkrun - Weekly Free 5km Timed Run	Sports Event
11 th July	8:30 am	Chichester Challenge Runs (42k, 25k, 15k)	Sports Event
11 th July	9:30 am	Didcot 5	Sports Event
11 th July	11:00 am	New Forest 10	Sports Event
13 th July	7:30 pm	Queen Mother Reservoir 5K/10K Race Series - Race 3	Sports Event
15 th July	6:15 pm	Gillian to lead	Club Event
18 th July	10:30 am	Fairlands Valley Challenge Marathon (12 & 18 mile options)	Sports Event
18 th July	9:30 pm	Grant & Stone Wycombe 10k and ½ Marathon	Sports Event
22 nd July	6:15 pm	Peter L to lead	Club Event
25 th July	10:30 am	"Down Tow Up Flow" Thames Towpath Half-Marathon	Sports Event
25 th July	11:00 am	Bury St Edmunds Marathon & Challenge Walks	Sports Event
28 th July	7:30 pm	Back in a Flash 5K (Race 3)	Sports Event
29 th July	6:30 pm	Sus & Ryan	Club Event
1 st August	9:00 am	Cirencester Park Trails Half-Marathon	Sports Event
1 st August	10:30 am	Milland Valley Trail 13	Sports Event

Date	Time	Event	Type
8 th August	8:45 am	Salisbury 5-4-3-2-1	Sports Event
8 th August	9:30 am	Salclear Isle of Man Marathon	Sports Event
15 th August	10:30 am	Merthyr Police 10K	Sports Event
15 th August	11:30 am	The TBAS Castle Combe Summer 10K	Sports Event
22 nd August	10:30 am	Burnham Beeches Half-Marathon (Includes the BMAF National and SCVAC Championship)	Sports Event
29 th August	10:30 am	Pewsey Vale Half-Marathon	Sports Event
5 th Sept	10:00 am	Swallowfield 10K Plus: 3k Fun Run	Sports Event
5 th Sept	10:30 am	Peppard 10K Plus: 7K Walk	Sports Event
5 th Sept	10:30 am	The Beast 2010 The Kraken on the Coast	Sports Event
12 th Sept	9:30 am	High Ways and Sky Ways	Sports Event
12 th Sept	11:00 am	Bramshill Forest 10K	Sports Event
12 th Sept	11:00 am	United World Colleges Aldbourne 10K	Sports Event
18 th Sept	11:00 am	ISLE OF WIGHT FELL RUNNING SERIES 2010	Sports Event
19 th Sept	10:00 am	Medmenham 10 Plus: 3.5 mile fun run	Sports Event
19 th Sept	10:00 am	The Basildon Burn Run	Sports Event
19 th Sept	10:30 am	ISLE OF WIGHT FELL RUNNING SERIES 2010	Sports Event
3 rd Oct	10:30 am	Cricklade Half-Marathon	Sports Event
3 rd Oct	10:30 am	The Great Clarendon Marathon Plus: Clarendon Relay Marathon Plus: Clarendon	Sports Event
10 th Oct	10:00 am	The Eden Project Marathon Plus: One Mile Fun Run Plus: Half Marathon	Sports Event
10 th Oct	10:00 am	29th Ridgeway Race (Approx 15K)	Sports Event
10 th Oct	11:00 am	Swindon ½ Marathon	Sports Event
17 th Oct	9:00 am	ABINGDON MARATHON	Sports Event
23 rd Oct	9:00 am	Beachy Head Marathon	Sports Event
21 st Nov	10:00 am	The Castle Combe Chilly 10K	Sports Event

Mo; July 2010