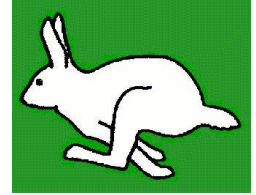


THE HARRIERS HERALD

No. 221, July 2011

Editor: Sue Francis



Contents, features, reports, results

- Thursday night schedules for July and August
- Founder member rejoins the Club – Dave Revitt becomes a Harrier again
- Race results: **Otmoor Challenge** – Philomena wins a prize in an enjoyable ‘half’; **Kintbury 5** – Harriers enjoy a popular race; **North Downs 30** – Sus and Meena enjoy a multi-terrain race; **Colworth off-road half** – good placings for Meena and Sus; **Boundary Race** – 31 finishers and good performances all round; **Ridgeway Relay** – a pictorial report of a successful day; **The Compton Canter** – Lucy reports on a very successful event; **Toad Hall 5K** – Sue recommends a pleasant local event
- Handicap Race - Peter L announces his return in fine style
- Running Life series – Philomena reveals why she started running, and what drives her on
- Webmaster’s article – Mo tell us how to ‘talk a good race’, and features forthcoming races of interest
- Thanks to Mo, Philomena, Lucy and Sus for this month’s contributions
- Copy date for next Harriers Herald – 1st August

Thursday night schedule for July

Thurs	7 th	Sus to lead
Thurs	14 th	Colin to lead
Thurs	21 st	Lucy to lead
Thurs	28 th	Mags to lead

Thursday night schedule for August

Thurs	4 th	Pete H to lead
Thurs	11 th	Mo to lead
Thurs	18 th	Handicap Race
Thurs	25 th	Martin to lead

Correspondence received - none

Founder member rejoins the Club

Dave Revitt, who was instrumental in establishing Compton Harriers Running Club in 1990, has recently rejoined the Club. After leaving Compton in 1995, Dave worked ‘up North’, in Europe and then in the USA. He, his wife Janine (also a former Harrier) and two daughters have now moved back to Switzerland. Although Dave is unlikely to make it to Thursday club nights, he intends to do some weekend races in a Harriers vest, when visiting family in the UK.

Race Reports & Results

Otmoor challenge, 4th June

Meena

I did this half marathon for the first time last year and really enjoyed it so thought I'd do it again this year and it did not disappoint. It was not as hot as last year but it was still quite warm although with a nice welcome breeze. As last year, it was a very well organised race that coincides with the Horton-cum-Studley village fete and has a great family atmosphere.

I was the sole representative for the Harriers and finished second "Super Vet" again with a time of 1:44:13.

Kintbury 5, 5th June

Martin and Lucy took part in this popular local 5-miler, as did Lee and Colin (both competing for Team Kennet). Martin finished 20th (31:46), Lee was 28th (33:01), Lucy 37th (34:15), and Colin 55th (36:47). The race was won by Alex Muir (Newbury A.C.) in 27:02.

North Downs 30K, 19th June

Sus and Philomena enjoyed this multi-terrain race, finishing 33rd (2:28:09), and 126th (2:49:22) respectively from a field of 365 runners.

Colworth Half Marathon, 26th June

Sus and Philomena performed well for the second successive weekend, tackling this off-road half marathon. Sus was 23rd overall in 1:38:34, with Philomena 56th in 1:48.14. There were 255 finishers.

Boundary Run & Walk, 30th June

Sue

The weather and underfoot conditions were near perfect, and it was pleasing to have 31 people completing the 8-mile route, with regular Harriers being joined by a number of Team Kennet runners, and a handful of IAH employees.

In the walk, Simon B led from the outset and pushed on to record a very good time. In the running event, a group of five moved to the front and opened up a bit of a gap on the field. The group was led by Martin, since Guy, Kenneth, and Simon E did not know the route, and I was just hanging on the back of the group for as long as I could! Having briefly slowed for a drink at East Ilsley, we continued through the village passing Gillian, who had set off early. On the tough hill behind Ilsley up to Shriell Down, the boys pulled away from me slightly. Martin could tell the younger men were keen to push on, and nobly gave them some verbal route instructions. Guy (Team Kennet) and Kenneth (IAH) moved ahead while Simon E twisted his knee along Greenhams Lane and was reduced to a jog. When Kenneth stopped to tie his shoelace, Guy extended his lead and crossed the line first to win the race. Kenneth outsprinted Martin to take 2nd, and I was 4th ahead of Terry. Lucy and Meena (2nd and 3rd ladies) both set PBs. The fastest finishes of the day came from Pete H who outsprinted Mike, and from Debbie who just caught TK's Harriet on the line. There was a particularly impressive performance from 12-year-old Piers Oliphant, who ran with Dad Pete and recorded a very good time. Many of the runners set personal best performances, and the winning men's and ladies times were the fastest recorded since 2006. Full results will be available on our website soon.

Thanks again to all those Harriers and their family members who helped to make the evening a success. Uwe and his drinks station were a very welcome sight at halfway; Jan and her stop-watch was an equally welcome sight at the finish! Thanks to Kirsty for being on standby for first aid, thankfully not needed. Thanks also to Mo for strimming a path through the wood, to Sus, Ryan and Dick for route-marking and to Martin for doing the presentations.

Ridgeway Relay, 19th June

The Harriers team put in a great performance finishing a very creditable 16th out of 40 teams, in a time of 11:19:47 (our fastest for a few years). The race was won by Vale of Aylesbury A.C. (9:44:19) ahead of Headington RR, and Reading RR. Well done to all our runners, and many thanks to Richard and Sarah for organising and coordinating the team. Richard summed up perfectly in saying: “We were clearly the team best supported by its members. This gives great credit to the club and its members and, as a relatively new member, that’s to me what makes the club so special”.



Leg 1: Guy hands over in 4th after a storming run



Leg 2: Sue pushes on up Wendover High Street



Leg 3: Lucy going well near Bledlow Ridge



Leg 4: Gillian sets off to Swyncombe



Leg 5: Ryan is flyin’ at North Stoke



Leg 6: Terry reaches the end at Bury Down



Leg 7: Richard decided not to hurdle the log



Leg 8: Dick is refuelled by Sue near Whitehorse Hill



Leg 9: Martin running well at Ogbourne



Leg 10: Pete looks strong at Manton with 1 mile to go

Photos by Mo

The full set of Mo's Ridgeway Relay photographs will be available to view on our website in the near future.

Compton Canter 9.3Km trail race, 2nd July

Lucy

The Compton Canter is held each year on the first Saturday of July and is staged in conjunction with the Compton village fete. The race is mainly off road and follows some very picturesque tracks and trails that pass through the Berkshire Downs. However, those wishing to push themselves find it quite a tough event. The first 3.5Km are predominantly up hill (100m of climb) but the views from the top of Lowbury Hill are worth the effort once you get there. After the turn round point the course follows a gently undulating route back to Compton village.

In keeping with previous years the running conditions were ideal, if a little on the warm side, and new records were set in both the men's and ladies races. Nick Jones (Newbury A.C.) led from start to finish and came home a clear winner in 32:16. Sophie Voller (Westbury Harriers) also had a good run and finished in 37:22, almost a minute ahead of local girl, Jessica Franklin (Newbury A.C.). Compton Harrier Gillian Anton had a good race to the finish with John Prentice (a former member of the Club), finishing in 65:54. There were 58 competitors.

This year, we also hosted a series of races for the U10, U12, U14 and U16 boys and girls. 23 junior athletes took part and were loudly applauded by the parents and fete-goers alike as they charged across the finish line. All the races were finished in plenty of time for the competitors to look around the fete's side shows, inspect the display of vintage vehicles or enjoy a picnic on a pleasant English summer's afternoon.

The Compton Canter could not be hosted without the willing support of the race marshals who give up their time freely - many thanks to them all.



Eventual winner Nick Jones leads the field out from Compton recreation ground

Toad Hall 5K, 3rd July

Sue

I took part in this enjoyable local event which was held, for the first time, alongside the Toad Hall 10K at Whitchurch Hill. It was in a very nice setting, with the race start and finish on the village green, where there was also a cake stall, barbecue and sportswear stand. The 166 runners in the 10K started first on what was a very tough multi-terrain course going down to the Thames at Pangbourne then back uphill to the finish. We 5K runners set off exactly 5 minutes later on a scenic and pleasantly undulating out-and-back multi-terrain route, following the 'lead bike'. There were only 31 of us and, once some of the fast-starting youngsters began to slow down, I tagged on to the back of the leading group of four, which was led by Glynn Jones. By 3.5K, I had passed one of the youngsters in our group and the other three were still in my sights. Then, at 4K, Glynn had to slow abruptly as his Achilles tendon became very painful. The 5K was won by Duncan Mollisson (20:18), while I was 3rd overall in 20:37. The 10K winners were Julian Sherman (RRR) and Jess Franklin (Newbury A.C.) in around 39 minutes and 44 minutes respectively. While cheering on the 10K finishers, I and Mo (who had cycled up from Goring to support me) enjoyed a nice cake before heading home.

Handicap Race

Sue

With good conditions for June's Handicap Race, a grand total of 14 runners faced the starter to do battle over our off-road route. There were good performances all round with everyone faster than, or close to, their predicted times. Peter L, now building up his mileage after an injury-enforced lay-off, ran very well to work his way through the field and cross the line first. As he collected the trophy he announced: 'Linton's back!'. Next home was Colin, with another huge improvement, then new runner Stephen who seems to excel over these shorter distances. Mags was the person who knocked the most off her predicted time (1:21), and PBs (for this course) were set by Colin, Lucy, Mags and Gillian. Gillian's recent increased mileage is really starting to pay dividends. Other notable performances came from Martin and Terry who both ran sub-13, and Debbie who was taking part in the Handicap Race for the first time. Well done Peter and Mags, and thanks to Jan for timing. There is no Handicap Race in July; the next one is scheduled for Thursday 18th August round the off-road route.

Finish Position	Position on handicap	Name	Start time	Finish time	Actual time	Handicap Beaten?
1	2=	Peter L	5:16	18:59	13:43	-1:01
2	4	Colin	4:01	19:07	15:06	-0:53
3	13=	Stephen	5:13	19:22	14:09	New Runner
4	6	Terry	6:37	19:35	12:58	-0:25
5	7	Lucy	5:47	19:36	13:49	-0:24
6	8	Pete O	5:16	19:44	14:28	-0:16
7	9	Sue	6:37	19:47	13:10	-0:13
8	10	Martin	6:55	19:50	12:55	-0:10
9	11	Richard	5:47	19:59	14:12	-0:01
10	12	Dick	5:54	20:06	14:12	+0:06
11	13=	Debbie	4:01	20:07	16:06	New Runner
12	1	Mags	1:38	21:39	20:01	-1:21
13	2=	Gillian	0:45	21:59	21:14	-1:01
14	5	Mo	1:51	22:30	20:39	-0:30

Mags scored the 12 points again for the third successive month, ahead of Peter L and Gillian. This moves Mags to the top of the Championship scoreboard with a 6-point lead ahead of Gillian. However, the battle for second and third places remains very close.....

Pos.	Name	Race points									Total
		Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	
1	Mags	4	-	12	12	12	-	-	-	-	40
2	Gillian	6	-	10	8	10	-	-	-	-	34
3	Sue	12	1	8	9	3	-	-	-	-	33
4=	Dick	8	6	10	7	1	-	-	-	-	32
4=	Colin	-	12	7	5	8	-	-	-	-	32
6	Mo	10	5	4	3	7	-	-	-	-	29
7	Terry	-	9	-	10	6	-	-	-	-	25
8=	Lucy	7	2	6	4	5	-	-	-	-	24
8=	Peter L	4	10	-	-	10	-	-	-	-	24
10=	Martin	-	8	1	6	2	-	-	-	-	17
10=	Pete O	9	-	2	2	4	-	-	-	-	17
12	Steve	5	7	-	-	-	-	-	-	-	12
13	Richard	-	3	4	-	1	-	-	-	-	8
14	Philomena	-	-	5	-	-	-	-	-	-	5
15	Pete H	-	4	-	-	-	-	-	-	-	4
16=	Debbie	-	-	-	-	1	-	-	-	-	1
16=	Stephen	-	-	-	-	1	-	-	-	-	1

Running Life Series no. 6

Philomena (Meena) Mburu

My “Running Life” really began about 25 years ago while I was back home in Kenya, after a throwaway comment by someone, I can’t even remember who, that went something like “looks like you are putting on a bit of weight”. That was it...the next day I was out for a run or rather an attempt at running. I remember that first run very clearly...it was all of 10 minutes at the most! I had to stop and catch my breath after the first 5 minutes before continuing for another 5 minutes. But I was out there again the next day and the next and so on and I’m still running all these years later. But now it’s no longer about keeping off the weight, it’s simply because I love running. I was running for around two years in Kenya before I came to the UK where, before joining the Harriers, I was running mostly on my own. I learnt about the Harriers through Martin at work and, since joining the club, my running has become so much more interesting and fun.

Highlights of my running life include:

While out running one evening in an arboretum in Kenya I spotted what looked like a log laid out across a river. However when I looked more closely I realised it was actually a huge Python!! Needless to say that was one of my faster runs!

My first run with the Harriers. Talk about being ill-equipped! It was late October or early November, in the evening, off-road and it had been raining and so the paths were rather muddy. I turned up without a head torch and in a pair of racing shoes! Not surprisingly I soon slipped and landed in a puddle! But I was not deterred and have been coming back for more ever since.

Completing my first race, the Flora London Marathon in 2003.

Completing my first off-road race the 20 mile Compton Downland Challenge a year later in 2004.

My 50th birthday celebration when a few of us did the 20 mile route of the Compton Downland Challenge and then went to the pub for lunch after that....great day!

My first ever prize in a race which was 2nd “Super Vet Lady” (50+) at the Otmoor Challenge. Just goes to show that there are some advantages to getting older, at least in the world of running.

Each time I finish a race.....the feeling of exhilaration, no matter how long or short the race, never diminishes.

In Kenya we have a Swahili saying to describe any sort of exercise. It says “kufukuza uzee” and literally translates as “to chase away old age.” I hope to be able to continue “to chase away old age” for many more years to come and thanks to whoever it was who had the cheek to imply that I was getting fat all those years ago!

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

Mo

Following the successful completion of our last two events (Boundary Run and Canter), all results have been uploaded and can be viewed on line.

Links of interest this month:

For inspirational challenges, both in the UK and overseas, <http://www.acrossthedivide.com/> and for inspiration <http://tinyurl.com/CHRCorigins>

My article this month – How to talk a good race

One of the methods used by sport psychologists to help boost confidence and performance is to encourage athletes to use positive self-talk during training and competition. Various studies have shown that this approach works by reducing anxiety, so enabling an increase in effort which in turn leads to a boost in self-confidence and ultimately a better performance. The secret to personal self talk is in the choice of meaningful words and phrases ... or your personal ‘mantra’.

A mantra is simply a word or phrase that we can fix upon and repeat or chant in order to drive our attention inwards. The key to powerful self-talk and a meaningful mantra is to make it relevant and specific to your needs. For instance if you are worried about starting too quickly in a race and tend to try and keep up with the initial leaders, only to suffer later in the closing stages, then perhaps your mantra could be ‘I’ll start slowly and run my own race’. By repeating this a number of times before the start and especially in the early stages of the race it will help you to focus on getting your pace right. Essentially your mantra should not be too long and it should be simple and positive. Just repeating the word ‘yes’ a number of times as you put in an extra effort can boost your performance!

People following solo pursuits, like running, tend to employ self-talk more than those in group activities or team games as it’s more meaningful when it’s just you competing against the odds. As well as acting as a tool to focus your mind on the task, the repetitive nature of a mantra can also take your mind off your running, the accompanying effort and any injury or discomfort.

Mantra Maker: How to Put Together Your Perfect Phrase

- 1. Keep it short** - your mantra should be an affirmation, not a novel and remember to keep it short.
- 2. Stay positive** - turn around the problem you're trying to counteract i.e. if you're feeling weak, your mantra should be 'I'm feeling strong',
- 3. Make it energetic** – Choose action verbs or strong adjectives, not abstract phrases. Look for words that convey energy, like 'fast', 'strong' or 'powerful'.
- 4. Embed instructions** - remind yourself what you plan to do as you're running, such as ‘Go now,’ ‘go for it’ or 'Run relaxed, finish strong'.
- 5. Build it, believe it, become it**

Try choosing one word from each of the four rows below to create power chant:

- ▶ Run; Go; Stride; Sprint; Be
- ▶ Strong; Fast; Quick; Light; Fierce
- ▶ Think; Feel; Embrace; Be; Hold
- ▶ Power; Speed; Brave; Bold; Courage

Listing of forthcoming Events – see Website Events Calendar for more detail:

Wednesday, 6 July	Thames 10K
Sunday, 10 July	Hughenden Manor 10k New Forest 10
Sunday, 17 July	Wycombe ½ Marathon & 10K
Sunday, 24 July	Down Tow Up Flow Half Marathon Downland Challenge Ultra 30
Wednesday, 27 July	Back in a Flash 5K (Race 3)
Saturday, 30 July	Dorney Dash 10k
Sunday, 7 August	Lambourn Festival 5
Saturday, 13 August	NORTH DOWNS WAY SERIES 2011 (50 & 100 miles)
Sunday, 14 August	NORTH DOWNS WAY SERIES 2011 (50 & 100 miles) Salisbury 5-4-3-2-1 Trail Marathon
Saturday, 27 August	Ridgeway Challenge 85
Sunday, 28 August	Vale of Pewsey Half Marathon Englefield 10k multi-terrain
Sunday, 4 September	Maidenhead ½ Marathon FEED THE CHILDREN (UK) SAMUEL HOOD MEMORIAL PEPPARD 10k RUN and 7k WALK
Sunday, 11 September	Pangbourne 10k - multi-terrain Peasemore Festival 5 mile Challenge
Sunday, 18 September	Farnham Pilgrim Marathon & Half Marathon The Boneshaker Duathlon
Saturday, 24 September	Running4Women Windsor 8k
Sunday, 2 October	Basingstoke Half Marathon Loch Ness Marathon, 10k & 5k
Sunday, 9 October	Swindon Half Marathon
Sunday, 16 October	Abingdon Marathon Frieth Hilly 10k
Saturday, 22 October	Beachy Head Marathon
Sunday, 30 October	British Summer Time Ends
Monday, 31 October	Halloween
Saturday, 5 November	Guy Fawke's Night
Sunday, 20 November	The Avebury 8

Mo; June 2011