

THE HARRIERS HERALD

No. 208, June 2010

Editor: Sue Francis

Contents, features, reports, results

- Thursday night schedules for June and July
- Reunion update
- Boundary Run & Walk – preliminary details
- A message from Kev Wilkinson
- Race results: Dorset Village Marathon – great performances by three Harriers; Woodley 10K – Simon’s ‘honeymoon race’; IAH Relay – a successful and enjoyable evening; Minstead Stinger 9 miles – Sus is first lady; Back-in-a-Flash 5K – Sue collects a trophy; also Ridgeway 40, Marlborough Downs Challenge, Exmoor Coastal Marathon
- Webmaster’s article – Mo features ‘Running Free’ magazine, and forthcoming events
- Thanks to Simon, Sus, Philomena, Mo and Kev for this month’s contributions
- Copy date for July’s Harriers Herald – 30th June

Thursday night schedule for June

Please note rearrangement of leading **nights in blue** (blame Pete H!)

Thurs 3rd **Martin to lead**
Thurs 10th **Pete H to lead**
Thurs 17th **Handicap Race**
Thurs 24th IAH Boundary Run & Walk (see details below)

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 Sue to lead

Correspondence received – none received during May.

Compton Harriers Anniversary Reunion – Saturday 3rd July

Yet more ‘old’ Harriers are now on board for the reunion, and Mo and I have just ordered a big batch of reunion mementoes – all will be revealed on the day. I will shortly be sending out an update, a timetable for the day and a request for a response so we can assess how many to cater for at the evening buffet.

IAH Annual Boundary Run & Walk

This year’s Boundary Run & Walk is scheduled for the evening of Thursday 24th June (run start time 17:45, walk start time 16:45). Fun runners & walkers and competitive runners & walkers are all welcome. Participants run or walk around the Boundary of the Institute estate and farms, a scenic 8-mile route on tracks, through fields and woods. There are trophies for the first runners and walker, but many choose to take part for fun and to enjoy the scenery. The bar and barbecue will be open to all. For entries (no entry fee), route maps, offers of help and more information, contact Sue.

A message from Kev Wilkinson

HI GUYS! Well what a few weeks it has been. Shall I start at the beginning? I went out for a bike ride 2 Saturdays ago, I remember going out for the ride, then I woke up off my bike with some paramedics beside me???? One very bumpy uncomfortable ride in an ambulance later I was at the JR hospital in Oxford.

X-rays revealed a broken collarbone, cheekbone and 2 ribs - I was sent home with brufen and paracetamol and told to return next morning. The night lasted for ever: I was almost in tears and I could feel bits rubbing and grinding. Return next morning, more x-rays, Doc not happy, so CT scan done. Told I had broken collarbone, shoulder blade, 6 ribs, punctured lung and cheekbone, and I was developing pneumonia from the lung puncture. Doc's exact words were "I think we're going to admit you" as he tapped my knee reassuringly.

So a week in hospital, lots of morphine, decision was taken to pin collarbone as it was not meeting up. The op was superb as I could get myself up and about so much easier. Now I'm home I've checked the bike and can't find any reason for me to come off. It's a bit smashed up but new bar tape and chain it should be good to go.

I'm getting my stitches trimmed tomorrow so I can see what the wounds look like. I guess next thing is lots of physio and I get re-x-rayed on the 29th June to see how everything is healing. God knows when I'll ride again - I have entered a Sportive event end of September and it would be good to aim for that, but till then I just need to heal.

Apologies for spelling and grammar - typed with my one good hand!

Cheers for the cards!

Kev

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

North Dorset Village Marathon, 2nd May

Philomena

This was the first time that any one of us had done this lovely race. Reading about it in the Runners' World forums it sounded like a very well organised, small (maximum 250 entrants) and scenic race and we were not disappointed. Fortunately for us the heavy rain and strong winds that had been forecast for the south of England did not materialise until we were well into the race and even then it wasn't too bad. It had also been described as undulating which I took to mean "hilly" and so I was quite nervous about doing it. However it turned out to be more gently undulating than hilly so I needn't have worried.

We all had a very good day out. Sus did particularly well, a PB of 3:14:00, and was also first lady home. Ryan 3:31:16 (a great time considering he was just coming back from injury and ran on only a few jelly babies!), and me 3:47:08.

Woodley 10K, 16th May

Simon

I sort of delayed my honeymoon for this one. Two days after Joanna and I married – four years to the day since we met at the Woodley 10K – we were down there again for my 20th consecutive year. The organisers – Ted and Carol Wingrove – had even very kindly given me a free entry to the event as a sort of long service award.

There was a slight course change this year due to bridge works on part of the course. I'm normally not one for course changes but this one was an improvement, as it missed out what I always thought was a slightly tedious bit between 1.5 and 2.5k. The new route stayed on roads and was gently undulating and actually seemed less boring than the old one.

As usual there isn't much to report; the start, route, marshals, drinks stations and finish were impeccably organised and you would have to work hard to fault anything. This year had a record pre-entry of nearly 900, including entries for the 3K fun run for 11 to 16 year-olds, so there were no entries on the day.

I had already decided not to go too fast this year – my calf is improving but I didn't want to injure myself unnecessarily – so I trolled round with Joanna's sister Emma who, having run her second 2nd London Marathon this year in 5 hours 09minutes, was hoping for a good run at Woodley. We started at a steady pace and, Emma being Emma, we stuck to virtually the same pace all the way round; finishing in 392nd and 393rd places in 54:48 and taking nearly four minutes off Emma's previous best 10K time in the process.

First home was Mike Deegan of Salford Harriers in 34:16, with Andrew Robbins from Serpentine Running Club 2nd in 34:38. Third place overall and 1st lady was Sarah Gee in a time of 35:09 – I later learned that Sarah finished London in a rather quick 2:40, so she's obviously been practising... there were 705 finishers in all and the last one in recorded a time of 1:39:16.

As always, a very enjoyable race and I've already put my name down for next year. Anyone care to join me?

The race results were being printed and displayed before Joanna and I left, and we had to shoot off fairly soon as we were driving up to Chester that afternoon. I really don't think they could have been done any quicker...

Ps. I won't bore you with details of our honeymoon, but I do have to tell you that I nearly broke my new wife after four days of marriage...on the Tuesday we went over to Llanberis and caught the train up Snowdon before walking down. That bit was fine – excellent weather, the view from the top was stunning and the walk down was very pleasant, although I collected so much discarded rubbish on the way down that I ended up handing in a carrier bag full of empty bottles and crisp packets (and even a tooth flossing stick and an unopened can of lager(!)) at the ticket office when we finished – but the next day Joanna could hardly move. Whoops. So we had a quiet day and went to Ruthin for a couple of hours before Joanna rested in the afternoon.

Me? I went for a run...



IAH Relay, 20th May

Sue

This year's relay was held on a fantastic sunny evening and I thought it was one of the most successful and enjoyable relays for some years. It was great to have 13 teams taking part including, for the first time, a Pirbright team. The handicapping system made for a very exciting race as Arron Whalley from 'Norfolk Enchance' just hung on to beat Miki Madi ('Pirbright Sad Slackers') to the finish. 'The Hippos' recorded the fastest actual team time of the day.

The fastest lap of the evening was recorded by Martin, ahead of Simon Ernest and Ryan. The fastest three ladies were Sue, Hannah, and Annaleis Chandler.

The results (team and individual) can be found on Compton Harriers' website at:
<http://www.comptonharriers.org.uk> (home page, under "IAH Relay 2010 - Results").

Steve Gibbs has now given me his photos on CD, so Mo will be able to put some on the website.

Thanks to all Harriers who helped out: Lucy and Susanne for marshalling, Dick for mowing and signing the course, Jan for timekeeping, Mo for the computerised results service, and Kirsty for being on standby for first-aid.

Minstead Stinger 9 miles, 23rd May

Sus

This is a challenging course through the New Forest which, I have to say, has become one of my favourite places to run, organised by Totton Running Club.

It was a hot day but I felt my well-soaked socks I always carry with me gave me an advantage so no excuse not to give it a good bash. But no way could I keep up with Ryan who just flew over this beautiful route. Towards the end we reached a stile and next to it was a cattle grid. I felt the grid was the fastest choice but the marshal insisted that I opt for the stile despite me already having crossed it, I thought that it was probably down to health and safety regulation and he most likely was a cantankerous person. Little did I know at the time had I continued and not come back I would have been trapped in fenced field – so sorry marshal if my facial expression was not very friendly. At the finish we were greeted with a nice goodie bag and marshals desperately trying to sell hot bacon sandwiches, perhaps not the right food on a day like this. But definitely one for your running list next year.

1 st Man, Neil Richmond, Southampton Athletic Club	0:55.55
4 th Man, Ryan	1:02:45
1 st Lady, Sus	1:04:39

119 finished the race

Back-in-a-Flash 5K, 26th May

Sue

While 10K races seem to hold a certain ‘dread’ factor for me these days, I find 5K events very enjoyable. I competed in the first Back-in-a-Flash 5K last September. This year, Grassroots events have organised a series of three Wednesday evening Back-in-a-Flash races at Coate Water Country Park (Swindon). Although not a P.B. course (it is rather uneven underfoot, a bit undulating, and has a few twists and turns, including two exciting crossings of the M4 over a spiral footbridge) the out-and-back route is scenic and interesting and the event is very well organised.

On the outward run the ladies course-record holder (Swindon’s Kate Jacobs) who was marshalling at the footbridge, cheered me on and told me I was 1st lady. At the 2.5K turn-around point on the wooded cycleway I looked at my watch and made a mental note of my running time so I could see how much lead I had on the 2nd lady. I seemed to have a minute’s lead (assuming I hadn’t been fooled by a lady with short hair or a man with a ponytail!) so I tried to relax and focus on achieving my target time of 20 minutes. I crossed the line in 20:12, 35th out of 170 finishers.

Within moments of the last runner finishing, the rain began to pour down and the runners gathered in race HQ (‘The Sun’ pub) for the presentations. The race was won by Scott Richardson (Cirencester) in 16:28, while I collected the ladies trophy, and some lucky soul won a pair of trainers as his running number was pulled out in the prize draw.

My 5K race for June will be the Chiltern Chase at Ewelme, before doing another Back-in-a-Flash in July.

Compton Harriers also competed in....

Ridgeway 40 miles, 8th May: Martin and Lucy completed the 40-miler from Overton Hill to Streatley in a whisker under 7 hours.

Marlborough Downs Challenge, 20M, 15th May: Lucy, Ryan and Martin all ran well, with Lucy finishing as 2nd lady (2:37.48) and Martin as 2nd man (2:16:40), and Ryan 13th (2:33:51).

Exmoor Coastal Marathon, 22nd May: Dick completed the last Marathon in the monthly coastal marathon series.

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

Mo

Links of interest this month:

<http://www.runningfreemag.co.uk> – the site continues to provide a wealth of information and the online magazine has a wide variety of running articles, information and race listings. There is only one complaint I have ... despite notifying them on two occasions for the inclusion of the Compton Canter in the race listings, it still has not appeared! Ah well, that’s life I suppose ... it’s still well worth a regular visit.

<http://www.users.waitrose.com/~gouldings/> ... something familiar about this link?

<http://tinyurl.com/335havj> ... the perfect running fuel ...

... now try this little recipe; <http://tinyurl.com/34bf2ot> ... and finally, a really smooth way to start the day; <http://tinyurl.com/2urw36k>

Forthcoming Events as listed on the [Events Calendar](#):

June 2010	Time	Event
3 rd (Thur)	6:30 pm	Martin F to lead (Compton)
5 th (Sat)	9:00 am	Reading parkrun - Weekly Free 5km Timed Run
6 th (Sun)	10:30 am	10K Thames Run
	10:30 am	Ollie Johnson Memorial Kintbury 5 mile run
10 th (Thur)	6:30 pm	Pete H to lead (Wokingham)
12 th (Sat)	2:30 pm	Broad Town 5
13 th (Sun)	10:00 am	Chiltern Chase 10k & 5k
	10:00 am	Wargrave 10k
15 th (Tues)	7:30 pm	Queen Mother Reservoir 5K/10K Race Series - Race 2
16 th (Wed)	7:30 pm	Forest 5
17 th (Thur)	6:30 pm	Club Night – Handicap (Compton)
20 th (Sun)	7:30 am	Ridgeway Relay
24 th (Thur)	6:00 pm	IAH Boundary Run (Compton)
27 th (Sun)	9:30 am	Thame CPM 10K
	10:30am	Toad Hall 10K
29 th (Tues)	7:00 pm	Salomon Forest Trail 10K, Swinley
30 th (Wed)	7:30 pm	Back in a Flash 5K (Race 2)
July 2010	Time	Event
1 st (Thur)	6:15 pm	Mo Leading
3 rd (Sat)	12:00 pm	Compton Canter 9.3K
4 th (Sun)	10:30 am	Faringdon 10k & 5k fun run
	10:30 am	Watlington XC 10K
	11:00 am	Tadley Runners Summer 10K Plus: 3K Fun Run
7 th (Wed)	7:30 pm	Thames 10k
8 th (Thur)	6:15 pm	Pete O Leading
11 th (Sun)	9:30 am	Didcot 5
	11:00 am	New Forest 10
13 th (Tues)	7:30 pm	Queen Mother Reservoir 5K/10K Race Series - Race 3
15 th (Thur)	6:15 pm	Gillian Leading
18 th (Sun)	9:30 pm	Grant & Stone Wycombe 10k and ½ Marathon
22 nd (Thur)	6:15 pm	Pete L Leading
25 th (Sun)	10:30 am	"Down Tow Up Flow" Thames Towpath Half-Marathon
28 th (Wed)	7:30 pm	Back in a Flash 5K (Race 3)
29 th (Thur)	6:30 pm	Sue F Leading

Mo; June 2010