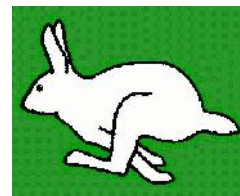


THE HARRIERS HERALD

No. 232, June 2012

Editor: Sue Francis



Contents, features, reports, results

- Thursday night schedules for June and July
- Ridgeway Relay – Team Manager Richard D gives an update for runners and supporters
- Race results: *Frimley 10K* – a good performance from Sus in her first post-London race; *Marlborough Downs Challenge* – five Harriers go the distance; *Woodley 10K* – Simon enjoys his 22nd year running this race; *Chieveley Chase* – Dick, Mags and Terry race in new local event; *Tewkesbury Half* – good performances from Philomena and Sus; *Forest of Dean 10K* – a PB for Tapani and a prize for Sus; *Kintbury 5* – Lucy, Martin and Colin race in the heat; *Back-in-a-Flash 5K* – a win for Sue
- Accuracy of GPS watches – Simon has convincing evidence for his theory
- Running Life series – Richard Disney on schooldays sprinting, sub-3 marathons, and his best running decision
- Webmaster's article – Mo introduces Compton Harriers Facebook page, gives a link to a 'must-hear' interview on Radio Northampton, and features forthcoming races of interest
- Thanks to Richard, Sus, Simon and Mo for this month's contributions
- Copy date for next Harriers Herald – 1st July

Thursday night schedule for June

Thurs	7 th	Handicap Race
Thurs	14 th	Sus to lead
Thurs	21 st	Boundary Run & Walk (see below for details)
Thurs	28 th	Tom to lead

Thursday night schedule for July

Thurs	5 th	Gillian to lead
Thurs	12 th	Richard D to lead
Thurs	19 th	Run with Didcot Runners (see below for details)
Thurs	26 th	Rich B to lead

Boundary Run & Walk (21st June)

Participants run or walk around the Boundary of the Institute estate and farms, a scenic 8-mile route on tracks, through fields and woods. Runners and walkers of all standard are welcome - there are trophies for the first runners and walker, but many choose to take part for fun and to enjoy the scenery.

The Boundary Run is not a 'formal' race. There is no entry form, no entry fee, no race insurance, and no race permit. However, I do ask people to let me know if they intend to come along, just so we know roughly how many to expect for barbecue purposes!

The course will be well-marked, but not marshalled. I can provide route descriptions upon request, and a 'Boundary Run Map' (with 3D flyover option) can be found on Compton Harriers website (click on results on left hand menu bar). Start IAH Main gates (Walkers 16:45, Runners 17:45).

There will be a 'drinks station' at halfway in East Ilsley (thanks to Uwe for agreeing to do this again, and to Gillian for volunteering him!).

The bar & barbecue will be available for all at the finish in the cricket field (spectators welcome).

Run with Didcot Runners (19th July)

Having enjoyed our IAH relay, Didcot Runners have invited Compton Harriers to join them for a Thursday evening run on 19th July. The run is likely to be around the Wittenhams, and the pub will be The Bear at Moreton (apparently they do very nice fish 'n chips). Didcot Runners will provide more details nearer the time.

IAH Relay

Thanks to all who competed or helped out. Results (team and individual) and photos can be viewed on Compton Harriers' website: <http://www.comptonharriers.org.uk>

Correspondence received: None during May

Ridgeway Relay 2012

Richard D

June 17th is the date of this year's running of the annual Ridgeway Relay, held along the length of the National Path from Ivinghoe Beacon to Marlborough.

Whilst it is a long day, the runners would appreciate any support along the way – we have a reputation for being the best-supported team to maintain! So if anyone who is not running was able to support the team along any part of the route it would be greatly appreciated by the runners.

The best way to follow a stage is to meet up with the support team at the start of any of the stages and follow them as they find the road crossing points where you can support the runners. At the end of the race, those who make it to Marlborough will be meeting up for a post-race drink and meal, and anyone is invited to come along and join in.

The list of runners and stage start points is given below for reference, as is the expected time of arrival of each runner based on last year's times, but this could vary greatly on the day!

			2012	2012	2011
Stage	Start	Reference	STAGE RUNNER	Expected start time	Stage time
1	Ivinghoe Beacon	SP 961 168	Guy Watts	7.30	1.10.05
2	Wendover	SP 873 072	Sue Francis	8.40	48.49
3	Whiteleaf Car Park	SP 824 037	Lucy Gettins	9.28	1.13.26
4	Lewknor	SP 722 968	Debbie Bishop	10.42	1.02.57
5	Swyncombe Church	SP 683 904	Lee Jones	11.45	1.09.10
6	S Stoke, Perch and Pike	SU 599 835	Terry Bartholomew	12.54	1.18.30
7	Bury Down	SU 479 840	Colin Price	14.12	1.08.59
8	Sparsholt Firs	SU 344 851	Richard Disney	15.21	1.00.16
9	S of Charlbury Hill	SU 238 818	Martin Fray	16.22	1.16.30
10	Barbury Castle	SU 156 761	Pete Oliphant	17.38	1.11.05
Finish	Marlborough	SU 182 692		18.49	

Race Reports & Results

Frimley Park Hospital 10K, 6th May

Sus

After the London experience I thought I'd better get up on my high horse as quickly as possible. What better way than to do an event organized by a hospital itself, where you actually park and start at the hospital car park so, should you need the facilities, it would be right there. I had done a 20 mile run (while Elo kept a watchful eye on me) the previous day so I was not sure how my legs would perform but they did not disappoint, so I decided to push it a bit more on this undulating but fast route – finishing in 41:05 as 5th lady – perhaps a bit disappointed that I did not do sub-41 minutes, but the main thing was that everything felt absolutely fine especially after the visit to the hospital physio department where they offered a massage for a fiver. A very good event which attracts nearly 1200 runners, all in aid of the hospital's baby unit.

Marlborough Downs Challenge, 12th May

Five Harriers completed the Marlborough 20-mile Challenge, with Martin, Sus and Lucy collecting age category prizes. Times were: Martin (2:28:13), Sus (2:30:02), Lucy (2:41:26), Philomena (3:00:16) and Colin (3:15:43). Ryan made an attempt at the 33-mile event, but decided to pull out at mile 22, due to a hamstring problem.

Woodley 10K, 13th May

Simon

Woodley number 22 this year...and to be honest you might just as well re-read my report from last year's race as this one was just as good.

There was another record entry this year – about 850 in all – though to be honest I think that's enough, as there was a bit of a bottle-neck leaving Woodley Memorial Recreation Ground at the start this year which hasn't happened previously. After that though, everything else was, as ever, impeccably organised.

Joanna's sister Emma ran again and, as happened last year, we just did our own thing: Emma had done the Reading Park Run the previous day so wasn't really up for an attempt at a PB. I'm not sure I would've been much help to her anyway as my left Achilles had been aching for a few weeks and both hamstrings were feeling a bit tight, but I thought I might as well just run and enjoy it as best I could. I actually didn't do as badly as I could have, finishing in 264th place in 51:26. Emma, having run the Shinfield 10K on 7th May in 1:00:10 and the 5K Reading Park Run the day before in 28:45, finished in a metronomic 1:00:26 and was well pleased.

The results were up on the Sports Systems website by 8pm Sunday: first man back was Tom Lerwill in a new course record of 31:50, followed by Keith Russell in 33:25 and Mark Worringham in 34:48. For the ladies, first home was Ellie Barnes in 37:52, with Louisa Downs 2nd in 41:16 and Claire Marks 3rd in 42:44. There were a total of 675 finishers, the last one back taking 1:25:42.

As always, a very enjoyable race. I've already reserved Running Number 23 for next year.

Chieveley Chase 5.3M, 12th May

This is a new local event, which was enjoyed by three Harriers. Dick was given a free entry, since he loaned the race organisers some of our Club's race 'equipment'. This was his first race for several months, and he had a good run to finish 21st in 42:02. Mags ran well to finish 63rd in 58:42, while Terry was a well-placed 11th in 39:47.

Tewkesbury Half Marathon, 20th May

Sus was 4th lady in 1:27:06, while Phil finished in 1:38:22. There were 818 finishers.

Forest of Dean 10K, 26th May

Sus

An expensive race at £30 yes, but nothing really beats running through a forest so I decided to give it a go. And it did exactly what it says on the tin - a huge well-stocked goodie bag and free massage so very good value for money. Only the homemade cakes were missing. But the race was very well organized by Rat Race and Runners World with Saucony as sponsor. There were 8 waves so the route would not be too congested. I was in the first wave which in this heat was an advantage; Tapani was less fortunate starting an hour later than me but did very well beating his previous 10K time by more than 2 minutes so he was happy (that is what happens when you start running with the Compton Harriers). After a long wait to allow all waves to finish, I realized that I finished as first lady so I was also very happy. I finished in 41:50 and Tapani in 56:56. 763 runners braved the heat.

Kintbury 5M, 27th May

On a hot and sunny day, Martin was 20th (31:15), Lucy 55th (36:42), and Colin 79th (38:48).

Back-in-a-flash 5K, 30th May

Sue raced this out-and-back 5K at Coate Water Country Park, Swindon, and was first lady home in 20:23.

The accuracy of GPS watches – an update

Simon

If any of you remember my article after Woodley last year, questioning the accuracy of GPS watches, I think I've solved it. They're not...

Last year, at Woodley, Emma's Garmin Forerunner 305 GPS watch recorded a total ascent of 660 feet and a total descent of 621 feet on the generally flat course at Woodley. This year – on the same course – it recorded 750 feet of ascent and 719 feet of descent, whilst at the London Marathon she recorded a total ascent of 2230m and a total descent of 2301m over a total recorded distance of 42.80Km.

To put that into perspective, during the course of the London Marathon, Emma apparently ran up and down the equivalent of Snowdon (the mountain, not the photographer) twice. And over the first mile – which, from the Blue Start, is dead flat – she went 'up' 27m. I am now convinced that wrist-worn GPS systems record the rise and fall of the arm during a run.

Basically I don't think you can accurately calculate your total ascent/descent on a run if you start and finish in the same place, as the net figure will be pretty close to zero every time. As an example, if you did actually run up and down Snowdon (the mountain, not the photographer) your actual net ascent would be 1085m, as would your actual net descent. The Garmin, however, would also record the total ascent and descent of your arm during the run (say 500m each) so the apparent totals would be around 1585m each. Deduct one from the other and the apparent total ascent of the run would be zero (or close to it) - which, technically, it would be as you'd finish at the same height you started, even though you'd actually run both an ascent and a descent of 1085m...

So...what you need to do is work out how much your arm rises and falls when you run, multiply that by the number of times it rises and falls during a run and then deduct that figure from both the total ascent and descent figures recorded by the Garmin. That will give you the actual ascent and descent figure of the run. If you can be bothered to work it out...!

The only way of recording a proper, accurate figure would be to attach the Garmin to something which is in permanent contact with the ground: surveyor's wheel, bicycle, wheelchair, that sort of thing. That way, it wouldn't matter how much you raised or lowered your arm during a run as the Garmin would only record the ascent/descent of relative ground height during the time it was recording. It's all rather interesting really...no, seriously, it is!

Running Life Series no. 13

“My Life in Running”

Richard Disney

Running in some form has been a significant part of my life for so long that I can't really remember what it was like not to run. However, looking back, there was a significant period from when I left school until I accepted a Marathon challenge when I did have an extended break from it.

Bad childhood asthma when living in Ipswich meant that I was sent to a small boarding school near Deal in Kent at the age of 7. There, part of the daily routine before breakfast involved the whole school of 90 boys running once round the 'House', or the rambling Victorian country house that was the main school building. In fact the school was so civilised (this was in the early sixties) that the main punishment was being forced to 'run round the House', 2 or 3 times – my first real running experience!

I first discovered I actually enjoyed running when we were forced to go on runs as a part of gym lessons. I quickly found out that I had a turn of speed, which enabled me to win the occasional school sprint and, when I was 13, to break the school long jump record of 16 ½ feet.

Moving on to Marlborough College, I continued my running career as a sprinter – I was pretty useless at cross country – and in my last two years I was the third or fourth string in the 100m and 200m, occasionally running in those races. I also ran regularly for the 4x100m team, and was 2nd string in the 400m. In my last two summers we were unbeaten, winning 28 matches against other schools.

I followed school days in Wiltshire with one year at a school in Connecticut in the USA. My school only had around 200 pupils but had its own tartan running track at a time (1972) when, I think, there were only two in the UK (of which Crystal Palace was one). I continued running in the sprints and avoiding anything longer. When I went to Edinburgh University in 1973 I had hopes of getting on the Athletics team. Unfortunately, I finished 6th in the sprint trials and missed out by one place being the reserve for the relay. This ended my career as a sprinter in a rather disappointing manner. I think Athletics is one of those minority of sports which, whilst being ostensibly a team sport, can leave you being third best in the sport and not getting a place on the team (compared with, say, Rugby, Football or Cricket). Swimmers must, I think, have a similar problem.

There was no running boom to join in 1973 so, for ten years, I forsook all forms of running until, at a fairly heavy 13 stone, and now living near Vancouver in Canada, I was challenged by a work colleague to run the 1984 Vancouver Marathon. My work colleague, who was a regular squash player and regarded himself as fit (at least in comparison to me), thought he would easily complete the marathon although he gave up training quite early on. Not one to shirk a challenge, I took up the training seriously entering a local Grand Prix series of races in preparation for the Marathon. As I had never entered road races before, the usual start time of 07.30 in the morning seemed a normal part of running. This start time was required by the local police and did not prevent large numbers of runners taking part. I often wonder if having an earlier start time would allow more road races to be run in the UK.

For the Vancouver marathon, I set a goal of beating 3 hours and managed to squeak under the magic mark in a time of 2 hours 58:30. While still living in Canada, but with a move back to the UK and a job in Reading imminent, I managed to get an overseas entry to the 1985 London Marathon. This time I was able to improve my PB to 2:56. I also finally decided it would be a good idea to join a club. At that time, there were only two running clubs in Reading: Reading AC and Reading Joggers. The decision to join Reading AC was quite easy and I ran my third marathon in fairly quick succession in 1988, representing the club, managing to improve my time to 2:52.

My years with Reading AC were the most intensive in my running career. In the summer I raced on the track in the Southern Athletic League. At that time there were enough of us to send out two men's teams. Latterly I ran in the Southern Vets league. Winter months centred on running Cross Country for the club in the Chiltern League or, latterly, in the Hampshire League. The highlight was always the National Cross Country in early spring.

My road races for the club mainly took the form of the spring and autumn road relays. Although I took part in most Reading Half marathons for nearly 20 years, I achieved my PB of 1:14 in my second race in 1989. I ran my final Marathon in London in 1995, reducing my PB to 2:45. After that I decided I was unlikely to improve my PB

any more! Since then I have largely taken to running shorter distances. Annual highlights were the Reading Half Marathon, Wokingham Half Marathon and the Maidenhead 10.

In July of 2003, I was looking forward to the 'Big 50' that December as my running was going well; I had managed 59 minutes in the Maidenhead 10 and 28 minutes in the Kintbury 5 mile race, but injury struck that month in the first running of the Thames Run in Wallingford. I landed badly on a steeply sloping boat ramp, having jumped blind over an un-marshalled step in the towpath, and ruptured my right hamstring at the same time as spraining my ankle. After 14 months off running I managed to gradually get back into serious running, although my goals were adjusted accordingly. One of the main ones being to enjoy my running more, and not feel guilty about missing training sessions at Palmer Park on a Tuesday and Thursday evening!

I suppose that is the reason why, after another major hamstring injury in 2008 I decided to resign from Reading AC and later join Compton Harriers. Living in Westridge Green I had always taken an interest in the Club and regularly snuck a look at the online edition of the 'Herald'. (Over the years I had also encountered Dick in some close finishes at races as varied as the Woodcote 10k and the Berkshire Cross Country in Bracknell Forest)!

I'm certain that I would have enjoyed my running more if I had joined the Harriers many years earlier and continued with two club memberships, as Sue has done. However, it has certainly been the best running decision I have made. I have realised that goals and achievements don't have to be measured simply in PBs. New experiences or challenges, such as finding a new race – the Park Runs are an example – or the recent completion of the Ridgeway 40, my first ultra event (which I would never have done without advice from club members) are examples of this. Another is simply enjoying a run with friends over new routes, as we regularly do on a Thursday evening, and these are important as goals for me now. Hopefully retirement, whenever it comes, will open up new opportunities and allow time for even more new running experiences.

Next month: Rich Bickerton

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

Mo

Links of interest this month:

I'm sure you are all well versed with the phrase 'if you can't beat them, join them' ... well I'm afraid I've 'joined them' and set up a Facebook page for Compton Harriers. Of course, it won't be mandatory to use it, but as so many other clubs and organisations are making use of social media as a quick means of communication, I thought why not? In future, any runner who is looking for a quick means of letting everybody know how much he or she enjoyed one of our events can simply post it on our Facebook page. In addition, anybody who becomes a friend can add posts as they see fit. I will monitor the content from time to time to ensure only fit and proper content is added. Our Facebook page address is www.facebook.com/comptonharriers . I have already sent out invites to members who have a Facebook account, but if you haven't the site can still be viewed and of course, if you want to participate, it is very easy to sign up for a free account.

Don't forget to have a read through this month's free magazine at <http://www.runningfreemag.com/> and especially the very inspiring story of Matthew Loddon who last year was a non-runner, overweight and in his mid-forties, when he decided to run 100 marathons in 100 days following a promise he made to a friend who was the victim of cancer at the age of 36 years. Matthew started his epic journey on January 14th this year and completed his 100th marathon on 22nd April at this year's London Marathon ... and incredibly ran a PB of 3hrs 9min!

This link www.bbc.co.uk/programmes/p001d73t/broadcasts/2012/05 will take you to BBC Radio Northampton's John Griff afternoon show on the iPlayer where you can listen to Dick talking on the radio about the Grand Union Canal Race - it starts about 75 minutes into the show.

Forthcoming Local Events – see Website Events Calendar for full Listing:

Sat 9 Jun	South Downs Marathon, Half Marathon & 5K - Slindon to QE Country Park, Near Petersfield, PO8 0QE
Sun 10 Jun	Wargrave 10K - RG10 8AB The Chiltern Chase 10km & 5km* multi-terrain runs - OX10 6HQ
Sun 17 Jun	Dash for Dad - 5k and 10k Run - HP14 3AJ The Ridgeway Relay - Ivinghoe Beacon
Thu 21 Jun	Boundary Run & Walk - Compton - 51.517389,-1.257033
Sun 24 Jun	Thame CPM 10K - Thame Leisure Centre, Oxford Road, Thame, OX9 2BB The Penn Seven (Miles) - Tylers Green Common, HP10 8LA.
Wed 27 Jun	Back in a Flash 5K (Race 2) - Coate Water Country Park, Swindon, SN3 6AA
Thu 28 Jun	Tom to lead - To be advised
Sat 30 Jun	Tadley Runners Summer 10K - RG26 5NL Badger Track 6 Miles - Milton Lilbourne, Marlborough, SN9 5LQ Run 24 (24hr event) - RG7 4NG
Sun 1 Jul	Tadley Runners Summer 10K - RG26 5NL Didcot 5 Plus: 2 mile fun run - Willowbrook Leisure Centre, Bowmont Water, Didcot, OX11 7AF Bracknell Samaritans Annual 10K & 5K Run - Wellington College, Crowthorne, RG45 7PU Watlington XC XK - Sports Pavillion, Shirburn Road, Watlington, OX49 5QB
Sat 7 Jul	Compton Canter 9.1k - Compton, RG20 6NP
Sun 8 Jul	Kingsclere 5 - Fieldgate Centre, Fieldgate Drive, Kingsclere, RG20 5SQ
Wed 11 Jul	Thames beale park 10K - 51.505136,-1.123695
Sun 15 Jul	Grant & Stone Wycombe 10K Plus: Fun Run - The Rye, High Wycombe, HP11 1QX Fairlands Valley Challenge - 12, 18, 26.2miles & 50K Ultra - Marriotts School Stevenage,Hertfordshire, SG2 0AN Grant & Stone Wycombe Half-Marathon + Fun Run - The Rye, High Wycombe, HP11 1QX The Summer Gut Buster(10M) Plus: The Summer Gut Buster 10k - Butlers Lands Farm, Mortimer, RG7 2AG
Thu 19 Jul	Session with Didcot Runners at Wittenham Clumps - 51.627342,-1.18176
Sun 22 Jul	Downland Ultra 30 Mile Challenge - Clayton Playing Fields, Clayton, Hassocks, BN6 9PJ "Down Tow Up Flow" Half-Marathon - The Brocas, Eton, Windsor, SL4
Wed 25 Jul	Back in a Flash 5K (Race 3) - Coate Water Country Park, Swindon, SN3 6AA

Mo: June 2012