

THE HARRIERS HERALD

No. 181, March 2008

Editor: Sue Francis

In brief

- Thursday night schedules for March and April
- Correspondence received in February
- Compton Challenge reminder
- Thanks to Mo and Sus for their contributions this month
- Copy date for March's Harriers Herald – 26th March

Features and reports

- Wokingham Half – fantastic PBs for Sus and Phil
- Goring 10K – four Harriers battle the wind and hills
- Oxford Mail cross-country series update
- Other brief race results – Dursley Dozen, and Draycote Water 35M
- Handicap Race – first place for Lucy
- Website Update – Mo features bargain running gear, 10K training, and the Cyprus Marathon
- Events Diary – Mo's choice of races for Spring 2008

Thursday night schedule for March

Thurs 6th Ryan to lead
Thurs 13th Handicap Race
Thurs 20th Preparation for Compton Challenge
Thurs 27th Philomena to lead

Thursday night schedule for April

Thurs 3rd Peter L to lead
Thurs 10th Lucy to lead
Thurs 17th Handicap Race
Thurs 24th Tom to lead

Correspondence received		
Sender	Subject matter	Action
'Just Racing'	2008 Triathlons	Notice board
England Athletics	Update	File
SEAA	Info. Update #112; Aldershot Road Relays 06-04-08	File
Asthma UK	Dorney lake 10K (22-03-08)	Don't enter it – you're helping with the Compton Challenge on that day!
AAA	Notice of AGM, reports etc., 16-03-08	File
Electoral Reform Services	UKA Road Running Leadership Group elections	File
Association of Running Clubs	Invitation to join them (instead of England Athletics) from April 2008	To be discussed on a Thursday?

Compton Downland Challenge

A reminder that Compton Harriers are hosting the Downland Challenge races on Saturday 22nd March. If you are able to help on or before the day, or are able to recruit any helpers, please contact Dick.

Wokingham Half Marathon, 10th February

Sus

Four happy Compton Harriers went together to meet up with Peter at his place because, as he said, he knew where to park - and he did, though we had a bit of a sightseeing tour around Wokingham first because of some unexpected road closure. The runner's village was in the leaflet very well marked out, but in reality a bit confusing. 15 minutes before start everybody seemed to panic and the toilet queue was as long as the race itself so I decided to go behind a bush only to realise as I was kneeling down two men had the same idea just on the other side of the shrub. This made the whole performance a bit more difficult to execute but I managed to squeeze a few drops and I was now ready for the race. While all this had happened I had lost contact with my fellow Compton Harriers so I was on my own at the start. The start went and nothing happened, it felt like hours before something started to move and when I finally crossed the start line there was no "bib" sound as you would normally expect from a chip-timed race.

My plan was to run an even pace so my Garmin was turned on, telling me my average min/second per miles as I was running and, since this route was flat apart from a few motorway bridges, this turned out to work just perfectly, or nearly perfectly, with only 15 sec. between the fastest and slowest mile. A full stop to drink, as Martin always advises, was also put into practice which seemed to prevent me from getting a side-stitch so, when I finally reached the not very clear finish line, I had managed to set a PB! Ryan nursing an injury came shortly after followed by Peter, Phil, and Lucy. At the finish we were all scanned by a lollipop man so the final time was only gun to chip time – which I find a bit difficult to see the idea in. We all had a warming down run and a stroll together with Jan through the village before heading back to the cars and "Svend" then took us safely back to Compton.

1 st Man	Toby Lambert	1:05:41
1 st Lady	Liz Yelling	1:11:09
Sus	1:34:12 (own time 1:33:35) PB	
Ryan	1:35:00 (nursing an injury)	
Peter	1:44:51 (own time minus app. 1:30)	
Phil	1:47:23 (own time 1:44:33) PB	
Lucy	1:48:31 (own time 1:46:19)	

Goring 10K

Sue

Sus, Andy, Peter L and I took part in the Goring 10K on a mild and sunny, but rather too windy, February Sunday. Although the event has been going for about 10 years, roadworks in 2007 forced the organisers to change the start/finish point and to change the route to a hillier one. Unfortunately, they decided this was a better set-up, so the hilly route was chosen again for this year's race. The start is now only 400m from home for me. Sus was forced to take a rather longer warm-up, as a road closure in Streatley meant she had to park over a mile from the start.

There was supposedly a record entry this year, and we gathered outside the fire station for the start – straight uphill for 1K. I started sensibly, feeling good at the top of the hill and able to run comfortably down Grove Road, up to the 'Leatherne Bottel', then along the Bridleway to South Stoke. All was going well until about 6K, when I began to get belly ache. Turning uphill into the wind at 7K added to the struggle and I felt I slowed considerably. I expected runners to start streaming past me, but only five went by, so I think most of us found that section tough. Up until 8K, I was second lady (the

leader was well in front), but then the third-placed lady caught me. My bowels were grumbling even more now and, although I hung on to this lady for a few more minutes, the desire to beat her was surpassed by the desire not to disgrace myself!

It was a relief to cross the finish line. Peter L, then Andy, then Sus all followed in quite close succession. Thanks to Mo for cycling round and appearing at various points to cheer us on and take photos. We collected our goody bags (with medal, Gatorade and Mars bar). Peter had to dash off to see Reading playing at home, but the rest of us hung around for the presentations, all agreeing that we found this a very tough 10K.

Results are now online. Although listed in finishing order, no actual positions are given. Assuming my counting is correct, we four Harriers all did well to finish in the top 100 (there were 851 finishers).

1 st man	Chris Dettmar (Headington RR)	33:58
1 st lady (26 th)	Belinda Tull (Reading RR)	40:21
52 nd (3 rd lady)	Sue Francis	42:21
64 th	Peter Linton	42:59
67 th	Andy Buckland	43:09
99 th (2 nd FV40)	Sus Enhard	44:48

Oxford Mail cross-country series 2007/2008

Final race:

Sunday 2nd March, Horspath (Oxford): Note the race order is altered for this one: Men (~6 miles) start 11:10; Ladies (~3 miles) start 11:40.

Please arrive in plenty of time to find the Team Kennet ‘base-camp’ (somewhere near the race start area – look out for yellow vests with blue trim). You will need to collect a Team Kennet running vest and race number from a Team Kennet official.

Further details and a map to the venue can be found at: <http://www.oxonxc.org/>

Race 4: Cirencester park

The fourth race of the Oxford Mail series was held on a sunny but bitterly cold day. The course involves a pleasant start round the polo lawn, a nice undulating wooded section, then a rutted stretch along a valley bottom before a steep 200m ascent to complete a lap. The ladies ran two laps, while the men ran three.

The ladies race was won by Frances Briscoe (White Horse Harriers) in 23:32. Team Kennet’s Rachael Elliot finished an excellent third and, with Sue 15th (26:53) and Helen Preedy 17th, the TK ladies team was first on the day.

The mens race winner was Matthew Almond (Alchester) in 30:54. TK’s top finishers were Tom Munt (15th) and Mark Shepherd (21st). Two Harriers, Dick and Rich, participated in the TK team. Dick ran well to finish 112th (40:23). Before the start, Rich had unfortunately been unable to find the elusive TK official, so he started the race with no team vest and no race number. Sue threw her vest to Rich on his final lap, he managed to put it on while running, ensuring that he was not disqualified at the finish! In one of his first races since his post-Ironman recuperation, Rich did well to finish 199th (47:34). The mens team finished 6th in Division 2 of the league.

Race results in brief.....

Lucy completed the Draycote Water 35-mile race – seven laps of a lake. Martin and Dick ran the Dursley Dozen multi-terrain race.

Handicap Race

Sue

Only four Harriers lined up for February's Handicap Race. A groin strain forced Dick to rest from racing, so he was unable to go for a record quadruple win. This gave the opportunity for a new winner this month – Lucy, who led from start to finish to record a safe victory. Sue finished 11 seconds later to take second spot, with Pete H a similar distance behind Sue, finishing third. Martin was resting a niggling injury so had a 'steady' run this month. If there was a prize for consistency, it must surely go to Pete, whose last three performances have been 13:38, 13:35 and 13:39!

Congratulations to Lucy, and thanks to Jan and Dick for timing. The next Handicap Race is scheduled for Thursday 13th March around the Village Lap. For the three 'summer' Handicap Races (April, June & September) shall we aim to use the off-road route, suggested by Sus, which we trialed last summer?

Pos	Name	Start time	Finish time	Actual time	Handicap Beaten?
1	Lucy	0:16	14:49	14:33	-0:11
2	Sue	3:09	15:02	11:53	+0:02
3	Pete H	1:37	15:16	13:39	+0:16
4	Martin	3:17	16:17	13:00	+1:17

Lucy's win has moved her to the top of the 'leader board' ahead of Martin and Sue.

Pos.	Name	Race points									
		Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	Total
1	Lucy	5	7	-	-	-	-	-	-	-	12
2	Martin	6	4	-	-	-	-	-	-	-	10
3	Sue	3	6	-	-	-	-	-	-	-	9
4	Dick	7	-	-	-	-	-	-	-	-	7
5	Pete H	1	5	-	-	-	-	-	-	-	6
6	Andy	4	-	-	-	-	-	-	-	-	4
7	Peter L	2	-	-	-	-	-	-	-	-	2
8	John	1	-	-	-	-	-	-	-	-	1
9	Kirsty	1	-	-	-	-	-	-	-	-	1

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

Mo

Easter is fast approaching and maybe it's time for an early spring-clean of your running equipment and to perhaps replace your vital running gear; therefore my first link this month is <http://www.sports-fitness.com/shop> where many of your essential items are on sale at up to 50% off the original price.

Up & Running also have many similar bargains in the clearance section of their on-line store, as well as all the new gear for 2008 ... the link is <http://upandrunning.co.uk/websales> .

According to Runners World, Triathlon is the sport of the moment with more than 100,000 competitors taking part in 400 events in the UK last year. For an excellent guide to the sport and how to achieve the extra fitness level, I strongly recommend a visit to <http://tinyurl.com/22kn8g> .

If you tend to start well in races of 10K and upwards, but then suffer a catastrophic blow-out before the end, this 4x4 session is for you. It's the brainchild of Professor Jan Helgerud, from the Norwegian University of Science and Technology, who believes many runners struggle to maintain pace on race day because they don't train enough at race-pace intensity. His solution: four reps of four minutes effort interspersed with three-minute jog recoveries <http://tinyurl.com/23ny82> ... and all in a lunch-time session!!

How about a run in the sun? Here is an extract from an email sent to Compton Harriers from the Cyprus Marathon Race Director ... On race day the entertainment activity programme will include a **dancing group** who will perform both **Greek / Cypriot folk dances**. All participating runners will be offered free of charge **KEO beer**, ample quantities of **KEO juice**, **Saint Nicholas Natural Mineral Water and Isostar energy drinks**. **Ample quantities of seasonal fruit (bananas and oranges)** will be offered free of charge to all participating runners after the race. The international running event is generously sponsored from **Constantinou Bros Hotels, Cyprus Tourism Organisation, SPE Strovolou, KEO Group, Cyprus Airways, SpiderNet Services Public Ltd, Laser Graphics Ltd, The Gallery (art + graphic design), Pafos Municipality and FOTOKINISI**. Registration can be made either by filling in the entry form included in the printed race programme or on-line <http://www.cyprusmarathon.com/registration.htm> Show your true running spirit...get out your home, hit the road running and plan to be there on **Sunday, March 16th, 2008**. If you have any questions or queries regarding the event please feel free to contact us at e-mail: run@cyprusmarathon.com or e-mail: skakour@spidernet.com.cy We welcome e-mails and promise to respond within 24 hours.

Happy running,
Stavros Kakourides
Race Director

.... how can anyone refuse such an invitation?

(Mo – Mar 2008)

Events Diary: Most entry forms can be downloaded from race websites; others are likely to be on the club notice board.

Sun 02 Mar 08	OXFORD MAIL XC , Horspath, Oxford,	3m(F),6m(M)	http://www.oxonxc.org
	READING ½ MTHN , 10:05 am, Green Park, Reading	13.1 miles	http://www.asicsreadinghalfmarathon.co.uk
Sun 09 Mar 08	SILVERSTONE ½ MTHN , 12:00 pm, Silverstone Racing Circuit	13.1 miles	http://www.adidashalfmarathon.co.uk
Sun 16 Mar 08	TOUGH CHALLENGE (Mthn, ½Mthn, 10k) , 9:00am, Wendover Woods	3 distances	http://tinyurl.com/2ayba5
Sat 22 Mar 08	12th DOWNLAND CHALLENGE , 9:00 am Downs School, Compton	40& 20 miles	http://www.comptonharriers.org.uk
Sat 29 Mar 08	BMAF OPEN X-C , 12:00 noon onwards, Warriner School, Banbury	6k(F) 8k(M)	Closing date 10 th March (email webmaster for more details)
Sun 30 Mar 08	HOGWEED HILLY HALF IV , 10:30am Horton Village Hall, Horton	13.1 miles	http://www.hogweedhillyhalf.co.uk
	COMBE GIBBET TO OVERTON 16 MILES , Overton Rec Centre	16 miles	http://www.overtonharriers.org.uk
Sun 06 Apr 08	WHITE HORSE ½ MTHN , 10:00am, Millbrook School, Grove	13.1 miles	http://www.whitehorseharriers.org
Sun 13 Apr 08	FLORA LONDON MARATHON , 9:00 am Greenwich Park	26.2 miles	http://www.london-marathon.co.uk
Sun 27 Apr 08	BLenheim 7K , 11:00AM Blenheim Palace, Woodstock (OX20)	7k (MT)	http://www.blenheim7k.co.uk
Sun 04 May 08	NEOLITHIC MARATHON (& ½ Mthn) , 10:30am, Avebury, Wiltshire	26.2 & 13.1m	http://tinyurl.com/2f6fwy
Tue 06 May 08	SILVERSTONE GRAND PRIX 10K , 7:30pm, Grand Prix Cct	10k	http://www.silsonjoggers.org.uk
Sun 11 May 08	HAIRY LEGS CHALLENGE , 10:00am, Gatehampton Rec., Goring	5k, 20k, 5k	http://www.hairylegs.org
Sun 18 May 08	WOODLEY 10K , 11:00am Headley Road, Woodley	10k	http://www.woodley10k.co.uk
	TOWN & GOWN 10K , 10:00am Oxford, University Parks	10k	http://tinyurl.com/2cc88t
Sun 08 Jun 08	WALLINGFORD THAMES RUN , 10:30am Howbery Park	~14k	http://www.thamesrun.co.uk
Sun 15 Jun 08	WARGRAVE 10K , 10:00am Victoria Rd Recreation Ground	10k	http://www.wargraverunners.net
Sun 27 Jul 08	DOWN TOW UP FLOW ½ Mthn , 10:00am Windsor Leisure Centre	13.1 miles	http://www.purplepatchrunning.com
Sat 20 Sep 08 & Sun 21 Sep 08	IoW FELL RUNNING SERIES , Ventnor, Isle of Wight	3,7 & 13 miles	http://www.rydeharriers.co.uk

Berkshire Road Running Championships 2008

Distance	Race	Date	Status	Website
Half Marathon	Wokingham Half Marathon	10th February	COMPLETED	http://www.wokinghamhalfmarathon.co.uk/
10 Miles	Maidenhead Easter Ten	21st March	CONFIRMED	http://www.maidenheadac.co.uk/
10K	Wargrave 10K	15th June	CONFIRMED	http://www.wargraverunners.net/
Marathon	Abingdon Marathon	19th October	CONFIRMED	http://www.abingdonamblers.co.uk/
Marathon	Flora London Marathon	13th April	STAND-BY	http://www.london-marathon.co.uk/

Saab Salomon Trail Running Series: exciting new trails featuring; 10k Forest Trails; 10m X-C and Trail Marathons; <http://tinyurl.com/23fdpd>

Don't forget ... if you are looking for events other than those listed above, then just click on the Union Jack in the menu bar of our website and follow the various links.

(Mo – Mar 2008)