

THE HARRIERS HERALD

No. 205, March 2010

Editor: Sue Francis

Contents, features, reports, results

- Thursday night schedules for March and April
- Correspondence received
- Compton Harriers Reunion – update
- IAH Annual Relay – preliminary details
- Race results: ‘Endurance Life Coastal Trail Series’ – Dick tells of his experiences in the Dorset and Gower marathons; ‘Oxford Mail cross-country’ - Sue finishes 10th at Cirencester; ‘Watford Half’ – Sus sets a PB; ‘Bramley 20’ – three Harriers represent the Club; ‘Portsmouth Coastal Half’ – Sus, Phil and Pete O enjoy a scenic race; ‘Wokingham Half’ – two Peters do well over 13 miles; ‘Dorney Lake 10K’ – PBs for Alison & Gillian; Goring 10K – Martin and Sue splash round
- Update from our Aylesbury Branch – Simon advises us to stretch regularly
- Handicap Race – Pete H is first across the line, but Mo is first on handicap
- Webmaster’s article – Mo introduces the new Compton Harriers Networking site, and continues his article on ‘nutrition & performance’

- Thanks to Dick, Sus, Simon, Pete H and Mo for this month’s contributions
- Copy date for April’s Harriers Herald – 31st March

Thursday night schedule for March

Thurs 4th Sus to lead
Thurs 11th Handicap Race
Thurs 18th Pete O to lead
Thurs 25th Peter L to lead

Thursday night schedule for April

Thurs 1st Short run / preparation for CDC
Thurs 8th Philomena to lead
Thurs 15th Handicap Race
Thurs 22nd Hannah to lead
Thurs 29th Ryan to lead

| Correspondence received | | |
|------------------------------|--|------------------------------|
| Sender | Subject matter | Action |
| SEAA | Info. Update #127; annual club subscription due | Club subscription (£10) paid |
| Association of Running Clubs | Recommend we affiliate to them instead of England Athletics | Find out more details |
| Running4Women | Windsor Women’s’ 8K for Breakthrough Breastcancer (25-09-10) | Events Diary & notice board |

Compton Harriers 20-year Anniversary Reunion, 3rd July 2010

Responses to my reunion e-mail are gradually trickling in, and I am slowly managing to trace more ‘old’ members. For those old members who are unable to attend, I am asking them to e-mail a short news update (home and work, family and, most importantly, whether they’re still running!) and a recent photo so I can compile a ‘where are they now?’ board. I will be booking the Pickled Pig for the evening celebrations - as Compton Harriers are affiliated to IAH Rec. Soc., they have waived our booking fee, which is great news.

IAH Annual Relay 2010

The Relay will be held on Thursday 20th May, starting at 5:30 pm from the cricket field, and with the same format as in 2009. Teams of four run round a lap which includes both road and tracks (each stage 1.6 miles) starting and finishing in the cricket field. Rec. Soc. have again kindly agreed to give a Pickled Pig drink voucher to all competitors and helpers. More details will follow in April’s Harriers Herald and by e-mail.

Race reports and results

Endurance Life Coastal Trail Series Part II - Dorset and Gower

Dick

When I left off boring you last month, I'd just met Mark Cockbain in a car park at Charmouth. I know Mark from the GUCR and he is very popular with many ultra runners, having competed in events all over the world. When I say competed I don't necessarily mean that he has been vying for the lead, but he is a steady mid-field finisher. His cheery implication that I might be past it was just enough to add a bit of interest to my race. Rather than having the simple aim to get round, I now wanted to get round ahead of Mark.

From the car park I made my way back to find Jan at the Race HQ in the camp bar/restaurant. The facilities there were clean and adequate, but there is something about an out of season holiday centre that is inordinately depressing. A holiday camp is not my favourite place at the best of times, but in early November – no thanks. By my return however, there were more people about and the bleak chilly atmosphere had warmed a little. Mind you, it didn't have to warm much to be warmer than the outside air.

Of course, it was outside into that air that we were forced, in order to attend the "Pre-Race Briefing". The briefings, I now know, are something of an institution. Gary insists that we all go outside so that he may bore us even more rigid than we're being frozen by the weather. He explains the route-marking (*which is very good, by the way*) and how to use the "dibber" transponder for timekeeping. He talks about donation to the National Trust and the need for the correct kit (*really a chance to plug the Endurancelife Store*). We hear about sponsors and beach cleaning and that the course may be difficult – in terms of up and down-ness; dangerous near cliff edges; and even muddy in places. This last bit seems to come as a surprise to some, especially the idiots wearing brand new road shoes.... You have to wonder what they're thinking.

Anyway, the briefing finished with a show of hands for those intending to do the series. I would probably not have owned up to being that silly in any case, but by now I was keen to keep my hands firmly in warm pockets. I just wanted to get on with it. There was just time to harness up the hydration pack and remove the trackie bottoms, before assembling for the Start. Except we weren't at the Start. First we had to march like schoolchildren on a nature walk, down through the village to the sea near the foot of quite a big hill. Organiser Gary found more words to say here, but I was too busy getting a goodbye kiss from my bagger, and making sure Mark C. was somewhere behind me, to pay him any attention. So it came as a bit of a shock when there was a quick blast on an air horn and everyone set off up the hill to the cliff top.

Had I paid attention, I would have heard the warning about "cracks" at the cliff edge. Thankfully I paid enough attention to where my feet were going, to see the "cracks" before disappearing into one. They were very big cracks. The fact that we were being allowed to run on such tricky terrain, I thought, was a good omen for the rest of the course, this was going to be "interesting".

Indeed the route did prove to be interesting, interesting and bloody difficult. From the start it went: up over Cain's Folly, down to St Gabriel's; then there was Upcot, Stonebarrow Hill, Chardown Hill, Langdon Hill, before Seatown; over Doghouse Hill, Frogmore Hill and West Cliff to West Bay; a loop over East Cliff, Burton Cliff, North Hill, Bennet's Hill back to West Bay; then over Thorncombe Beacon, Ridge Cliff and Golden Cap; and finally a flat bit - along a mile and a half of pebbles back to Charmouth. Along the way we encountered grass slopes, woodland path, mud tracks, stone tracks and tracks that seemed to mostly be cow-s**t. There was a short road section in West Bay and a near vertical drop down a straight staircase from Golden Cap to the beach. Overall, what you might call varied and what I'm calling the hardest marathon I've ever done.

A long, long time ago, when I used to take racing a bit more seriously, I developed the habit of counting the runners ahead of me. Soon after the start I'd pick a feature, either a post, tree or turn in the route and count runners past it until I reached the same spot. I'm ashamed to admit that I still do this. Over more recent years, it has, of course, resulted in some very high counts and often I've even lost track and had to give it up. At the first Dorset Marathon opportunity I counted about 30. This was a bit of a shock. The intention had been just to finish and if that happened in less than five hours, I'd be happy. Now I was in the top half of the field, well above my ability and needing to do something about it. The thing to do was obvious, but it's not always easy to

do the obvious. Instead I started counting off more bodies as I passed them and even managed to get down (*or is it up*) to something like twenty fourth. It couldn't last and it didn't.

Because I was taking it too seriously, I got in a bit of a strop when Jan stood all of twenty feet off the fastest route at one of the dibbing points. Not only that, she tried to get me to dib first and come back to her. I think I suggested too firmly that the ****ing dibber could wait and that the drink I wanted was more important. Possibly not the best way to treat someone who is standing out in the cold having got out of bed in the middle of the night for the privilege. Well, I soon paid the price for this ill humour. Not, as you may be hoping, by Jan driving back to the Finish and leaving me to get on with it. Rather by falling into one of those little misery troughs, that lurk in all races above about 15 miles, and can be so hard to climb out of. While in the trough the body count was all in the wrong direction. I think it got as high as 36.

Relief that Jan didn't desert (*as if she would*) and was still there for both visits to West Bay, prompted a rise in my spirits. Perhaps I should reward her dedication by getting the job done ASAP. It was time for a bit of a push. The final climb over the highest point on the southern coast, Golden Cap, the scary staircase descent to the beach and the plod along the pebbles, sand and rock all went well.

After 4 hours, 59 minutes and 39 seconds (*phew just in*) I crossed the line in thirtieth place, first vet fifty and, best of all, twenty three minutes ahead of Mark Cockbain – RESULT!

(Winner Pete Roper took only 3hrs 48mins. First Lady, Sharon Daw, 4hrs 36mins.)

Buoyed by the modest success at Dorset, a bit of training seemed to be a good idea. A couple of homeward runs from work went slowly, but without undue duress, so, a fortnight before the Gower Race, I was confident of another good-for-an-old-one finish. A week later this hope was dashed upon the rocky slope of Streatley golf course. I was merrily dashing home from a visit to the Beer Library at Goring when a loose stone caused a sprained ankle. "Dash it!" I exclaimed. (*It might not have been those exact words.*) "What do I do now?"

Well, obviously the choice was a bit limited: either I knocked on a stranger's door and called Jan to fetch me; or I pressed on. Pressing on got the vote and, if I could make the five miles home on it, a marathon after a week's rest might still be possible. It had to be worth a try. By dunking a foot in ice cold water troughs, home was reached without too much swelling. A bit of strapping kept things more or less in place throughout the week and by Friday night the decision to head west had been made. "I'll go just to see how far I can get and if I get a finish that'll be a bonus".

During the Rugby Six Nations season I do my best to dislike Wales but, if I'm honest, I quite like the place. Wales has mountains (even an electric one), valleys, funny little steam railways, Brains brewery, a fantastic National Stadium, the well known to boaters Ponty-Cillit-Bang Aqueduct and, its jewel in the crown, the wonderful Newport Transporter Bridge. All well worth a visit. It also has the optimistically named "International Airport" at Swansea - which isn't. I've heard of "bigging" things up but somebody is having a laugh here. True, we didn't pass the front-side on our way to Llangennith (*Welsh for back of beyond*), but what we saw certainly looked like the backside.

Another thing for which the region of West England is renowned, is the unnatural relationship between man and beast. I had always assumed that the female participants in these acts were unwilling victims, but it appears I am wrong. These brazen ovine hussies prostrate themselves on the highway, forcing innocent motorists to slow to a crawl. Revving the engine and honking the horn provokes little response, although a glower from Jan had better effect. Realising that they would get no business, the woolly whores would wander wearily from the path, giving a casual over the shoulder look as if to say, "I've had bigger men than you - for breakfast." It's hard to resist winding down the window to shout "I've had fresher than you for Sunday dinner - with mint on."

The Gower Peninsular is apparently well known, by those who know about it, for its windswept beauty. When we arrived at around 7:30 am we had to take others' word for the beauty part, as we couldn't see much but rain. To be fair, I feel the rain probably did us a favour in that it kept the sand, which would otherwise have been blasting paint from the car, more or less where it should be. I have mentioned a dislike of Holiday Camps in winter previously. I'm sure that on the two sunny summer days in Wales, the Hillend Camping and Caravan

Park is absolutely glorious. On December 5th 2009, it did nothing to lift my day-before-another-bloody-birthday gloom.

The usual pre-race formalities (take a dump; collect number and dibber; smear the car with Vaseline; listen to tedious briefing) for this event also involved the application of a new Lonsdale elasticated ankle bandage. (*I only mention this because these bandages now come with a hearty recommendation from me. I wore one for the preceding week and it kept my foot small enough to still get my trainer on. This new one got me round what turned out to be 27.5 miles without incurring further damage – five stars.*) Preparations completed, it was time to head for the start line. As Jan set off to negotiate the narrow lanes and mutton traffic calmers on her way to the first rendezvous, her parting comment, “Remember why you came.” hit right on target. This was supposed to be enjoyable. There would be no worrying about times and no counting runners, in fact, no racing. Just enjoy the scenery and get a finish.

Well, I did try not to get involved. But when some arse keeps (*Four times he did it!*) pushing past, stopping to look back and wait for a friend, before pushing past again, you’ve got to have a bit of a go haven’t you? To be honest, I don’t know whether Mr Arse eventually finished in front or not. At times the route involved some tricky, rock strewn drops and the concentration required to stay upright left no brain cells free for other tasks. At one particularly precipitous descent the slightly handicapped right foot caught the top of stone and sent me heading for certain disfigurement. Thankfully, a brand new fence-post was just within tackling distance and a well executed shoulder charge to it preserved my youthful good looks for the photographer. Anyway, just before the first meeting point, I remembered Jan’s words and made a special effort to be cheerful. Instead of the usual grab and dash I arrived smiling, had a bit of a chat as well as a bite, drink and kiss, and went on my way still smiling. From this point on the day was transformed.

I can’t say that the next twenty miles exactly flew by, but they were much less an ordeal. The nadgery woodland paths, sandy beach, rocky beach and stony cliff-side stretches all seemed to pass easily beneath my limp. There was a period of intense pain, like a repeating electric shock in my left hand, which I endured for about half an hour. It was only when I checked the time that I realised that this agony was caused by my watch having slipped – I’ll bear this in mind in future. Even this discomfort did not dampen spirits and I made it to our last meeting point at Rhossili tired, but still in good humour.

Rhossili is only a couple of miles from the finish at Hillend. Between the two is Rhossili Down, a 600 foot high, one and a half mile long bump. This bump could have been something to moan about but, by the time I got there, the weather was the target for my grumbling. It was sheeting down. The strange thing is, that when you have something other than the running to focus on, the running gets easier. The steep climb up the Beacon went without my being overtaken, in fact a few places were actually gained (*although I suspect these were only half-mara runners*). At the summit we were rewarded with a tailwind (*complete with horizontal rain*) to carry us along the ridge. At the start of the final plummet down from Burnt Mound I had the beginnings of a “runners’ high”. Ahead, about 20 runners were slipping and sliding down a variety of paths that had all become little waterfalls in the rain. Why they didn’t use the obvious straight-down-the-bracken route I don’t know (*possibly the pointy rocks littering it*) but that was where I was going.

As I passed the first two girls blouses, the thought popped into my head that if I really went for it, I might just beat them all to the bottom gate. That could easily have been my last ever thought, instead it resulted in the most exhilarating finish I’ve had for many a long year. That £250 entry fee was money well spent.

My finish: 5:14:17, 62nd and First Vet 55. Winners: Pete Roper and Adrian Jones 3:44; Freya Bloor 4:03.

PS. The joint winners, who had swapped the lead throughout, shook hands at the top of Burnt Mound, on an agreement to share first place rather than damage themselves racing to the line. What’s that all about?

Oxford Mail X-country league, 7th February **Sue**

I raced for Team Kennet on the challenging but enjoyable Cirencester Park course, and finished 10th (26:43). With the other Kennet ladies 20th and 34th, the team finished 5th. The race was won by Frances Briscoe (White Horse Harriers) in 23:32. In the men’s race, Team Kennet finished 1st team in division 2.

Watford Half Marathon, 7th February

Sus took part in this event, which she has run several times previously, and set a half marathon PB of 1:30:44. Well done Sus.

Bramley 20 (or Bramley 10), 14th February

Sus

This race consists of 2 relatively flat 10-mile loops, with two inclines at 6 and 8 miles (and 16 and 18 miles). I met up with Peter H, and later we saw Peter L who was together with Glyn from Reading Roadrunners.

I was debating with myself what to wear as we had already had snow and rain earlier in the morning – a cap I could discard, if it got too warm, was the final solution.

We were off, rather fast I thought but I kept the pace till the field had spread out. At about 3 miles in, Carole Philips from Swindon Harriers caught up with me, she is a very nice lady I got to know through previous races, we are quite similar in speed so I suggested that we could run together. At this time we had been running behind two men who sounded as they were pacing one another and Carol was happy to stick to them, so I went along with the idea and we now formed a little team of 4. However, I felt at this stage the pace was too fast, so I started to ease off a bit and eventually lost them.

On approaching the end of the first loop (finish line for the 10 miler), a marshal shouted “20 miler keep to the right” so I turned right till I heard a voice say “Where are you going sweetheart” *Moi ??* Stupid me!, so I went down the steep grass bank and back on the route again, but as I was doing this my legs felt absolutely fine, so I said to myself bring it on, I am ready for my second lap. I managed to reel in my little group of 4 – to which they replied, “oh good, you are back”. At this stage I was starting to feel a little bit cold, so I stayed as close as possible to my team to get a bit of their body heat in exchange for some gel. We had just passed mile 16 and though it was cosy and comfy behind the two men I felt I had more in the tank, *bu**er it*, I need to give it a go. So I picked up the pace and overtook - one of the men replied in saying “don’t forget the last incline at mile 18”. “I know, but I have to give it a chance” I said. So I did and it seemed to work, though my finish time was a bit slower than I had hoped for. Afterwards I met up with Carole Philips, but we never saw our two guardian angels again so, whoever you were, thanks for being there.

| | | | |
|----------------------|---------|----------------|---------------------|
| 1 st Man | 1:55:36 | John McFarlane | Thames Hare & Hound |
| 1 st Lady | 2:06:30 | Holly Rush | Team Bath |
| Glyn | 2:20:01 | | |
| Sus | 2:22:42 | | |
| Peter L | 2:27:55 | | |
| Peter H | 2:46:55 | | |

Dorney Lake 10K, 21st February

Well done to Alison and Gillian who both set 10K PBs, Alison finishing in 57:36, and Gillian in just under the hour.

Portsmouth Coastal Half Marathon, 21st February

Sus

If you like to run something slightly different then this is for you. The first 7 miles take in the fantastic views across the Solent to the Isle of Wight and some good sightseeing along the Portsmouth and Southsea seafront. Then from 8 to 12 miles a mixture of off-road running through parkland and beach shingles. If the tide comes in you may just get wet feet. The last mile is back on the tarmac, home to the finish at the Portsmouth RNL station. It is first time this event has been organized by Believe and Achieve, attracting more than 600 runners in the first occasion. Peter O kindly drove Phil and me. Peter and I ran together for the first few miles. The

start was a strong headwind along the seafront where Peter and I found shelter behind a third person and that seemed to make the conditions slightly better. Peter, who has yet to learn about running gel, started to slow down and I was left to my own devices. Enjoying the race and the sights, I was just minding my own business till heard one of the marshals say to me that I was currently third lady. Suddenly it started to get serious; I caught up with the 2nd lady, overtook and ran as fast as my legs would take me over the shingles and seaweed back home to the finish to some hot soup and a nice goody bag.

P.S. Yes, Peter has promised that at least he will try some of the gel Phil and I will compose for him – so Usain Bolt watch out!

| | | |
|----------------------|----------------|---------|
| 1 st Man | Edward Glayton | 1:20:28 |
| 1 st Lady | Gillian Banks | 1:32:01 |
| 2 nd Lady | Sus | 1:33:20 |
| | Peter | 1:37:43 |
| | Phil | 1:48:39 |

Wokingham Half Marathon, 21st February

Pete H

By tradition the Wokingham Half Marathon is staged on a bad weather day. It was thus appropriate that the 25th staging of the race was no different with a torrential downpour preceding the event.

Being as the start line is only half a mile from my front door I left home as late as possible but still got soaked. More annoying was the long queue to drop off my dry clothing in the kit bag tent. With some 200 runners in front of me and a similar number behind I was expecting the start to be delayed. Instead an announcement over the PA requested all runners to get into their starting positions as there were four minutes to the gun. I, along with many others, hurriedly dumped our bags in the massage tent and just got to the start on time. The start gun turned out to be a virtually inaudible and probably waterlogged claxon. The first minute of the race was at walking pace so why did I rush?

The course was slightly different this year but still as flat as a pancake bar four bridges across motorways. The race itself was uneventful with me finishing in 1:37:24 (544th out of 1969) behind Peter L in 1:30:02 (299th). Interestingly I crossed the finish line at exactly the same moment as a friend but the results showed me to be two seconds and three places behind her. Even the winner's chip time was 8 seconds out from his gun time and one assumes he started at the front. Could be worse, Peter L reckoned his watch was 30 seconds different to the official time.

Technicalities apart it was an enjoyable event and the post race massage prevented too many aches on Monday morning.

Goring 10K, 28th February

Sue

With Peter L and Lucy nursing injuries, it was left to me and Martin to fly the Harriers' flag at Goring. Pre-race, it poured with rain, so I began my warm-up with a bit of vacuum cleaning before putting on a bin liner and venturing outdoors to run the 500 metres from home to the race start.

This year, the race was sold out, but the weather obviously deterred a lot of people as only 888 of the 1200 entrants turned up and finished the race. Another novelty this year was chip-timing. We were all asked to line up behind the start according to our anticipated finishing times since the ankle chip would record the actual time between crossing the start line and the finish line. The rain eased as the race was started by Sir John Madejski and we set off up Icknield Road for a climb up to the 1K marker. Mo and Lucy cycled round the route and popped up at various points to offer much appreciated support.

Given the conditions, I decided not to worry about the watch but instead to focus on racing three ladies who I know are similar pace to me – Jane Davies a FV50 Reading Jogger, Belinda Tull of Reading RR, and Jess Franklin of Newbury AC. We were all close together for the first 2K, but Jane and Belinda pulled away a bit along the off-road section which was waterlogged and very muddy. However, back on the road in South Stoke, I reeled them in and maintained my lead until the last uphill section. Jane passed me and, despite my efforts to catch her in the final downhill and flat run-in, she just managed to hang on. Nevertheless, ignoring the watch made the run much more enjoyable for me; I ran a pretty even pace and felt good all the way. Meanwhile, Martin had run well, and put in a good finish to just pass Peter L's friend Glynn in the last 1K.

We collected our goody bags (which included medal, Mars Bar, a bottle of Gatorade, and a packet of instant oat cereal). The race was once again very well organised, the only obvious 'hitch' being revealed on the results webpage, which stated that many runners' chips had failed to record their start times so the results given were gun-to-chip times (so much for technology!).

| | | | |
|---|------------------|-------------------|-------|
| 1 st man | Michael Osbourne | Oxford University | 34:09 |
| 1 st lady | Samantha Amend | Belgrave Harriers | 38:52 |
| 35 th | Martin | | 40:07 |
| 81 st (5 th lady) | Sue | | 42:57 |

For Goring 10K photos, see page 10

Injury update from the Compton Harriers' Aylesbury branch

Simon

I have some good news and some bad news, folks. The good news is I finally know what's causing my injury. The bad news is I finally know what's causing my injury...

It seems that the tightness in my calf muscles is caused, basically, by old scar tissue ripping apart when I run. If I walk it doesn't get stressed as much and consequently doesn't tear, but when I run the constant stretching and contracting of the muscles causes old scar tissue to tear apart and that is what's causing the cramping feeling and tenderness and stopping me from running.

And before any of you say anything, yes it is most probably due to me not stretching properly...

My guess is that, when I was doing the long stuff between about 1991 and 2004, because I wasn't really taking much if any time off from running the scar tissue didn't really get a chance to form. From about 2004, though, I had a few not-very-good years when I didn't do much running at all, and it was then that the scar tissue started to build up. Consequently when I tried to up the mileage again in 2007 the scar tissue started tearing when I ran and the injuries started.

So I have a couple of options: 1. Carry on seeing an osteopath to try and break down the old scar tissue; 2. Run through the pain barrier and hopefully get back to some long distance running; 3. Give up running and start walking. Hmm, tough call. Option 1 costs about £60 an hour and it is, I have to say, going to add up to quite a bit in the long run (no pun intended). Option 2 will probably hurt like bu**ery and might cause even more damage. Option 3 is probably the most feasible, as at least I can still walk at 5mph, but I'd rather be running...

I guess the moral of my story is that if you're going to run make sure you stretch properly and look after your legs. However, if you're not going to stretch properly don't stop running – that way the scar tissue will never get a chance to form. If only I'd known that in 2004 I wouldn't have stopped running in the first place.

Happy and injury-free running to you all.

Simon

Handicap Race

Sue

Conditions were good for February's Handicap Race. There were 10 competitors, with new member Steve being 'lucky' enough to turn up for his first ever Harriers run on a Handicap night. Sue kindly volunteered to run round with Steve, so he didn't go off course. To ensure no one had to hang around for long in the cold, Gillian, Mo and Alison and were set off with 5 minutes less lead than they should have had so the first person across the line would not necessarily be the first person on handicap - the 'real' winner had to be determined by post-race calculations.

There were good performances all round, with Pete H, Terry and Gillian all setting PBs. Pete H was first home, with a good winning margin of 23 seconds. Behind him, Terry just held on to 2nd place from a fast-finishing Martin, who had already puffed his way past Sue. Dick caught Pete O round Shepherd's Mount but Pete found a little extra to pull away again at the end. Steve set a good time and said he enjoyed it. Mo had to work hard and run a season's best to stay ahead of Alison and Gill.

The post-race calculations revealed that Mo had beaten his handicap (predicted time) by 56 seconds. So, had he started with his correct lead, he would have won the race with a 22 second margin ahead of Alison, then Pete H. The points for the Handicap Championship have been awarded according to the amount by which each person beats their handicap.

Well done Mo and Pete H, and thanks to Jan for timing. The next Handicap Race will be round the Village Lap route on 11th March.

| Finish Position | Position on handicap | Name | Start time | Finish time | Actual time | Handicap Beaten? |
|-----------------|----------------------|---------|------------|-------------|-------------|------------------|
| 1 | 3 | Pete H | 1:38 | 14:30 | 12:52 | -0:30 |
| 2 | 5 | Terry | 1:41 | 14:53 | 13:12 | -0:07 |
| 3 | 6 | Martin | 3:42 | 14:56 | 11:14 | -0:04 |
| 4 | 7 | Sue | 2:49 | 15:03 | 12:14 | +0:03 |
| 5 | 8 | Pete O | 2:18 | 15:27 | 13:09 | +0:27 |
| 6 | 9 | Dick | 2:49 | 15:29 | 12:40 | +0:29 |
| 7 | New Runner | Steve G | 1:22 | 16:00 | 14:38 | New Runner |
| 8 | 1 | Mo | 0:17 | 19:04 | 18:47 | -0:56 |
| 9 | 2 | Alison | 0:54 | 19:26 | 18:32 | -0:34 |
| 10 | 4 | Gillian | 0:00 | 19:38 | 19:38 | -0:22 |

Having been 2nd and 1st on handicap in the first two races of the 2010 series, Mo has a lead of 6 points in the Championship, ahead of Lucy, Alison and Sue. We all have a lot of work to do to catch him up.

| 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 | - | - | - | - | - | - | - | 13 |
| 2 | Lucy | 7 | - | - | - | - | - | - | - | - | 7 |
| 3= | Alison | - | 6 | - | - | - | - | - | - | - | 6 |
| 3= | Sue | 5 | 1 | - | - | - | - | - | - | - | 6 |
| 5= | Pete O | 4 | 1 | - | - | - | - | - | - | - | 5 |
| 5= | Pete H | - | 5 | - | - | - | - | - | - | - | 5 |
| 7 | Dick | 3 | 1 | - | - | - | - | - | - | - | 4 |
| 8 | Gillian | - | 4 | - | - | - | - | - | - | - | 4 |
| 9 | Terry | - | 3 | - | - | - | - | - | - | - | 3 |
| 10 | Martin | - | 2 | - | - | - | - | - | - | - | 2 |
| 11 | Francis | 2 | - | - | - | - | - | - | - | - | 2 |
| 12 | Steve G | - | 1 | - | - | - | - | - | - | - | 1 |

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

Mo

Links of interest this month:

- ◆ <http://tinyurl.com/CHRCNetwork> if you feel like posting your successes or chatting about the events you have entered or plan to enter, then by following this link, you can sign up to the newly-created Compton Harriers Network site and add your blog posts for all to see. I have set up the network by popular demand ... well one person mentioned it to me ... so all you need to do if you are interested is to sign up. You may remember that I set up something similar a couple of years ago, but it didn't really take off, so I removed the link from the main website. This time, it's open for anyone to join and add their comments, news etc ... so you can set up your own profiles as you wish. Content will only be visible to members of the network, but I have left it open for anyone to join at the moment, to avoid getting caught up in a new member approval process which would considerably slow the network start. If the network successfully takes off this time, then I can restrict the membership process at a later date so that new members are vetted first.

Your network profile can also be linked to Twitter and Facebook. I have already set up a link to my new Twitter account, not that I do much of that online, but at least I have checked the process and it's not too difficult to set up. Once linked, posts are automatically updated on both accounts, although I haven't set up any messages yet ... however those of you who are very active with your tweeting and blogging will no doubt soon add posts and comments.

I await the outcome with baited breath ... who will be the first to post latest Harriers news and comment? (Not counting me of course as I could easily have cheated ... as I was told by quite a few spectators at the Goring 10k on Sunday 28th February when I cycled around the course ... Lucy cheated as well!).

- ◆ The two links below were passed on to me by Dick who received them from a running colleague (Stuart Lodge) and they provide some interesting effects ... including an elevation thumbnail, a map thumbnail and an interactive map and a 3d fly through of the Compton Challenge route.
- ◆ <http://www.runsaturday.com/Map/Detail/Course/421> linking to:
- ◆ <http://www.runsaturday.com/Map/Create/Detail/421>
I will also add the links to the Challenge details page on the website.
- ◆ <http://www.mymoti.com/reading/> is the website address of the new running shop in Reading. I have had a brief look at the site, but haven't visited the shop yet. I did notice that there don't seem to be any prices or actual gear shown on the website, but as it's only just been launched, perhaps this is all yet to come. Perhaps the first Harrier to visit will let us all know what he/she thinks of this new enterprise ... and don't forget to ask for your 10% club discount if you are tempted to buy anything!
- ◆ <http://www.runningfreemag.co.uk> this link will provide you with some very interesting reading.

Article 2 in my nutrition and performance series covers the benefits to your well-being of protein and fat.

❖ **Protein**

Protein is essential for muscle development and is a vital nutrient in body repair and growth. Those who regularly exercise need slightly more protein than the recommended average (1.2-1.4g of protein per kg of body weight per day compared to 0.75g for a sedentary person). As most of us already eat more protein than we need there should be no need to make a special effort to consume more. There is no scientific evidence to show that increasing your protein consumption beyond the recommended levels will make you any stronger. However, it is important to choose good quality sources of protein-rich foods. Good choices include lean red meat, fish (particularly oily fish, for its healthy omega 3 content), poultry, eggs and low-fat dairy products (which are a great source of calcium). Non-animal sources of protein, such as beans and pulses, nuts, seeds, tofu and soya are also good options.

Good sources of protein-rich foods are:

- ◆ *Extra lean minced beef*
- ◆ *Turkey or chicken breasts*

- ◆ *Eggs*
- ◆ *Skimmed or semi-skimmed milk*
- ◆ *Low-fat yoghurt*
- ◆ *Sunflower and pumpkin seeds*
- ◆ *Salmon fillets*
- ◆ *Mackerel or sardines tinned in spring water*
- ◆ *Red Kidney beans*
- ◆ *Lentils*

❖ *Fat*

Fat is essential in our diet, but most of us consume more than we need which can lead to becoming overweight and increased health risks. Fat contains 9 calories per gram and is easy to over-consume, whereas carbohydrate and protein contains around 4 calories per gram.

According to Government guidelines, fat intake should be no more than 35% of daily calorie intake. An active person keen to maximise performance through healthy eating will need to aim for a lower fat intake level (Sports Nutritionists recommend 25%), so the higher level of carbohydrate intake can be accommodated. Reduced fat intake is also essential for those trying to lose body weight.

Fat is present in our diet not just in its visible form, such as in butter, oil or fatty meats, but it is also hidden in processed foods, fast food and takeaways for example.

Fat intake can be lowered by choosing leaner meats, removing fat and skin from meat, swapping full-fat products for low-fat alternatives and choosing skimmed or semi-skimmed milk instead of full fat. It can be further lowered by reducing intake of high fat snacks, such as crisps, pasties and chips (unless you are a Compton Harrier of course!!).

As well as keeping an eye on how much fat we consume, we should try to eat healthier *types* of fat such as the unsaturated fats found in oily fish (omega 3 fatty acids) and the mono-unsaturated fats from vegetable sources such as avocados and olive oil. Saturated fat found in burgers, creamy sauces and meat pies is unhealthy for the heart so intake should be moderated.

Good sources of unsaturated fats are:

- ◆ *Olive oil*
- ◆ *Rapeseed and soya oil*
- ◆ *Low-fat dairy products*
- ◆ *Avocados*
- ◆ *Oily fish*
- ◆ *Nuts and seeds*
- ◆ *Peanut butter*

Next month ... vitamins, mineral and fibre.

Goring 10K: Martin stretches out in the final mile, and Sue leads Jane Davies through South Stoke

