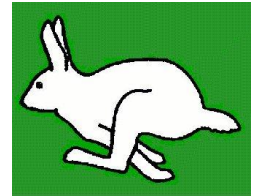


THE HARRIERS HERALD

No. 229, March 2012

Editor: Sue Francis



Contents, features, reports, results

- Thursday night schedules for March and April
- Correspondence received
- IAH annual relay – preliminary notice
- Club subscription reminder
- Handicap Race – Good performances on a bitterly cold evening
- Race results: *Oxford mail cross-country* – Five Harriers race at snowy Cirencester; *Newbury Park Run* – Mags enjoys the inaugural race; *Heartbreaker Run Festival 14M* – Sus and Philomena run well in the New Forest; *Meon valley Plod* – Pete reports on a challenging event; *Bourton 10K* – Martin beats a Dave Wright; *Wokingham Half* – good performances from six members
- Running Life series – ‘The Accidental Runner’, Gillian Anton, tells of her motivation and her stubborn streak
- Webmaster’s article – Mo features Wiltshire-based running events organised by ‘eventslogic’
- Thanks to Pete H, Mags, Gillian, Sus and Mo for this month’s contributions
- Copy date for next Harriers Herald – 30th March

Thursday night schedule for March

Thurs	1 st	Sus to lead
Thurs	8 th	Philomena to lead
Thurs	15 th	Handicap Race
Thurs	22 nd	Terry to lead
Thurs	29 th	Colin to lead

Thursday night schedule for April

Thurs	5 th	Final preparation for Compton Challenge
Thurs	12 th	Lucy to lead
Thurs	19 th	Handicap Race
Thurs	26 th	Debbie to lead

Correspondence received		
Sender	Subject matter	Action
Association of Running Clubs (ARC)	Encouraging Clubs to affiliate to ARC instead of England Athletics	Discuss / file
Veterans Athletic Club (VAC)	Encouraging veteran (aged over-35) runners to join VAC (based n London); enables participation in veteran-only competition, without affecting membership of 1 st claim club	Ask Sue to see leaflet, or visit www.vetsac.org.uk

IAH Relay

Sue

Plans are underway to organise the 2012 IAH Relay. The Relay is an event for people of all abilities, organised by me (with the help of other Harriers) and supported by IAH Rec. Soc., who have said they are once again willing to organise a barbecue and open the bar for the event. Teams of four run around a lap which includes both road and tracks (each stage 1.6 miles, or 2530 metres) starting and finishing in Compton cricket field. Teams are made up of IAH employees, members of Compton Harriers, relatives, friends or other guests, and we plan to invite Team Kennet members again. The start is handicapped so all teams should have a similar chance of winning, and there is a trophy for the winning team. Competition can be hot at the ‘sharp end’, but it’s also a fun social event. The date is to be confirmed, but I am looking at the evening of either Thursday 10th or 17th May.

Compton Harriers 2012 membership fees - reminder

You should all by now have received Gillian's membership renewal reminder e-mail. Thanks to those who have renewed their membership for 2012, and to those who have let Gillian know that they do not intend to rejoin.

If you have not yet replied and you still wish to be a member of the Harriers, please can forward your completed forms and subscriptions to Gillian. If you do not intend to renew your membership at this time, please send Gillian an email to confirm this: gilliananton@hotmail.com

The Club subscription is £3 plus the England Athletics fee of £5 (if you intend to compete) - total £8 payable to Compton Harriers. Non-IAH employees also need to join IAH Rec. Soc. (£24 payable to IAH Rec. Soc.).

Handicap Race

Sue

February's Handicap Race was held on a dry and still evening. But it was so bitterly cold that we decided to do a mass start, rather than a handicapped start, so that the faster runners wouldn't have to hang around in the cold. This actually seemed to suit many people and there were some good performances. Jeremy was first to finish, with Martin in hot pursuit; both recorded very good times. But it was Mo who put in the best relative performance of the evening, running his fastest time since 2007, and knocking an incredible 1:15 off his predicted time. Therefore Mo scores top marks once again and extends his lead at this early stage of the 2012 championship. Well done Mo and Jeremy, and thanks to Jan for timing. The next race is scheduled for 15th March (Village Lap).

Finish Position	Position on handicap	Name	Start time	Finish time	Actual time	Handicap Beaten?
1	2	Jeremy	0:00	11:16	11:16	-0:25
2	4	Martin	0:00	11:35	11:35	-0:08
3	6	Sue	0:00	12:11	12:11	+0:05
4	3	Pete H	0:00	13:08	13:08	-0:10
5	5	Colin	0:00	13:44	13:44	0:00
6	9	Richard	0:00	13:56	13:56	+0:50
7	8	Philomena	0:00	14:48	14:48	+0:33
8	7	Debbie	0:00	15:36	15:36	+0:28
9	1	Mo	0:00	18:32	18:32	-1:15

Pos.	Name	Race points									Total of best 5
		Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	
1	Mo	12	12	-	-	-	-	-	-	-	24
2	Colin	8	7	-	-	-	-	-	-	-	15
3	Debbie	9	5	-	-	-	-	-	-	-	14
4=	Martin	5	8	-	-	-	-	-	-	-	13
4=	Sue	7	6	-	-	-	-	-	-	-	13
6	Jeremy	1	10	-	-	-	-	-	-	-	11
7	Dick	10	-	-	-	-	-	-	-	-	10
8	Pete H	-	9	-	-	-	-	-	-	-	9
9	Pete O	6	-	-	-	-	-	-	-	-	6
10=	Philomena	-	4	-	-	-	-	-	-	-	4
10=	Lucy	4	-	-	-	-	-	-	-	-	4
12=	Gillian	3	-	-	-	-	-	-	-	-	3
12=	Richard	-	3	-	-	-	-	-	-	-	3
14	Rich	1	-	-	-	-	-	-	-	-	1

Race Reports & Results

Oxford Mail x-country, Cirencester Park, 5th February

Sue

On a day when the winter weather led to many road races being cancelled, the Oxford Mail x-country went ahead at a snow-covered Cirencester Park. The challenging course was made even tougher as the sun was melting the snow on top of hard rutted ground, so it was difficult to get traction.

The 6K ladies race was won by Elysia Ridley (Witney, 24:43). The 'Team Kennet' ladies team was composed entirely of Compton Harriers this time. I finished 15th (28:30), Debbie was 54th (34:01), Mags was 85th (42:44), followed by Gillian (90th, 47:48). The team was 7th on the day.

The 10K men's race was won by local man David Bell (Cirencester, 31:51). There were only three team Kennet men on this occasion, so they did not complete a team. Colin was 141st in 46:45.

Newbury Park Run, 11th February

Mags

The first Newbury Park Run was held on 11th February at Greenham Common. The day was -8°C with clear blue skies and the common was snowy. It didn't deter the runners: over 300 turned up! A record for a first day Park Run apparently.

I did my usual trick (got lost), so arrived late, found all the car parks full and ended up parking a good walk away with the result that I was about 15 minutes late for the start! They let me run though, and this is when I discovered the way was very well marked (I *didn't* get lost!) with coloured markers on the ground. I even managed to catch up some of the slower runner/walkers.

There were runners of all abilities and ages there and it was well organised. There is even a coffee shop open should you want a chat and drink after the run. Most seemed to enjoy it, I know I did and will be going again. It is on every week.

Just remember to register first if you haven't done a Park Run before: <http://www.parkrun.org.uk/newbury/home> I have no idea about my running time as my watch ran out of battery halfway round! I can only hope though that my next run is a good improvement, as long as I can get to the start on time!

The Heartbreaker Run Festival, 26th February

Sus

You simply cannot go wrong by entering a race which takes place in The New Forest. Even if everything else goes wrong you have still got the scenery to make up for it. But the organization was spot on and the weather was lovely. The testing off-road route started and finished at the Sandy Ball Holiday Centre. There were three choices of run courses: 10k, 14 miles and Marathon. Phil and I both did the 14 miles. At the finish I was waiting for Phil to come in. One of the advantages with entering races with Phil is that you can always ask a marshal if they have seen her: I could not do that with anyone else in the club! But when I did ask the marshal if she had seen a 'black lady', she kept correcting me saying I meant a 'coloured lady'. To make sure that I did not say anything wrong I thought I'd better hear it straight from the horse's mouth, and Phil also thinks it should be 'black' – so there you have it. Anyway, afterwards there was the most tasty hot (not warm, Tom) tomato soup I can ever remember having. Afterwards Phil and I had a shower but, had we known we had free access to a jacuzzi and spa, I would probably still be sitting there.

The result was quite something as the 1st lady Holly Rush (1:29:46, Team Bath AC) was only a second from the 1st man Mark Lander (1:29:45, Full-On-Tri). I managed to finish as 2nd lady in 1:41:00 and Phil finished in 2:02:21 as 5th in her age group.

Meon Valley Plod, 12th February

Pete H

This race ticks all the right boxes – great scenery, fantastic views, more steep ascents and descents than you can dream of, and a superb atmosphere. Underfoot the race had a bit of everything – snow, sheet ice, frozen ground, mud, water and lots more besides.

The course was slightly altered from last year but was just as tough if not more so. The principle change being that the race started in Clanfield village which allowed for parking on tarmac rather than a muddy field, which last year was difficult to egress without a 4x4. Having started a 17-mile training run at minus 8° the previous weekend it was a little disappointing that the car temperature gauge hit zero in deepest Hampshire prior to the start. And there could have been more snow to add interest.

Most of the race was off-road with the bridle-path sections proving particularly tricky to negotiate. Those with south facing slopes were very muddy after being churned up by horses whilst those on north facing slopes were frozen solid, the uneven terrain meant twisted ankles were a real possibility. If that wasn't enough many of the paths doubled up as streams created by melt water. Just to make matters even more difficult there was one particularly steep ascent which was only possible by pulling oneself along a wire fence for some 150 metres as the path was both slippery and deeply rutted – note the guy in orange in the background hanging onto the fence.



The refreshment stops, literally stops, were very sociable places with a choice of Christmas cake, Mars bars, brownies, bananas, Jelly Babies and, in one case, hot tea and coffee. And of course there was time for a brief chat.

The mile markers were somewhat approximate with the finish at 21 miles seeming to come very soon after the 18 mile point; maybe I was too engrossed in conversation to notice the final few miles. My time of 3:35:33 was 13 minutes better than last year. Although the course was slightly different, I put the improvement in part to wearing the correct footwear; in 2010 expecting firm chalk soil I wore road shoes. My time was good enough for 103rd place out of 255 finishers but paled into insignificance compared with the winner's 2:25:49.

At the finish there was a t-shirt, medal, more food and a day later the option to claim free digital photos of oneself.

Bourton-on-the-water 10k, 26th February

Martin enjoyed racing the Bourton 10K and put in a good performance to finish in 38:13 (74th). I noticed in the results that Martin finished immediately in front of a Cirencester runner called Dave Wright (for those who don't know, Martin has a 'history' of close races with people called Dave Wright). The race was won by Jake Shelly (Shaftesbury) in 31:47, while first lady was Alyson Dixon (Chester Le Street) in 33:34. There were 497 finishers.

Wokingham Half, 19th February

Six Harriers raced well at Wokingham. Ryan, 1:24:21 was 147th; Sus, 1:26:05 was 196th; Lee, 1:28:39 was 254th; Pete H, 1:36:08 was 496th; Lucy, 1:38:12 was 603rd and Philomena, 1:40:35 was 693rd. The race was won by Phil Wicks (Belgrave, 1:03:14), while 1st lady was Liz Yelling (Bedford AC, 1:12:58). There were 2192 finishers.

Running Life Series no. 10 **Gillian Anton, The Accidental Runner**

Five years ago, a friend of mine asked me to run a 5km Race for Life with her. Neither of us really trained that hard, or even really enjoyed it, but we did it and raised about £500 for charity.

We had a bit of a break for a couple of years, while my friend had IVF, and delivered a beautiful daughter. During those two years, running was not something that captivated me enough to do on my own, so kinda slipped by the wayside.

After her little girl was born, Jenn was then ready for a new challenge. When she suggested we run 10km for the same charity, I laughed; I had struggled with 5km as I was so overweight - but we decided to have a go. We trained a couple of times a week, and signed up for the race, which was in late July. Then my friend's Achilles tendon threw a spanner in the works. She had to stop but, by then, I had made my decision and there was no turning back.

I was considerably overweight, although relatively fit due to my gym sessions with my Personal Trainer Sara. She had retoned my body, so I had plenty of muscle, I just needed to shift the weight. After a few weeks training, it was obvious that I needed to be serious about this, and started counting every calorie. The weight came off slowly and I managed to run more and more of the distance.

About 2 months before my first serious run, I ran on the Ridgeway for the first time with my friend Rick. I could not keep up, and he had to keep stopping, but he showed me the beautiful area that I lived in. I was hooked. The running round the village was so boring, it just helped me cover the miles, but off-road running was where my heart was.

From then, I ran off-road for most of my training runs, exploring the tracks round the village. In the middle of June I saw the Compton Canter sign, which was three weeks before my 10km, and I decided to have a go. I entered, came last, but finished, and that was all that mattered to me.

I also met you all that day, and my life was changed. I decided to join the club and start doing this properly. I joined on the same day as Alison, and we hit it off so well. Both having been down the same journey to where we were, and achieving many similar goals. We trained together and pushed each other on. I do miss her, but know she is doing really well, dealing with her disability.

As many of you may have noticed, I have a stubborn streak which comes to the fore when I run. I won't give in, I just keep going. I also never thought of myself as particularly competitive and, although it is hard to actually find anyone slower than me, I do occasionally, and then have to beat them. That is about it, I started with the club and have run lots of races since then, the most memorable have been the following so far: Compton Canter, Reading Half Marathon, Compton Challenge, Ridgeway 40, and Abingdon Marathon.

I am nearly always last on our training runs, and I don't know how you all put up with my terrible speed, but I love being a member, and just getting out and about with you all.

I set myself goals for each year (and have some mad ones for this year – the mountain marathon and Ridgeway Challenge, to name but two), but I will get there with the help and support of my friends in the Compton Harriers.

But I could not do any of it without the help and support of both my family and friends. My Hubby does not share the running bug, but he will support me when I need it, and thank you to him for that. I also missed the fun of training runs with someone, so am enjoying that again by getting out on Saturday or Sunday with Colin and Mags. And, lastly, thank you to Jenn who started me on this journey, and Alison, who was a real soul mate on the way. And of course to the Compton Harriers. ☺ I owe you all a drink at some point!!

Next month: Terry Bartholomew

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

Mo

Links of interest this month:

Events Logic UK organises running, duathlon and triathlon events fairly close by in Wiltshire and claims its events are carefully organised to enhance your performance and sporting development by enabling you to build endurance, strength and speed. The link is <http://www.eventslogicuk.com>

Have you tried Running Free Magazine yet? The link to this month's edition is <http://tinyurl.com/RunningFreeMAR12>

Less than 3 weeks to go until Farmyard Frolics 2012 so if you happen to fancy charging around farmyards through mud, muck and a myriad of obstacles, the closing date for postal entries is 14th March 2012 or you can enter online at www.quest-event.co.uk .

To receive up-to-date info on this event, find Quest Events on facebook and click 'Like' to receive the latest news.

Listing of forthcoming Local Events – see Website Events Calendar for full Listing:

Sun 11 Mar	Silverstone Half Marathon - Silverstone Circuit, NN12 8TN
	Bath Half Marathon - Great Pulteney Street, Bath
Sun 18 Mar	Reading St Patricks 5 mile Scurry - Reading University, RG6 6AH
Sun 25 Mar	Oxford Mail OX5 Run - Blenheim Palace
	San Domenico 20 Miler - Merthyr College, Merthyr Tydfil, CF48 1AR
Sun 1 Apr	White Horse Half Marathon - OX12 7LB
	Reading Half Marathon - Madejski Stadium, Reading, Berkshire, RG2 0FL
	Combe Gibbet to Overton 16 Miles - Overton, Hampshire, RG25 3ES
Fri 6 Apr	Maidenhead Easter 10 Mile - SL6 3QH
Sat 7 Apr	Compton Downland Challenge - The Downs School, Compton
Sun 8 Apr	Easter Sunday
Sat 14 Apr	Hurstbourne 5 Multi-Terrain Race - SP11 0AX
Sun 15 Apr	THAMES TOWPATH 10 - 51.476011,-0.267084
Sun 22 Apr	Virgin London Marathon 2012 - +51° 28' 33.73", +0° 0' 2.78"
Sun 29 Apr	Milton Keynes Marathon 2012 – Stadium MK Milton Keynes MK1 1ST
	The Drover's 10k - Steeple Langford, SP3 4PA
Sun 6 May	1066 RELAY - Pevensey Castle
Sat 12 May	THE 51st RIDGEWAY WALK - 51.411574,-1.830683
	CHIEVELEY CHASE 5.3M - Chieveley Village Hall and Recreation Centre
Sun 13 May	The Bayer Newbury 10K - Market Place, Newbury
Sun 20 May	Stoke Row 10km - Stoke Row, RG9 5PS
Sun 27 May	Wallingford Thames Run 10k - Howbery Park, Crowmarsh Gifford OX10 8BA
Sun 10 Jun	Wargrave 10K - RG10 8AB
	The Chiltern Chase 10km & 5km* multi-terrain runs - OX10 6HQ
Sun 17 Jun	The Ridgeway Relay - Ivinghoe Beacon
Sat 7 Jul	Compton Canter 9.1k - Compton, RG20 6NP