

THE HARRIERS HERALD

No. 183, May 2008

Editor: Sue Francis

In brief

- Thursday night schedules for May and June
- Correspondence received
- IAH Relay – final details
- Thanks to Sus for her four race reports, and to Martin and Mo for this month's contributions
- Copy date for June's Harriers Herald – 28th May

Features and reports

- Hogweed Hilly Half – Lucy and Sus complete a tough 13-miler
- White Horse Half – a prize for Sus on a snowy April morning
- Aldbury Cross Country Challenge – Sus reports on her first visit to this event
- Blenheim 7K – Prizes for Sus and Lucy
- London Marathon – Martin reports on a successful day for four Harriers
- Handicap Race – Lucy extends her lead
- Website Update – Mo features post-marathon recovery
- Events Diary – Mo's choice of races for the next few months

Thursday night schedule for May

Thurs	1 st	Pete H to lead
Thurs	8 th	Martin to lead
Thurs	15 th	IAH Relay
Thurs	22 nd	Mo to lead
Thurs	29 th	Sue to lead

Thursday night schedule for June

Thurs	5 th	Handicap Race
Thurs	12 th	Dick to lead
Thurs	19 th	Boundary Race?
Thurs	26 th	Boundary Race?

Correspondence received		
Sender	Subject matter	Action
English XC Association	Annual open meeting, Derby (17-05-08)	File
St. Catherine's Hospice	Crawley 10K & fun-run (13-07-08)	Notice board
SEAA	EGM to vote for updated constitution (27-04-08)	File
Dumfries & Galloway Council	Stranraer half marathon & fun run (07-06-08)	Notice board
Datchet Dashers	Dorney Dash 10K (07-06-08)	Events Diary & notice board
England Athletics	Club affiliation details 2008/2009	Club affiliation fee (£50) now sent
Sports Enterprise Challenge	Urbanathon: multi-discipline race, Manchester (13-07-08)	Events Diary & notice board
Bodyline Sportswear	Sports clothes product leaflet	File
'Big Things'	Giant Panoramic framed photo prints Bigthingsshop.com	File – rather expensive
SEAA	Info. update	File
England Athletics	News-sheet & newsletter	File
Kensington Specialities	Personalised pens – 99p each	File

IAH Relay, Thursday 15th May

Sue

Seven teams have entered this year's relay and there are rumours of at least two more. The Relay will start at 5:30 pm from the cricket field. The route will be as in recent years, each stage (1.6 miles, or 2530 metres) starting and finishing in the cricket field.

Because IAH Rec. Soc. insurance no longer covers sports events, we have investigated the insurance cover provided by UK Athletics by virtue of Compton Harriers affiliation to this body. This has required us to apply for a race permit and also to have an official race entry form with a disclaimer to be signed by all competitors. Thanks very much to Dick, who arranged the permit and produced the entry form.

Finally, I am still a bit short of marshals so, if you know anyone who may be willing, please send them my way (they will get a bar token as a reward!).

Hogweed Hilly half marathon, 30th March

Sus

I must recommend this race to everybody. Forget about setting a PB; this is about killing your enemy and getting to that finish line first. But in the end it is the hills that kill you, and they are proper hills and not just bumps! It is a race run on small narrow winding country lanes where there is a bit of mud in the middle. The finish is similar to IOW so it is important you have your brakes on after you cross the line. For your effort you get a polo shirt and smarties.

Top marks for fun and well organized.

First man home Yen Kok	1:20:58
First lady home Jenny Carter	1:32:09
Sus	1:40:10
Lucy	1:50:21

241 finished the race.

White Horse half marathon, 6th April

Sus

Despite the blustery snow I was determined to collect my china cup (the memento) so I made a quick change from racing shoe to trail shoe. Trying to make a PB was out of the question but a nice trot in the snow is not to be missed either, so I went very early due to road conditions. Not knowing that Lucy had tried to contact me saying she would not run it (FLM was only a week away) and Andy had preferred to play in the snow with his nephews, I desperately tried to spot them at the start but without success.

In the meantime the roads were now clear, so on with the racer again and we were back to plan A: even pace, try to reach mile 12 no later than 1:26 hour to set a PB. We were a group of 5 men and me running together for a very long time, they did not seem to mind me trying to hang on to them for a bit of shelter. At mile 12 I only had one man left to hang on to and the clock showed 1:26:15 so a PB was now not possible but at least I could go for a good time so I ran as fast as I could and finished in 1:33:56. At the finish I looked for Andy and Lucy but they were nowhere to be seen. I then decided to run back and cheer them on when I saw Martin and Lucy by the roadside - Lucy with all her clothes on?! After they told me that she and Andy had decided not to do the race we went back to the HQ.

Lucy served tea by the bed while I was getting a massage trying to cure a headache I had – what a service! Lucy and Martin then went home but I decided to stay for the prize giving not thinking there would be something for me. But then I heard my name called out for the 2nd lady over 35 at that time my headache had cleared, so what better way to end a lovely race with such an unusual beginning.

First man home	Owain Bristow	71:57
Second man home	Brian Dawson (V50!)	74:43
First lady home	Sophie Dawson	82:14

383 finished the race, 2 were disqualified for unauthorised number transfer!

Aldbury Cross Country Challenge 5.3 miles, 21st April

Sus

Lucy and I went along to test this little race of only max 175 runners. We knew that within the first kilometre there was a bottle neck so, if you didn't start with a sprint, you could easily get stocked. So we did, and that nearly killed me because the first mile also had a nice big hill. Never mind, it only meant that the remaining part felt like a walk in the park. The reward for finishing first was that you got to choose from all the free sandwiches and biscuits which were waiting for all the runners at the finish and that even included a cup of tea served in the mug you just received as memento.

Though the finish times were not that accurate (they cannot all be like our Jan) it was still a good race. I can only look forward to doing it again.

1 st Man John Bignall	33:11
1 st Lady Jodie Digny	37:13
Sus	41:22
Lucy	43:49

Blenheim 7K, 28th April

Sus

This is an undulating route around Blenheim Park which includes a gravel section around the lake. If you have the strength, then admiring the beautiful scenery is definitely a pleasure. Lucy and I both felt that we had worked hard so I am sure we did not take full advantage of the extra bonus but we were here for another mission - to put Compton Harries on the map! It is a gun to chip timing, there were a few problems with the finishing times but the Earl of Marlborough soon sorted it out and the Mayor of Wantage with a large gold chain around his neck presented the prizes:

First lady over 45	Lucy	33:51
First lady over 35	Sus	31:04

- mission accomplished!

Overall first Man	Dave Roper	24:08
Overall first Lady	Melissa Hawtin	27:10

Nearly 400 finished the race.

'Nice shorts Martin' – FLM 2008

Martin

This year seven Harriers made the pilgrimage to London on marathon day. Lucy, Meena, Ryan and I were part of the cabaret. Pete and Dick charged about on their bikes trying to see as much as possible. Whilst Sus and Elo elected for the more sedate option of standing at the junction of the Mall and Bird Cage Walk, shouting encouragement at one and all. Having kept the London Marathon firmly at arm length for many years, I have to confess to taking more than a passing interest in all the going on. It really is a memorable experience and notches up lots of bragging rights with all and sundry.

In keeping with previous years, Dick volunteered to drive and duly collected Lucy and myself from the institute gates at 6.00 am. We were to pick Pete up en-route but Meena, Ryan and Sus had all made their own arrangements. The early start meant we arrived at Blackheath in good time to enjoy a second breakfast and prepare for the days exertions.

The organisation for the FLM just seems to get better and better – no T5 fiascos on Mr Bedford’s watch, thank you very much. This year there were even loos available outside of the pens, that is in addition to the Blackheath copse and the thunder box in the Loyal Snail. Inside the pens large video screens had also been erected which relayed the start of the ladies and the wheelchair races, along with other pre-race high jinx.

Although the sky looked rather threatening as we gathered for the start the clouds did not burst forth until much later in the proceedings. When the rain eventually arrived, I for one found it quite refreshing but it did nothing to compensate for my lack of fitness. The warning bells had started to tinkle at 16 miles and, by 19 miles, the whole field was drifting past and disappearing merrily into the distance leaving me to grind out the miles, jelly babies in hand.

For the first time I ran with my name printed on my vest. Anyone who has done this before will know that spectators rise to the occasion and urge you on by name. ‘Nice shorts Martin,’ seemed to be a common theme.

As always, it was nice to meet up with everyone after the race and swap experiences despite the drizzle. Once we hooked up with Meena, who had opted to change in the en-suite facilities rather than bare all on the steps of Admiralty Arch, folks headed off in various directions. The wrong direction as it turned out for Lucy and I, but we eventually found our way to the Mulberry Tree for a restorative before driving off into the West.

Dick – thanks again for doing the driving, it really is appreciated.

Results:

Meena	- 3:54:06
Lucy	- 3:39:24
Ryan	- 3:21:55
Martin	- 3:05:37



Handicap Race

Sue

April's Handicap Race was held over the 'off-road' route. Measured by Lucy at 2.08 miles, this is slightly longer than the winter village lap route. Conditions underfoot were good – hard and dry, and the grass was short. However, there was a chilly breeze against the runners on the uphill section from the end of 'the bumps' back up to the concrete road.

New member Sally, Peter L's wife, joined seven regular Harriers at the start. Sally and Kirsty set off first, pursued by Lucy. Lucy, having made a quick recovery from her good London marathon performance, soon took the lead and no one else could catch her as she finished with a 42-second lead. Despite some concerns about his niggling groin injury, Dick ran really well to take second place, just ahead of Sally. Pete, Peter, Sue and Kirsty all followed in close succession. Martin, still suffering tight quads after Sunday's marathon, was forced to run at a more sedate pace than usual!

Congratulations to Lucy, and thanks to Jan for timing. There will be no Handicap Race in May. The next one is scheduled for Thursday 5th June, around the off-road route.

Pos	Name	Start time	Finish time	Actual time	Handicap Beaten?
1	Lucy	1:17	16:48	15:31	-1:12
2	Dick	3:47	17:30	13:43	-0:30
3	Sally	0:52	17:39	16:47	New Runner
4	Pete H	2:37	17:47	15:10	-0:13
5	Peter L	4:09	17:56	13:47	-0:04
6	Sue	4:31	18:03	13:32	+0:03
7	Kirsty	0:52	18:19	17:27	+0:19
8	Martin	4:39	21:01	16:22	+3:01

After four races, Lucy has extended her advantage to a 7-point lead, while Sue is hanging onto second place and Dick has moved up into third.

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	5	7	-	-	-	-	-	24
2	Sue	3	6	6	2	-	-	-	-	-	17
3	Dick	7	-	-	6	-	-	-	-	-	13
4=	Andy	4	-	7	-	-	-	-	-	-	11
4=	Martin	6	4	-	1	-	-	-	-	-	11
6	Pete H	1	5	-	4	-	-	-	-	-	10
7	Kirsty	1	-	4	1	-	-	-	-	-	6
8=	Sally	-	-	-	5	-	-	-	-	-	5
8=	Peter L	2	-	-	3	-	-	-	-	-	5
10	John	1	-	-	-	-	-	-	-	-	1

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

Mo

Now that all the bills have been paid, I can confirm that this year's Downland Challenge has left us with a large enough surplus to enable us to donate £1,000 to the Compton Village Hall fund. As soon as I have contacted the chairperson with the good news, I will raise the cheque to transfer the funds.

The count-down to the Compton Canter on the front page of the website has now started and at the time of writing (30th April) it stands at 66 days to go... entries are already pouring in (8 at last count)!

If you are considering new running wear, by entering the following code for April (**eels**) you will be guaranteed an extra 10% discount at [Up & Running](#) website although not against sale items.

For those of you who completed the London Marathon recently, I know it may be a bit late now, but how about the following tips for post-marathon well-being (courtesy of [Runners Lounge](#)):

Keep walking and hydrating. Resist the temptation to sit down or lay down for long after your marathon.

Re-fuel. Eat within 30 minutes after you finish to jump start your recovery, even if it doesn't appeal to you. Common finish line food such as bagels, fruit, cookies, and energy bars are generally good choices. Later, when you can select your preference of foods beyond finish line offerings, focus on proteins.

Reduce the swelling. If you can tolerate anti-inflammatories (Ibuprofen, Aleve, Advil, Naproxen, etc.), begin taking as directed and take them for three full days to get the full benefit of reducing inflammation of swollen tissue. The mistake most marathoners make is they stop taking anti-inflammatories too soon.

Walk the walk. Circulation is another key to recovery, as new blood and oxygen reach the damaged tissue to rebuild the damaged muscle cells. Take several 15 to 20 minute walks later on marathon day and for the next three to four days.

Go with cold not heat. Relaxing in a hot tub might sound appealing, but it actually interferes with post-race recovery by increasing swelling and allowing blood to pool in the damaged muscle tissue. Instead, soothe your muscles in a tub of cool water or even throw some ice in from the hotel ice machine. A brief ice bath will accelerate recovery by reducing inflammation and post-race soreness.

Don't run. Ignore the stories of runners who run the next day and resume training mid-week. There's no point to running too soon and it delays recovery. Instead, walk, bike or swim at an easy effort to maximize blood circulation. When you can run without any soreness and tightness, resume running low mileage and easy runs. You'll be ahead of those who resume running too quickly.

Schedule a massage. A massage by an experienced masseuse can provide soothing relief. A salon or spa massage can feel good, but might not be what you need after your marathon. Ask the staff at your local running store to recommend a reputable massage professional who will know the right range of intensity to apply and offers either "sports massage" or "deep tissue" massage. The right massage several days after your marathon can accelerate your recovery.

Stretch. Even though you won't be very flexible, a light routine of 20 minutes of leg stretches will help minimize the soreness. Emphasize stretching your hamstrings, calf muscles, quadriceps and hips.

Backwards is best. After calling upon your hamstrings and quadriceps to perform as gladiators during your marathon, the price you pay is negotiating stairs. Ironically, going down stairs is more difficult than ascending them. The marathoner's secret: go down the stairs backwards — and hold on to the railing!

Be alert for post-marathon depression. The let down following a marathon is very real. After months of training, preparation and anticipation, suddenly your marathon is over and you might feel a sense of let down, loneliness and sadness as if recovering from a loss. Debrief the race experience with another runner, capture your race day experience and memories in writing in a journal or a blog.

(Mo – May 2008)

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

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
Sat 10 May 08	ICKNIELD WAY ½ MTHN & 10K , 10 am, Chinnor	13.1 m & 10k	Entry forms on club noticeboard or email webmaster
Sun 11 May 08	HAIRY LEGS CHALLENGE , 10:00am, Gatehampton Rec., Goring	5k, 20k, 5k	http://www.hairylegs.org
Mon 12 May 08	BERKELEY 10K/BEER RACE , 7:30 pm, Berkeley, Nr Dursley	10k	http://www.g4cio.demon.co.uk/berk10km/berkeley.htm (email webmaster for entry form)
Thu 15 May 08	IAH RELAY , 5:30 pm, Cricket Field, Compton	4x2.5k	Teams to Dr Sue, Compton Harriers
Sat 17 May 08	MARLBOROUGH DOWNS CHALLENGE , 9:00am & 10:30am	33 & 20 mile	http://www.marlboroughrunningclub.co.uk
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 25 May 08	PEWSEY VALE 10K , 11:00am Pewsey School, Wilcot Road	10k	http://www.pewseyvalerunningclub.com
Mon 26 May 08	KINTBURY 5 MILE RUN , 10.30 am Kintbury Recreation ground	5 miles	Entry forms on club noticeboard or email webmaster
Sun 01 Jun 08	BAYER NEWBURY 10K , 10:00am Waterside Youth & Comm Centre	10k	http://www.bayer.co.uk
Sun 08 Jun 08	WALLINGFORD THAMES RUN , 10:30am Howbery Park	~14k	http://www.thamesrun.co.uk
Sun 15 Jun 08	RIDGEWAY RELAY , 07:30am Ivinghoe Beacon	87 miles	www.marlboroughrunningclub.co.uk
	WARGRAVE 10K , 10:00am Victoria Rd Recreation Ground	10k	http://www.wargraverunners.net
Sun 29 Jun 08	LAMBOURN 6K FUN RUN , 10:30am, The Lambourn Centre	6k	Club notice board or email lambournrec@westberks.gov.uk
Sat 05 Jul 08	THE COMPTON CANTER , 2:00 pm Recreation Gnd, Compton, Berks	10k	http://www.comptonharriers.org.uk
Sun 27 Jul 08	DOWN TOW UP FLOW ½ Mthn , 10:00am Windsor Leisure Centre	13.1 miles	http://www.purplepatchrunning.com
Sun 14 Sep 08	PEASEMORE FESTIVAL 5MILE , 10:30am Peasemore Rec.	5 miles	http://www.peasemore.org.uk
Sat 20 Sep 08	IoW FELL RUNNING SERIES , Ventnor, Isle of Wight	3,7 & 13 miles	http://www.rydeharriers.co.uk
Sun 21 Sep 08			
Sun 21 Sep 08	THE BONESHAKER , 10:30am Ardington Sports Club	5k,20k,5k	www.bone-shaker.co.uk
Sun 28 Sep 08	ADP HIGHCLERE 10K , 10:30 am, Highclere Castle	10k	http://www.newburyac.org.uk (or email webmaster for entry form)
Sun 19 Oct 08	ABINGDON MARATHON , 9:00 am, Tilsley Park, Abingdon	26.2 miles	http://www.abingdonamblers.co.uk

Berkshire Road Running Championships 2008

Distance	Race	Date	Status	Website
10K	Wargrave 10K	15th June	CONFIRMED	http://www.wargraverunners.net/
Marathon	Abingdon Marathon	19th October	CONFIRMED	http://www.abingdonamblers.co.uk/

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 – May 2008)