

THE HARRIERS HERALD

No. 195, May 2009

Editor: Sue Francis

Contents, features, reports results

- Thursday night schedules for May and June
- Correspondence received
- Details of IAH Relay
- Race results – excellent results for Compton Harriers in the White Horse Half, Compton Challenge, Highworth 5, London Marathon, Lambourn 6K and Three Forts Marathon
- A first for the Harriers – Simon is the first person ever to run the Bourg Walk
- Handicap Race – Terry wins by 90 seconds
- Webmaster’s article – Mo tells how to avoid ‘toilet-stops’ in races, and points you to new photos on the club website

- Thanks to Martin, Simon, Lucy, Sus and Mo for this month’s contributions
- Copy date for June’s Harriers Herald – 31st May

Thursday night schedule for May

Thurs 7th Pete O to lead
Thurs 14th Mo to lead
Thurs 21st IAH Relay
Thurs 28th Sus to lead

Thursday night schedule for June

Thurs 4th Ryan to lead
Thurs 11th Pete H to lead
Thurs 18th Handicap Race
Thurs 25th IAH Boundary Race? (to be confirmed)

Correspondence received		
Sender	Subject matter	Action
Stranraer Half Mara	Stranraer Half Marathon (06-06-09)	Notice board
England Athletics	Receipt for club affiliation payment, certificate of affiliation, England Athletics info. booklet	File

IAH-Compton Relay

Sue

The Relay will be held on Thursday 21st May, starting at 5:30 pm from the cricket field. 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 the cricket field. The start will be handicapped. There is a trophy for the winning team. The Relay is open to those employed on the Compton site, and to other IAH Rec. Soc. members; but teams may include relatives, friends or other guests, should you be struggling to make up a foursome. The Bar will be open and the barbecue burning ~ there’s a Pickled Pig drink voucher for all competitors and helpers (any volunteers for marshalling or helping on the BBQ would be appreciated). You are asked to enter your team of four by 15th May at the latest – 8 teams have entered so far. To enter your team, or for maps, route descriptions, offers of help or more information contact Sue.

Race results

White Horse Half Marathon – 5th April

Martin

Lucy and I toed the line at the White Horse half to see how our FLM training was going and bumped into Glyn Jones (Peter L's mate) and the Foxes (Hannah and Matt) as we massed before the start. For those who aren't familiar with this event it is a fast, flat road race around Grove put on by the White Horse Harriers. In keeping with previous years, the White Horse Harriers put on a very fine event which is well marked/marshalled and has the added enticement of tea and stickies at the race HQ for those who like that sort of thing.

As it turned out we both posted PBs but Lucy was in better shape than me. She won two trophies while I had to settle for a singleton.

1 st	72:06	Paul Farmer
20 th	81:33	Martin – 2 nd V45 in the Oxford championship
49 th	87:15	Glyn Jones
106 th	93:20	Lucy – 2 nd FV45, plus 2 nd FV45 in the Oxford championship
108 th	93:55	Matt Fox
486 th	155:05	Last man home

Unfortunately, Hannah was feeling unwell and sensibly stepped to one side after the first mile or so.

Compton Downland 20, 11th April

Simon

From one Harrier to the rest, I'd just like to say a really big thank you to everyone who helped either before, during or after the Downland Challenge. It was a tremendous event – as ever – and everyone involved should be justifiably proud of the part they played. And whoever it was who went round the course with a hair-dryer and made the going underfoot perfect on the day should be given a medal.

Unfortunately, now that I live in Aylesbury it's a bit of a trek to get down to Compton to run with you, and I do miss a) running with the best bunch of guys you could ever hope to run with and b) the hills. Apart from a couple of minor inclines, Aylesbury's flat. Actually that should read "Aylesbury should be flattened"...

Anywhen. This was actually my first trip to Compton for a few years. Quite a few. It was also my first ever Compton 20 so, whatever happened, as long as I finished I was guaranteed a Course Best for my records. Incidentally, talking of records, this was my 185th event – but I digress. Having collected my number, chatted with Jan, Hannah and quite a few people I'd not seen for a while, we all trundled off to the start of the 20/40 round the back of a Portacabin on the playing fields.

Pretty much on the dot of 9am, a couple of hundred runners set off ... in completely the wrong direction. Now, according to the route description, we should have been going round the playing fields clockwise. According to what actually happened, we went round the playing fields anti-clockwise. Oh well – same distance, and after a lap and a bit we all piled into the trees and ...

Stopped. There's plenty of room on those paths when the Harriers run on them but, for some reason, when there are close on 300 people all trying to run on the same paths at pretty much the same time, the amount of available space is dramatically reduced. Still, it spread the field out nicely, so that by the time we reached the road crossing there really wasn't too much bunching.

I'm afraid there isn't really that much else to report. The weather was pretty much ideal and the conditions underfoot ditto. If it hadn't been for a rather noisy bloke not far behind me just after CP1 telling the bloke he was running with all about why the Luton Marathon was cancelled because someone found an overturned car on the course and "I've-done-the-Midnight-Sun-Marathon-I-have-but-I-can't-remember-when-it-was-is-it-run-in-June-I-can't-remember-blah-blah-blah" then the aural conditions would have been pretty much ideal too.

All the Marshals and Checkpoint Crews were, as ever, friendly and helpful. Some of the views – like the one from the top of Streatley Hill – were fantastic and although I couldn't describe some of the climbs – especially the one up from CP2 at Wood Farm – in the same way, they were still ... well, fun. I really don't think there's any other way of describing it. It was a good, fun and very enjoyable couple of hours.

Having left CP3 after 2 hours 50 minutes I calculated that if I got a bit of a wiggle on I might just get under 3 hours 30 at the finish. Yes, I know, thank you. It was only later on that it occurred to me that I was attempting to do the last 4.6 miles in under 40 minutes, having taken 2 hours 50 for the first 15.4 miles. Still, the brain is a curious thing and having set myself that target I put my wiggle on. Judging by the results I overtook in excess of twenty other 20 milers and a probably a few 40 milers too in the last bit back to Compton.

Just after CP3 I overtook Octavia; I'm not sure who was more surprised to see the other. I didn't even know she was running, but the fact that it took me nearly 16 miles to catch her means she must've been motoring early on! And having convinced myself that I could finish in under 3:30, I did – crossing the line in 3:28:26 in 105th place. I did ask Mo to put my number on the 40-mile finishers' spike but he didn't, so once again victory in an ultra-distance event eluded me...

The winner in the 20 mile race was Stephen Jeffrey from Basingstoke and Mid-Hants in 2:21:55. Paul Jegou from White Horse Harriers was just two seconds behind him – and apparently they'd both got 'little' lost en route too! First lady was Kate Britten from Clevedon AC in 2:36:51, and Octavia completed the Compton Harriers' one-two in 3:35:04.

All in all, a great day out. And now I've got a time to beat, I might just come back and do it again next year...!

Highworth 5 miles, 19th April

Sus

As a last preparation for the FLM, Ryan and I thought it was time to put a bit of speed back into our legs and went for this 5-mile race. For only £7, and that included a t-shirt, you are not surprised why this always well-organized race sells out before the race day. I had just had a bit of a cold and my calf was a bit sore so I recognized this was not going to be a fast run. Ryan had also decided to go carefully not to risk anything before London.

Ryan suggested that I try to run with his IPod, I have never been very keen to do so with all the wires hanging out but after a few dress rehearsals we got that sorted. And off I went with Robbie Williams

screaming down my ears. It is strange because you can feel you are working hard but you cannot hear your own heavy breathing. To my surprise I made a PB by nearly 1 min so maybe it is the way forward! I just do not know why they always have to make the wires so long.

Afterwards it was time to hand out our Compton Canter forms, then a cup of tea from the school canteen before it was time to go home.

1 st Man	Chris Illmann	Cirencester AC	25:40
25 th Man	Ryan		30:54
1 st Lady	Kate Jacobs	Swindon Harriers	29:49
6 th Lady	Sus		33:12

London Marathon, 26th April

Four Harriers did the club proud in the London Marathon. Lucy had a fantastic run to knock about 7 minutes off her PB, while Phil and Martin were close to their bests. Ryan was running very well until he suffered from sickness at around 20 miles, so he did well to continue to the finish.

Lucy reports -

Perfect conditions awaited three of the runners and two bikers (Pete H and Dick) as we reached Blackheath in Dick's trusty van. For our added convenience he installed several chairs for our late breakfast and a portaloos in a tent on the grassy verge. With all of us on different starts it was a quick getaway then, so we could all faff around in our own style. The race was a little hot, and seemingly more crowded than ever, but all four Harriers got in under 4 hours with time to spare. The steps by Admiralty Arch made a good meeting point where we could recover in the shade, and the Mulberry Tree near Coin Street was a great spot for some post-race feeding. Thanks go to Dick for making the trip so effortless for us, and to Pete for guiding him through the back-doubles to cheer us on!

And Phil adds -

I might have been faster if I hadn't had to stop for a wee break and if I'd been looking where I was going, instead of trying to spot if I recognised any of the elite runners, as a result of which I tripped and fell around mile 12. No permanent damage done, just my bruised pride!

Pos	Pl.age	No.	Name	Age	Club	Time
1126	147	31458	FRAY, MARTIN	M45	Compton Harriers	3:03:36
219	26	29567	GETTINS, LUCY	W45	Compton Harriers	3:17:13
1109	47	12060	MBURU, PHILOMENA	W50	Compton Harriers	3:46:39
6577	3541	24790	MORRIS, RYAN	M18	Compton Harriers	3:50:10

Lambourn 6K, 26th April

Sue

While the four gallant Harriers ran 26 miles in London, I opted to take part in a much shorter (22 miles shorter) and much smaller local race. The event is organised by Lambourn Sports Centre staff, and attracts about 50 competitors, ranging from competitive local runners to joggers and walkers of all ages. We saw Dave Rees (of Compton Canter fame), Guy from Team Kennet, Riky Biky's colleague Graham, and Andy Tuttle from Newbury A.C.

The weather was lovely, with a light breeze and, as we set off along Bockhampton road, I tucked in behind Andy T and another man, who seemed to be setting a decent pace. They both pulled away from me on the 2K uphill section and Andy continued to run well but, on reaching the flat off-road track at the top of the hill, I managed to catch and pass the other man. I lengthened my stride and ran well on the 2K downhill stretch back into Lambourn and maintained my position to the finish. Mo managed to run to three well-spaced places to cheer me on, but cunningly avoided the hill. I was pleased with my time of 24:18 and received a nice trophy for being first lady.

The race was won in 20:25, by a man who ran with two young and fit black Labradors.....attached to his waist by a harness. There didn't seem to be any complaints from other competitors, but the general opinion was that the dogs would have given him a big advantage up the hill, and Newbury's David Fry (who is a very good young runner) was some 40 seconds behind in runners up spot.

Three Forts marathon and half marathon, 3rd May

Hot off the press!! Lucy had a great run in the marathon event to cross the line as first lady in 3:51, just five minutes away from the course record. Rich also finished the marathon, in about 4:30, while Sus completed the half.

Another First For The Harriers

Simon

There is, I know, a great history of 'firsts' in the Compton Harriers. I don't just mean first man or first lady in an event; there have been numerous occasions on which members of the Harriers have been first in various age categories or even first team. (General thought – has anyone ever compiled a list of Harriers 'firsts'?)

Added to all the above, of course, are the extra-special 'firsts', such as Dick being the first person ever to run the Grand Union Canal non-stop from Birmingham to London, Mo being the first person over 60 to wear lycra running shorts in public, or Tom being the first person to change his middle name to '9' to make his car number plate personalised. Well, here's another one...

At 12:13:55 on Friday 17 April 2009 I became the first person ever to run the Bourg Walk non-stop in both directions.

Impressive, eh? Well, in all honesty it probably isn't: Bourg Walk is the name of the new footbridge which crosses a railway line and links Southcourt to Aylesbury Town Centre, and it's all of 260 metres long (that's about 15 feet in proper money I think – I've never been too good at metric stuff. It'll never catch on anyway). But the thing is that I did it – me, Simon J Bolton, member of Compton Harriers, the first person to ever run both ways over Bourg Walk.

There are some things that can never be taken away, like Dick's non-stop Birmingham to London run and my return crossing of Bourg Walk. I'm not sure if Mo's lycra shorts can be included on that list, though...

Thankfully.

Handicap Race

Sue

The first off-road Handicap Race of 2009 took place on a dreary, cool and wet April evening. We had to contend with some muddy tractor ruts at the start, and some big puddles on the home stretch along the concrete road, but at least the grass was nice and short on 'The Bumps'. The seven competitors were joined for our warm-up lap by Tom, Mo and Kev. Jan was fortunately able to position her car appropriately to set us off and time us to the end, without having to get out and stand in the rain.

Despite the weather, there were some very good performances. Terry set off first and, having made a big improvement since joining the Harriers last month, he was un-catchable and went on to smash his predicted time and win by 89 seconds. After a sensible start, Ryan came through strongly in the second half of the race and gained four places along the concrete road to take second place and record the fastest time of the evening. I started a bit too fast and, by the time we reached the concrete road, had Lucy in my sights. However, trying to catch that final few metres on her took several minutes, as Lucy continued at a good pace and I faded. I finally pulled through to take third spot, with Phil and Lucy right behind. Martin took sixth spot while Pete H, who has only recently returned to running following an Achilles tendon problem, also put in a good performance.

Well done Terry, and thanks to Jan for timing. There will be no Handicap Race in May – the next one will be in June, again round the off-road route.

As last month's Championship leaders Dick and Pete O both missed this race, Sue and Phil have now closed the gap and all four fighting for the top place in the Championship table.

Pos	Name	Start time	Finish time	Actual time	Handicap Beaten?
1	Terry	1:04	17:14	16:10	-1:46
2	Ryan	6:04	18:43	12:39	-0:17
3	Sue	5:50	18:59	13:09	-0:01
4	Phil	2:33	19:04	16:31	+0:04
5	Lucy	4:52	19:09	14:17	+0:09
6	Martin	6:41	20:13	13:32	+1:13
9	Pete H	3:58	20:27	16:29	+1:27

Pos.	Name	Race points									Total
		Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	
1=	Dick	6	6	5	-	-	-	-	-	-	17
1=	Pete O	4	7	6	-	-	-	-	-	-	17
1=	Sue	5	4	3	5	-	-	-	-	-	17
4	Phil	-	5	7	4	-	-	-	-	-	16
5	Martin	7	2	2	2	-	-	-	-	-	13
6	Lucy	3	3	1	3	-	-	-	-	-	10
7	Terry	-	-	1	7	-	-	-	-	-	8
8	Kirsty	2	-	4	-	-	-	-	-	-	6
9	Ryan	-	-	-	6	-	-	-	-	-	6
10=	Romy	-	-	1	-	-	-	-	-	-	1
10=	Pete H	-	-	-	1	-	-	-	-	-	1

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

Mo

After last Thursday's club to the bluebell wood, I have updated the website front page with one of the pictures taken in the wood itself. There is also a link to other pictures taken in the wood, showing the bluebells and wild garlic in full bloom.

Now for a couple interesting links ... the first is one I've mentioned several times before and is also shown in the links section of our website, but it is still worth reminding you of the range of sporting information that can be found whilst browsing through the pages of timeoutdoors.com and in particular the running advice section. The site is also promoting a range of extreme challenge events some of which may tempt the more adventurous amongst us.

Secondly, rest and recovery will complement your training and help you become a better runner, so you might like to read this Runner's World article at <http://www.runnersworld.co.uk/news/article.asp?UAN=3891>

This month's short articles are about avoiding those annoying 'pit-stops'!

Firstly: How to avoid the urination stop during long runs

Yes, it is possible .. if you find yourself stopping during your long runs, you're most likely drinking too much before the start. Try drinking no more than 1 – 1½ pints of (non-caffeinated) fluid 1 hour before your workout or race. Stop drinking after that, and keep emptying your bladder. Drink another ¼ to ½ pint of fluid about 10 minutes before you start running, so that you're hydrated when you begin. To replace fluids while running, you should be drinking about ¼ to ½ pint of fluid every 20 minutes. If you hydrate properly like this, you shouldn't have to stop for nature's call.

Secondly: How to avoid the dreaded 'Runners Trot's during long runs

It's not unusual for runners to experience gastrointestinal disorders or diarrhoea, also known as "runner's trots", during long runs. The cause may be dietary in nature or due to lack of blood flow during digestion (since the blood is being pulled to your muscles).

This issue is more common in novice runners, so it may disappear as you become fitter. Try to avoid eating for at least two hours before you exercise -- the presence of food in the stomach will make things worse or contribute to the problem. It helps to avoid high-fibre foods (fruit, vegetables, legumes, whole grains) and coffee/tea before working out, stay hydrated and consume a sports drink (like Gatorade) during long runs to maintain electrolyte levels. Before running, try to stick to foods that are more binding, such as white rice or bananas.

Make sure to limit your intake of dairy products, particularly if susceptible to diarrhoea. Be aware of your bowel habits and try to time your workouts for after such movement times.

And finally ... don't forget to make use of the events calendar or the event finder on the website.

Mo – May 2009