

THE HARRIERS HERALD

No. 207, May 2010

Editor: Sue Francis

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- Race results: ‘Wilmslow Half’ – Sus sets another P.B.; ‘Maidenhead 10’ and ‘Denbies 10’ – Pete H completes two 10-milers in his build-up to London; ‘White Horse Half’ – good performances by Lucy and Martin; ‘Castle Coombe Half’ – Sus reports on her first ladies-only race; ‘London Marathon’ – excellent performances by five Harriers; also ‘Kingston Breakfast Run’, ‘Cornwall Coastal Marathon’, ‘Pewsey Bluebell Run’, ‘Lambourn 6K’, ‘Three Forts Marathon’ and ‘Dorset Village Marathon’
- Handicap Race – Terry is first home again, while Mo wins on handicap
- Webmaster’s article – Mo features how to balance weight loss with fuelling physical performance
- Thanks to Sus, Pete H, Martin and Mo for this month’s contributions
- Copy date for June’s Harriers Herald – 31st May

Thursday night schedule for May

Thurs	6 th	Terry to lead
Thurs	13 th	Lucy to lead
Thurs	20 th	IAH Relay (see details below)
Thurs	27 th	Tom to lead

Thursday night schedule for June

Thurs	3 rd	Pete H to lead
Thurs	10 th	Handicap Race
Thurs	17 th	Martin to lead
Thurs	24 th	IAH Boundary Run & Walk? - TBC

Correspondence received		
Sender	Subject matter	Action
SEAA	Information Update #128	File
Stranraer Half Committee	Stranraer Half Marathon (05-06-10)	Events Diary & notice board
England Athletics	Club affiliation pack: Club affiliation certificate; affiliation welcome booklet; ‘Setting the Pace’ magazine; UKA competition rules 2010	File
Garmin Run Club	7 vouchers for 5% off Garmin products at Sweatshop	Hand out on club night
SEAA	Crystal Palace 10K (03-10-10); Information Update #129	Events Diary & notice board

Many Congratulations....

...to Octavia, who has recently got married to Travis, and become a Mum to baby Rachel

...to Simon and Joanna, who are getting married on 14th May

Compton Downland Challenge – Saturday 3rd April

The Compton Challenge races were once again a great success. This year, we exceeded everyone's expectations. Competitors were full of praise for the event, and the club can be proud of what was achieved. Full results can be found on our club website.

IAH Annual Relay 2010

Sue

The Institute's annual Relay takes place on the evening of Thursday 20th May, and there is no 'normal' club run scheduled for that day. Please note that the relay starts at 5:30 pm.

Several Harriers have taken part in this event many / a few times before and are part of well-established teams that enter each year. For those who are new to the Harriers, I thought I'd just tell you a bit more about the Relay and encourage you to form a team and take part.

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 man the barbecue and give a Pickled Pig drink voucher to all competitors and helpers. Teams of four run around a lap which includes both road and tracks (each stage 1.6 miles, or 2530 metres – ask me for map & route description) starting and finishing in Compton cricket field.

It is open to employees on the Institute site and to members of Rec. Soc.-affiliated Clubs like Compton Harriers (however, up to two team members may be relatives, friends or other guests, should you be struggling to make up a team). Some Harriers like me and Kirsty who work at IAH, form a team with our colleagues. Others form Harrier-based teams like Martin's 'Old Boys', Pete Humphreys' 'Four Musketeers' and Pete Oliphant's 'Hippos'. The idea is just to encourage lots of people to take part – whatever their ability. 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 (for some IAH employees, this is the only time they run each year), and is accompanied by a barbecue and bar, open to competitors' families too.

Eight teams have entered so far. Please let me know if you'd like to form a team or would like more information.

Race reports and results

Wilmslow Half Marathon 28th March

Sus

The Asics Wilmslow half marathon had been chosen to stage the English Half Marathon Championships and was also a trial for elite English athletes trying to gain entry for the World Half Marathon Championships. As a major championship race, the entry list was packed with talent, with the top runners chasing national titles. Despite a 3 hour-plus drive I was keen to give it a go also to see all these fast runners. However, for obvious reasons, I never did see them in action, and despite some very official-looking men in red jackets it was like any other well organized race.

After checking out the finish (as Dick recommends) I put on my best shoes – pulled up my socks and I was ready to go. The route is slightly undulating with the 1st half easier than the 2nd half. The miles clicked by and I kept working hard, the wind was in my favor in the second half and the many supporters sometimes shouted my name which, for a split second, meant I forgot the pain. Upon reaching miles 12 we met a little hill, the same size as one of our "bumps", and I had just heard the supporters shouting my name. For some reason the man in front of me stopped, turned around and started to applaud me, and cheer me on "*work with your arms up the hill, keep going*" he shouted. I expected him to follow me, but he didn't – I never saw him again and I will never understand why he wanted to mess up his own race to help me. Maybe he felt weak and did not want to

be overtaken by a lady - men are sometimes strange. However there is that small possibility that he was just kind.

The end was near and with the very last strength left in me I crossed the finish line and threw myself on the grass. When I got back to life I was told that I was 3rd LV40, I also realized a PB was thrown in for good measure. So I was a very happy bunny when I started on my long journey home.

One week later I received an e-mail from the organizer, saying the lady shown as 2nd LV40 had passed her number to another younger lady and so wasn't eligible for a prize. So I was now 2nd lady in my age group, so if I wait a few more weeks I might even win the race!

Andi Jones	1:04:45
Michell Ross-Cope	1:12:01
Sus	1:28:20

3690 finished the race

Maidenhead 10 (M or K?), 2nd April

Pete H

Continuing my series of how not to prepare for races – you'll recall last month my eve of race pub crawl – the Maidenhead 10 joins the ranks. Being undecided as to whether to run I left it until 4 days before the race to enter. The flyer I picked up at a previous event said entries had closed but undaunted I went online and received an acceptance on the Runners World website.

The day before the race I spent some 6 hours walking around the Ideal Home Show and if my legs weren't tired enough I decided to do a training run when I got home. Finch Coasters have different venues for summer and winter runs on a Thursday, the former being for cross country and the latter takes advantage of street-lit routes. Being as I rarely run with them on a Thursday, I assumed as the clocks had gone forward it would be the summer venue. Wrong! As the start points are some four miles apart I decided to run by myself. I opted for a four mile run at my intended 10k pace for the following day. A nice scenic route around the lake in California Country Park vindicated my choice of route.

Next morning, Good Friday, I set off for the race taking longer than planned to get there as one of the back roads I intended to use was closed. Nevertheless, I had 20 minutes to collect my race number and visit the facilities. It wasn't until I looked at my photo on the website afterwards that I realised I was wearing a distinctive number – 1,000.

I bumped into a friend warming up and mentioned that this would be my first 10k in many years. "You mean 10 miles" she replied. Ah! Best to find out these things now rather than sprinting at the 6 mile point and asking what has happened to the finish line. I consoled myself with the thought that the longer distance would be better for my marathon training.

The first three miles were uninspiring as we looped around a business park. After 3.5 miles I saw the back-marker running the other way 1.5 miles behind me. The bulk of the next 7 miles was run on quite country lanes with a couple of short off-road sections. The last mile was notable for a strong headwind which contrasted with the calmer conditions earlier on a generally flat course.

My time of 1:12:23 was better than I expected, I placed 332nd out of 1,055 finishers. The winner came in at 51:17.

The race was the 57th staging and had more marshals per mile than any other race I can remember. The only downside was that it took 20 minutes to get out of the car park due to there being only one access road to the site.

White Horse Half, 11th April

Martin

This was the 28th running of this popular event and the conditions were about as good as they get for a road race. The route takes the runners on a scenic tour of some quiet country roads to the North of Grove, and flat as a pancake. Well you do have to negotiate a railway bridge but that's about it.

Both Lucy and I have run this race before and know what to expect. Lucy put this to good effect by knocking 2 minutes of her PB to post a 1:31:26. She also claimed the first V45 spot, was duly awarded first V45 in the Oxford Championships and won a spot prize into the bargain.

I had my excitement too, being chased down by Danger Mouse in the guise of Paul Jegou, but I gave no quarter. No doubt we will duke it out again at the London Marathon in a couple of week's time.

This is an excellent event and well worth having a go at next year. However, the race was apparently sold out 85 days in advance so do book early, as Fred Ponting used to say.

You can read an extended race report on the White Horse Harriers website http://ridgedale.powweb.com/WHN/reports/2010/r_2010WHHM.php

Results:

Paul Fernandez – 1st across the line (72:39)

Jude Craft – 19th (80:55)

Martin – 25th (82:48)

Danger mouse 30th (83:54)

Lucy – 72nd (91:36)

Last person home (153:52)

440 took part



Denbies 10, 11th April

Pete H

What better venue for a race than England's largest vineyard? Needless to say there was only water at the drink stations.

Having cycled parts of the route on my mountain bike I knew it would be hilly, very hilly, this is the North Downs after all. The first mile is a steady climb first through the vineyard then into the woods. There is a fantastic view across Dorking from the top and, in case you're too tired to notice, the organisers' helpfully wrote "viewpoint left" in flour on the grass.

Having got my breath back, a fast downhill section ensues followed by open country across the valley floor. The middle section of the race features a short road section before we return to narrow tracks and another steep climb back up to the top of the Downs. Generally the ground is pretty firm but caution is required on the bridle path sections as it would be easy to twist an ankle as horses have badly churned up the surface.

The last mile of the race resembles Churn Road – steep downhill and a concrete surface to boot. At the 9^{1/2} mile point one gets the first glimpse of the finish which appears to be at the bottom of a sheer cliff. The gradient on the last mile is perfect for a fast finish; having averaged 8:24 minutes per mile in the first nine I did the final mile in 5 minutes 32 seconds. My overall time of 1:19:40 (98th out of 292 finishers) was somewhat slower than my previous 10 miler but, in view of the hilly terrain, it was about what I expected. The winner was a local in 57:45. As my last race pre-London it provided a good workout.

The goodie bag contained something more useful than a bottle of Lucozade – a 5% discount voucher for the wine shop. If you like a dry white I recommend Juniper Hill.

Castle Coomb ladies only Half marathon, 18th April

Sus

I had to try this as I had never done a ladies-only race and the promise of chip timing, t-shirt and goodie bag, I thought why not.

A few days before the event I finally had a response from the organizer, Woman's Running Network, apologizing for their late response – and by the way there will not be any chip timing after all. On the night before the race I tried to find out what time the race actually started, it was not written anywhere, I knew one was expected to collect the race number before 10:00 so I had to assume the race was 10:30. From then on I found it hard to take the race seriously. Mentally I also felt tired from racing, so I decided this was only a training run.

The race attracted many ladies who normally wouldn't do a race and I presume that was what it was all about – but I did find it a bit boring so maybe not next year.

1 st Lady, Dominique Oughton	1:31:28
2 nd Lady, Sus	1:31:50
200 finished the race	

London Marathon, 25th April

Well done to the five Compton Harriers who did the Club proud in this year's Virgin London Marathon, while Dick, Sus and Ryan cycled round to support them at strategic points. Martin was first home for the Club in 3:02, very consistent with his other London performance over recent years. Lucy set another great P.B. of 3:16. Peter L's good series of races continued as he recorded 3:26 and raised a lot in sponsorship for the disabled children's' charity WhizzKidz. Pete H's hard and consistent training paid off as he finished in 3:32, his fastest marathon time for many years. Stomach discomfort around the 20-mile mark prevented Pete from ducking under his 3:30 goal, as he was forced to walk for a while. Freya Lawrence, who ran regularly with our Club in 2007, recorded a good time of 3:32. Fiona Powell, who ran occasionally with the Club when she worked at Compton (and now runs from Brighton & Hove), had an amazing run. She hoped to beat 3 hours, but surprised herself with 2:53 and was 15th lady overall.

Compton Harriers also competed in....

Kingston Breakfast Run, 11th April: The Harriers had three representatives in this 16-mile event. Sus finished in 1:50:06 (104th), Ryan in 1:55:44 (192nd) and Philomena in 2:11:07 (633rd).

Cornish Coastal Marathon, 24th April: Dick completed another marathon in the coastal series. He said this was the toughest one yet.

Pewsey Bluebell Run, 12K, 25th April: Hannah took part in this scenic 12K multi-terrain race, and did well to be 3rd lady.

Lambourn 6K, 25th April: Sue took part in this local annual 'fun run' over a hilly course, and successfully defended her title as first lady (25:09).

The Three Forts Marathon, 2nd May: Lucy says the race was bracing, but she had a good run to finish as 3rd lady in 3:58.

Dorset Village Marathon, 2nd May: Sus set a P.B., while Philomena and Ryan also turned in good performances.

Handicap Race

Sue

April's Handicap Race was held round our summer off-road course, which was in good nick for the race. Ten Harriers and new runner, Bethan, faced the starter (Jan). Terry continued his good form with another handicap P.B. to be first home with a lead of 21 seconds ahead of Pete O. The next six runners followed at close intervals. Pete H just pipped Steve at the end, with Lucy recording a P.B. to finish next. Philomena held off Sue, who was just ahead of Dick. Mo opened up a gap on Gillian and Alison, while Bethan set a good target for the next Handicap Race.

Post-race calculations revealed that Mo had beaten his predicted time by the most (48 seconds), while Terry had beaten his by 45 seconds. The points for the Handicap Championship have been awarded according to the amount by which each person beat their predicted time, so Mo gets the 7 points, with Terry getting 6 (this was the second consecutive month that poor Terry had crossed the line first without getting the trophy and the top score!). Well done Mo and Terry, and thanks to Jan for timing. There will be no Handicap Race in May. The next one will be on 10th June round the off-road route.

Finish Position	Position on handicap	Name	Start time	Finish time	Actual time	Handicap Beaten?
1	2	Terry	4:17	18:15	13:58	-0:45
2	3	Pete O	4:38	18:36	13:58	-0:24
3	4	Pete H	4:22	18:46	14:24	-0:14
4	5	Steve	2:46	18:47	16:01	-0:13
5	6	Lucy	5:07	18:58	13:51	-0:02
6	7	Philomena	2:36	19:04	16:28	+0:04
7	9	Sue	5:19	19:11	13:51	+0:11
8	11	Dick	5:09	19:37	14:28	+0:37
9	1	Mo	0:40	21:12	20:32	-0:48
10	8	Gillian	0:01	22:06	22:05	+0:06
11	10	Alison	1:48	22:12	20:24	+0:12
12	-	Bethan	0:01	22:21	22:20	New Runner

After four races Mo has an even bigger lead, with Alison and Terry vying for second spot.

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	6	7	-	-	-	-	-	26
2=	Alison	-	6	7	1	-	-	-	-	-	14
2=	Terry	-	3	5	6	-	-	-	-	-	14
4=	Pete O	4	1	-	5	-	-	-	-	-	10
4=	Sue	5	1	3	1	-	-	-	-	-	10
6=	Pete H	-	5	-	4	-	-	-	-	-	9
6=	Lucy	7	-	-	2	-	-	-	-	-	9
8=	Peter L	-	-	5	-	-	-	-	-	-	5
8=	Dick	3	1	-	1	-	-	-	-	-	5
8=	Gillian	-	4	-	1	-	-	-	-	-	5
11	Steve G	-	1	-	3	-	-	-	-	-	4
12	Meena	-	-	2	1	-	-	-	-	-	3
13=	Martin	-	2	-	-	-	-	-	-	-	2
13=	Francis	2	-	-	-	-	-	-	-	-	2
15=	Sarah	-	-	1	-	-	-	-	-	-	1
15=	Bethan	-	-	-	1	-	-	-	-	-	1

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

Mo

Links of interest this month:

Anyone up for a tough muddy challenge can try the Beast in the East <http://beast.grimchallenge.co.uk/>
Alternatively, Axe Valley Runners have a new event in September: details and entry form for the High Ways and Sky Ways race are now on their website www.AxeValleyRunners.org.uk

Article 4, the last in my nutrition and performance series considers the delicate balance between losing weight, fluid intake and fuelling physical performance

❖ *Losing Weight*

You need sufficient calorie intake for increased activity, but what if your BMI indicates you *need* to lose weight? To reduce your energy intake a little and increase your energy output a little requires an effective strategy. The answer is to do both in moderation rather than attempting to cut your calorie intake in half or exercise to extremes. The result of drastic dietary changes is generally temporary weight loss. For sustained weight loss, it is best to make small changes that you can continue over a longer period. Given the importance of carbohydrate for the physical demands of running, low carbohydrate diets as a weight-loss method are not recommended.

❖ *Fluid Intake*

Water accounts for approximately 66% of our total body weight and is present in all the body's cells and is essential to human life so maintaining correct fluid levels is important at all times, but especially so during exercise. If you do not take in sufficient fluid during exercise, you will become dehydrated and this will have a detrimental effect on your mental and physical performance. It can also be dangerous in extreme circumstances.

The amount of fluid required depends on many factors: individual body make-up, the conditions in which you are exercising, what you are wearing and the type, intensity and length of the exercise you are engaged in. There are no set figures as sweating rates and the electrolyte content of that sweat varies from person to person, so it is important to establish the hydration needs of your own body.

Weighing yourself before and after exercise will help (your weight loss in grams is equal to your water loss in ml). The colour of your urine is also a good indicator of your hydration level. Small volumes of dark, strong smelling urine indicate dehydration while large volumes of light-coloured urine are a sign that you are well hydrated.

❖ *Avoiding Dehydration*

- ▶ Drink sports drinks which contain electrolytes and carbohydrates as well as water. This is particularly important during longer exercise sessions (60 minutes or more).
- ▶ Carry fluid with you during workouts.
- ▶ Pay attention to what and how much you're drinking during the day to ensure you are well hydrated when starting your exercise.

A good sports drink contains carbohydrate in the form of different sugars (such as glucose, fructose and sucrose) along with electrolyte salts (which are lost from the body through sweat) such as sodium and potassium. An "isotonic" formula which contains 6-8g of carbohydrate per 100 ml. is most easily absorbed. A higher concentration than this will mean slower uptake of the fluid and is not ideal during exercise. It is however fine as a post-training drink.

❖ *Fuel for Physical Performance*

Good nutrition for the physically active differs slightly from that for the less or non-active, mainly because of the increased overall energy and fluid requirements and the need for a higher carbohydrate intake. Also, high-GI carbohydrates can be a positive contribution to physical training. Firstly, they ensure that glucose is delivered to the blood quickly so it can be used instantly and secondly, they can

be consumed "on the run" in the form of sport drinks or energy gels, so you don't run out of energy during a long workout. It has been shown that for exercise lasting 60 minutes or more, ingesting carbohydrate aids performance more than water alone.

Finally; high-GI carbs help to facilitate the post-exercise recovery process. Research suggests that during the couple of hours after exercise, carbohydrates consumed will be laid down as glycogen more efficiently than at other times. Aim for 1g of carbohydrate per kg of your body weight in this post workout snack and ensure that your subsequent meals are rich in good-quality carbohydrates. Research has also shown that if you consume protein with your carbohydrate snack you maximise absorption. The protein also assists with muscle repair and recovery.

Forthcoming Events as listed on the Events Calendar:

May 2010	Time	Event
Tues, 4 th	7:30 pm	27th Running - Silverstone Grand Prix 10K
Sat, 8 th	9:00 am	Reading parkrun - Weekly Free 5km Timed Run
	10:00 am	The Dorney Dash 10K
Sun, 9 th	9:30 am	Marlow 5
	10:30 am	Shiplake Scramble 10k
Sat, 15 th	10:00 am	Salomon Turbo X, Surrey Hill Plus: Surrey Hill Mini Turbo
Sun, 16 th	10:30 am	The Priory 10K (and 5K)
	11:00 am	Woodley 10K Plus: Junior 3K
Tues, 18 th	7:30 pm	Queen Mother Reservoir 5K/10K Race Series - Race 1
Thur, 20 th	5:30 pm	Club Night - IAH Relay
Sun, 23 rd	10:30 am	Marwell Wildlife 10K Plus: Junior Fun Run
Wed, 26 th	7:30 pm	Back in a Flash 5K (Race 1)
Sun, 30 th	10:15 am	Bayer Newbury 10K 2010
June 2010	Time	Event
Sun, 6 th	10:30 am	10K Thames Run
	10:30 am	Ollie Johnson Memorial Kintbury 5 mile run
Sun, 13 th	10:00 am	Chiltern Chase 10k & 5k
	10:00 am	Wargrave 10k
Tues, 15 th	7:30 pm	Queen Mother Reservoir 5K/10K Race Series - Race 2
Sun, 20 th	7:30 am	Ridgeway Relay

Mo, May 2010