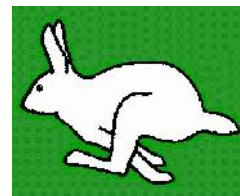


# THE HARRIERS HERALD

No. 231, May 2012

Editor: Sue Francis



## **Contents, features, reports, results**

- Thursday night schedules for May and June
- Boundary Run – preliminary details
- IAH relay - update
- Correspondence received
- Race results: Ten Harriers run well in five April Fools' Day races - *Reading Half, White Horse Half, Berlin Half, Oakley 20, Coombe Gibbet to Overton*; Ricky completes his first 40-miler as Race Director says 2012 *Compton Downland Challenge* is the best one we've ever organised; Ryan takes third place in his first triathlon competition *Radley College Good Fri Tri*; Meena and Ryan enjoy a well-organised *Brighton Marathon*; Pete O completes the *Cragside 10K* in Northumberland; Three Harriers complete the *London Marathon*
- Running Life series – Pete Oliphant on mountaineering and marathons
- Handicap Race – Alex first across the finish line, while Ricky gets a flying start
- Webmaster's article – Mo features '10 Everyday Tips to improve Training Outcome', and lists forthcoming races from May to July
- Stop press! – former Compton Harrier to carry Olympic torch in Ipswich
- Thanks to Pete O, Meena, Pete H and Mo for this month's contributions
- Copy date for next Harriers Herald – 31<sup>st</sup> May

## Thursday night schedule for May

Thurs	3 <sup>rd</sup>	Pete H to lead
Thurs	10 <sup>th</sup>	Martin to lead
Thurs	17 <sup>th</sup>	IAH Relay (see below for more details)
Thurs	24 <sup>th</sup>	Mo to lead
Thurs	31 <sup>st</sup>	Pete O to lead

## Thursday night schedule for June

Thurs	7 <sup>th</sup>	Handicap Race
Thurs	14 <sup>th</sup>	Sus to lead
Thurs	21 <sup>st</sup>	Boundary Run & Walk? – to be confirmed (see below for details)
Thurs	28 <sup>th</sup>	Tom to lead

## **Boundary Run & Walk**

The possible (but yet to be confirmed) date for the annual Boundary Run and Walk is Thursday 21<sup>st</sup> June. Participants run or walk around the Boundary of the Institute estate and farms, a scenic 8- mile route on tracks, through fields and woods. Runners and walkers of all standard are welcome- there are trophies for the first runners and walker, but many choose to take part for fun and to enjoy the scenery. Start IAH Main Gate (Walk 16:45, Run 17:45), finish in Cricket Field. Further details in due course.

## IAH Relay

### **Sue**

The IAH annual Relay will take place on the evening of Thursday 17<sup>th</sup> May starting at 5:30 pm., and there will be no 'normal' club run scheduled for that day (though I know Tom is planning to run on the Downs, and that some may wish to join him).

We are likely to have at least eleven teams: as well as the usual Compton Harriers and IAH teams, this year we welcome two local running clubs (Newbury AC and Didcot Runners), and the Downs School teachers are also planning a team.

The Relay is an event for people of all abilities. 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. The bar will be open and the barbecue burning.

Correspondence received		
Sender	Subject matter	Action
SEAA	Info. Update #135	File
England Athletics	UKA 'Rules for competition' booklet; certificate of affiliation for Compton Harriers (2012/2013)	File

## *Race Reports & Results*

### *Half Marathons, 1<sup>st</sup> April*

Seven Harriers competed in three half marathons on April Fools Day. In the *Reading Half* Terry set an excellent PB of 1:33:57, despite his ongoing knee problem, while Ryan was close to his PB, finishing in 242<sup>nd</sup> 1:22:23. Three Harriers completed the *White Horse Half* at Grove: Martin (87:14, 58<sup>th</sup>), Andy (90:38, 90<sup>th</sup>), and Lucy (99:59, 154<sup>th</sup>). Gillian and Mags ran the *Berlin Half*, finishing in Gillian 2:35:45 (7378<sup>th</sup>) and 2:19:31 (5840<sup>th</sup>) respectively.

### *Coombe Gibbet to Overton 16M, 1<sup>st</sup> April*

#### **Pete H**

This was a very friendly small-scale event finishing in the Overton village playing field with plenty of cakes at the finish - if only Sus had known about that! I ran the whole race with friend from Finch Coasters. We were caught up half way around by a young lady called Hannah who asked if we were on an afternoon stroll as we spent the whole race talking. Then, of course, she joined in for several miles! I did 2:08:20 finishing 54<sup>th</sup> out of 141 finishers.

### *Oakley 20, 1<sup>st</sup> April*

Sus finished in 2:18:20 (1<sup>st</sup> FV45, 4<sup>th</sup> lady) and Philomena in 2:37:07 (4<sup>th</sup> FV50).

### *Compton Downland Challenge, 7<sup>th</sup> April*

#### **Sue**

The 2012 Compton Downland Challenge was a resounding success – a real credit to our small club and loyal band of helpers. Our Race Director (Dick) was heard to say that this was the best Compton Challenge since we initiated the event in 1995. Despite the chilly and wet weather, the competitors were full of praise for all aspects of the event – the route marking, the marshalling, the welcome at the finish line, the T-shirts, the post-race meal, and the friendly atmosphere.....

Two Compton Harriers participated in the race and did our club proud. Gillian completed the 20 miles in 5:01:56 (121<sup>st</sup>). Ricky completed the 40 miles (the longest distance he had ever run) in an excellent 6:55:04 (38<sup>th</sup>). The photos show Gillian approaching checkpoint 5, and Ricky in high spirits at the finish.



A total of 230 competitors completed either the 20 or 40 miles. The 20-mile race was won by Paul Jegou (White Horse Harriers, 2:16:48), while first lady was Kirsty Reade (Didcot Runners, 2:48:18). The 40-miler was won by Justin Montague (Swindon Harriers, 5:14:03), and first lady was Newbury A.C.'s Sue van Huysteen (6:27:13).

### **Radley College Good Fri Tri, 6<sup>th</sup> April**

Ryan has been focussing on triathlon training over the last few months. His hard work has paid off, as he finished in an excellent 3<sup>rd</sup> position in his first triathlon (the 'Good Friday Novice Triathlon'). The distances were 200m swim (4:58), 11k cycle (22:52), and 3k run (10:24). Ryan's total time (including the two transition stages) was 41:41.

### **Cragside 10K, Northumberland, 14<sup>th</sup> April**

Pete O finished 73<sup>rd</sup> in 48:44, while his wife Paula was 196<sup>th</sup> (63:24).

### **Brighton Marathon, 15<sup>th</sup> April**

#### **Meena**

Sus kindly delivered me and Ryan to Brighton on a chilly but sunny morning to do this marathon that I'd heard nothing but good things about. It didn't disappoint! It is very well organised, very much like London but on a slightly smaller scale. There are lorries to take your baggage to the finish and a park and ride system to the start and from the finish. This year they sent out race numbers before race day which meant one could travel down on the day. The race atmosphere and spectator support is great.

Luckily for me, Ryan was also looking to do a time of 3:30 and so I was able to tag along and we ran most of the race together which made it that bit 'easier.' Fortunately the route is not as hilly as one might expect, it being in Brighton...the first 10 miles or so do have a few short inclines but thereafter it's either flat or slightly downhill with a good stretch of it along the seafront. Luckily for us it wasn't too windy because this could have been an issue while on the seafront! I think I can speak for Ryan and myself and say that we both had a great day, made even better by Sus chauffeuring us there and back. Very much appreciated, as I know we all are to Dick too for taking us to do London every year!

Ryan: (Race number 666!!) 3:29:40

Meena: 3:30:48

The difference in our times is what it cost me to have a pit stop!!



### **London Marathon, 22<sup>nd</sup> April**

Three Harriers completed the Virgin London Marathon with very good performances. Martin was first Harrier home, finishing in 3:13:11 (2390<sup>th</sup>). Terry worked through the pain in his knee to record 3:33:08 (5103<sup>rd</sup>). Pete H was on course for his sub-3:30 target until stomach cramps forced him to walk in the later miles. Nevertheless, he completed in a very respectable time of 3:42:45 (6776<sup>th</sup>). Sus had a bad experience, collapsing at 16 miles while on course for a good performance, but I'm pleased to say she made a good recovery and is now back in action.

## *Running Life Series no. 12*

**Pete Oliphant**

I have to say, that in presenting this piece, I feel a bit of a fraud when writing about my “running life” as I have always viewed running as a means to an end and not an end in itself. Having said that, it is only when prompted by this article and sitting down to reflect on my running days that I realised just what running has come to mean in terms of time and commitment. But I am getting ahead of myself, which always makes for difficult reading.

I guess my interest in running really started after leaving university with an interest in mountaineering and the knock on requirement for a degree of fitness, as my school days were void of any running experience, instead filled with all sports so long as it was RUGBY ..... probably why, when given the choice, I turned away from team sports and have had somewhat of an aversion to team sports ever since, being further strengthened by my observations while policing countless football matches.

On joining the police in 1985, I amazed myself at how easily I took to running as I compared myself to the less fit recruits. This usually took the form of a weekly run through freezing muddy ditches on the Brecons in South Wales.....of course this was all about character building and moulding people, and nothing to do with instructors enjoying the entertainment and spectacle of raw recruits suffering in adverse conditions. I soon learnt that it paid to be at the front, firstly to avoid the nasty penalties dished out to the less fit, but also to avoid the blockages that always occurred at the deep water locations on the course as cold muddy recruits hesitated at the worst time.

So back to mountaineering.....During the early 1990s I took part in various trips to the Alps and by the mid to late 1990s I was part of a team that had already completed Mt Blanc and were looking to knock off Kilimanjaro before tackling Aconcagua, at 23,000 feet the highest Mountain in the world outside the Himalayan Range. The 4-man climbing team was based in Reading and, in order to get fitter and keep fit, we bit the bullet and joined Reading Road Runners, with a view to knocking off the London marathon in 1998 as a measure of our determination to stay fit.....hence the ‘means to an end’. Needless to say we managed to climb Kilimanjaro before tackling the Mountains of the Moon and Karisimbi in Rwanda. The following trip was out to Andes when we hauled ourselves to the top of Aconcagua.

Meanwhile, back at home, Reading Road Runners managed to get us in shape for the 1998 London Marathon which I did again in the millennium year of 2000. To get us marathon-ready I would spend most weekends travelling around the South of England/Wales doing 10ks and Half Marathons of which my favourite was the Forest of Dean (was cheap and set in lovely surroundings). In 2000 we moved from the bright lights of Reading to the complete lack of street lights in West Ilsley which made for difficult running conditions, and so the running tailed off during the start of the new century concentrating instead on my kayaking, sailing, and skiing with the odd mountain walk.

With my young family growing up quickly, I became acutely aware that both my daughter and son were getting ever stronger (seemed to have taken to cross country running.....no team sports of course) while I seemed to be getting slower and weaker. Now I know there is ‘plenty of time for rest when in the grave’ so I decided to take up some running to supplement a healthier lifestyle and ensure I could still get up the odd hill. Joining Compton Harriers in 2008/9, with no intentions of competing, I soon found myself enjoying not only a great club but running for the sake of it. With this outrageous thought in mind, I agreed with my wife Paula and a group of friends to compete in the 2010 Paris marathon as an alternative to London, as a third assault on the London marathon lacked any appeal. This necessitated the usual training with entries to a handful of competitions.

This winter marked a real personal milestone as I returned to Kilimanjaro after nearly 20 years with all of my family, standing on the summit on Christmas morning at 7am, noting that indeed the world is changing fast. In less than 20 years the glaciers, ice and snow line have retreated at an alarming rate.....they say in the next 20 years there will no longer be any snow on Kilimanjaro. What does it all mean, especially for Ernest Hemingway’s famously aptly titled book?

These days, competitions for me are rare as my kids are now training with the England Youth Kayak Slalom Team, which means that virtually every weekend and holiday is taken up with me being a glorified taxi driver taking them to and from kayak slalom competitions. Nevertheless, I do manage to seize the odd day.....Cragside 10k on the Lord Armstrong estate in Northumberland just last weekend, and a Scottish 6k ‘Hill race’ organised by some dubious-looking Scottish Kayakers after a slalom race in Grandtully near Pitlochry, although my 12-year old son beat me of course.....how the mighty have fallen.

Compton Harriers is everything I am looking for, in terms of being a small, laid back, friendly and accommodating club when it comes to tolerating my somewhat mediocre attempt at running.

*Next month: Richard Disney*

## Handicap Race

### Sue

After a day of heavy rain the skies cleared for our first off-road Handicap Race of the 2012 series and, apart from the big puddles on the concrete road, conditions were reasonable if a little chilly. The turn-out was very good, with 12 runners facing the starter. We might have broken our all-time record of 14 handicap runners if I hadn't badly scheduled this race for three days before the London Marathon.

Three runners contested the Handicap Race for the first time: Neil (new member), Tapani (Dick's boss), and Alex (Debbie's other half). Alex has occasionally joined us for longer Thursday runs, and always appeared to be towards the back of the group, fooling me into giving him a favourable handicap. However, he flew round the handicap route, setting one of the evening's fastest times, and admitting afterwards that he can be a bit lazy on a steady run, while a race really brings out his competitive edge!

Ricky was having a good chat to Martin when Jan reminded him that his start time was fast approaching. Vaulting the gate over to the start line, he took a rolling start and had a brilliant run, setting a personal best for the route and collecting the trophy for being fastest on handicap (1:35 faster than his predicted time). Ricky said he felt his recent completion of the Compton 40, followed by a couple of easy weeks, had worked wonders. Fernando was another who smashed his predicted time, while Gillian, Dick and Debbie were also well under handicap, and Tapani and Neil ran very well in their first attempt at the race. Well done Ricky and Alex, and thanks to Jan for timing. There will be no Handicap Race in May; the next one is scheduled for 7<sup>th</sup> June.

Debbie has now established a 4-point lead ahead of Mo and Colin, then Sue and Dick, in the championship table.

Finish Position	Position on handicap	Name	Start time	Finish time	Actual time	Handicap Beaten?
1	-	Alex	3:09	17:06	13:57	New Runner
2	1	Ricky	4:56	18:33	13:37	-1:35
3	4	Dick	4:21	19:14	14:53	-0:46
4	5	Debbie	3:09	19:17	16:08	-0:43
5	6	Pete O	5:18	19:58	14:40	-0:02
6	7	Colin	4:39	20:01	15:22	+0:01
7	8	Sue	6:34	20:04	13:30	+0:04
8	-	Tapani	2:17	20:21	18:04	New Runner
9	-	Neil	7:01	21:11	14:10	New Runner
10	2	Fernando	2:17	21:27	19:10	-1:33
11	3	Gillian	0:54	23:13	22:19	-0:47
12	9	Mo	1:40	21:33	21:33	+0:13

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	Debbie	9	5	10	7	-	-	-	-	-	31
2=	Mo	12	12	-	3	-	-	-	-	-	27
2=	Colin	8	7	7	5	-	-	-	-	-	27
4	Sue	7	6	8	4	-	-	-	-	-	25
5	Dick	10	-	6	8	-	-	-	-	-	24
6	Philomena	-	4	12	-	-	-	-	-	-	16
7=	Martin	5	8	-	-	-	-	-	-	-	13
7=	Ricky	1	-	-	12	-	-	-	-	-	13
9=	Richard	-	3	9	-	-	-	-	-	-	12
9=	Pete O	6	-	-	6	-	-	-	-	-	12
9=	Gillian	3	-	-	9	-	-	-	-	-	12
12=	Jeremy	1	10	-	-	-	-	-	-	-	11
12=	Fernando	-	-	1	10	-	-	-	-	-	11
14	Pete H	-	9	-	-	-	-	-	-	-	9
15	Lucy	4	-	-	-	-	-	-	-	-	4
16=	Tapani	-	-	-	1	-	-	-	-	-	1
16=	Neil	-	-	-	1	-	-	-	-	-	1
16=	Alex	-	-	-	1	-	-	-	-	-	1

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

## Mo

For this month, I thought it would be appropriate to come up with a list of useful tips that will serve to improve your training sessions and ensure your running keeps you healthy and relatively injury free whilst maintaining a good level of fitness. With this in mind, I set about researching various running publications both online and offline, added this to my own experiences and the result is: 'Mo's 10 Everyday Tips to improve Training Outcomes.'

**1. Pulse Rate:** Measure your pulse first thing in the morning before you get up. A rate of 5-10 (or more) beats per minute higher than your normal waking rate could mean that you haven't recovered from the previous day's training. Alternatively it could mean you are going down with a cold. Whatever the reason, take a break from your training schedule and make it a rest day instead.

**2. Eat Properly:** Start the day with a high protein breakfast and eat a light lunch. Save the carbohydrates for the meal after your run, to replenish your supplies of muscle sugar. Ideally try to leave up to three hours after a meal before you go running to avoid the risk of stomach cramps and diarrhoea. A bowel movement before your run may prevent these symptoms.

**3. Drink plenty of fluids:** Water should be your first choice, but you can also experiment with sports drinks. In hot and humid weather, you will need to increase fluid intake, drinking more often e.g. drink as much as you can every 20 minutes or so.

**4. Careful Stretching:** The more you run, the more you'll suffer with muscle problems. The calf, hamstring and lower back muscles become short, tight and inflexible, while the shin, quadriceps and stomach muscles tend to weaken. Stretching can help to counteract this, but you will need to exercise great care as some stretching movements carry greater risks than benefits for a runner. (e.g. overstretching ligaments).

**5. Wear the right gear:** In cold weather, wear several thin layers of clothing rather than a single thicker layer. In hot weather, wear light clothes, protective sunglasses and something to cover your head. As for shoes, find out what works for you and stick to it. Larger runners need shoes with extra cushioning and support.

**6. Run economically:** Avoid bouncing or over striding. Try to lengthen each stride by pushing off rather than reaching out. Run from the hips down, with the upper body as straight as possible for good balance.

**7. Warm up properly:** It takes 6-10 minutes and a one-degree rise in body temperature for the blood to start flowing to the working muscles. When this happens, you will begin to sweat lightly. Run slowly until this point, then put yourself on automatic pilot and enjoy your session!

**8. Avoid over-training:** If you experience a cold, clammy sweat, further into your run, terminate your session. Other signs of overtraining include loss of appetite, light-headedness, a sore throat, swollen glands, insomnia and palpitations. If you have a cold, ideally rest for at least three days before resuming training.

**9. Get plenty of sleep:** Add an extra hour per night during heavy training and take occasional naps during the day if you can.

**10. Don't run when injured:** To maintain fitness levels without aggravating an injury, try other activities such as swimming, cycling or walking.

### *Links of interest this month:*

You can read about the fastest road 10K in the world in this month's Running Free Magazine at <http://tinyurl.com/RunningFreeMay12> ... not to mention where to find a new pair of running sunglasses for £200! There are also articles in the performance section on 'Training Tips' and Cross Training and an excellent article on 'Recovery' ... all of which very nicely supplement my training tips above.

And finally, for those who enjoy a bit of 'freedom' in their running, this link will provide what you are looking for: [http://www.naturistfoundation.org/BH5K\\_naked\\_run/index.html](http://www.naturistfoundation.org/BH5K_naked_run/index.html)

*Forthcoming Local Events – see Website Events Calendar for full Listing:*

<b>Wed 9 May</b>	<b>Silverstone Grand Prix 10K</b> - Silverstone, NN12 8TN
<b>Sat 12 May</b>	<b>CHIEVELEY CHASE 5.3M</b> - Chieveley Village Hall and Recreation Centre <b>The 51st RIDGEWAY WALK</b> - 51.411574,-1.830683
<b>Sun 13 May</b>	<b>Grant &amp; Stone Marlow 5</b> - Higginson Park, Marlow, SL7 2AE <b>Blenheim 7K</b> - Blenheim Palace, Woodstock, Oxford, OX20 1PX <b>Woodley 10K</b> - Headley Road, Woodley, Reading, RG5 4JA <b>The Bayer Newbury 10K</b> - Market Place, Newbury
<b>Thu 17 May</b>	<b>IAH Relay</b> - Compton
<b>Sun 20 May</b>	<b>Hook 10 Miles, 6 Miles &amp; 2.5 Mile Fun Run</b> - Hook Schools Site, Hook, RG27 9NR <b>Stoke Row 10km</b> - Stoke Row, RG9 5PS <b>The General 10K (Trail)</b> - Alresford Rd, Winchester SO21 1HW
<b>Sun 27 May</b>	<b>Wallingford Thames Run 10k</b> - Howbery Park, Crowmarsh Gifford OX10 8BA <b>The Priory 10K Run</b> - The Priory School, Pamber End, Tadley, RG26 5QD <b>Ollie Johnson Memorial Kintbury 5</b> - Recreation Ground, Kintbury, RG17 9TU <b>Marlow Radio Run 10K</b> - Lower Pound Lane, Marlow, SL7 2AE <b>Kennet Kanter 10 Mile/5K Trail Runs</b> - Devizes Leisure Centre, SN10 5AB <b>NORTHANTS ULTRA 35 – “Shires &amp; Spires”</b> - 52.360753,-0.890657
<b>Wed 30 May</b>	<b>Back in a Flash 5K (Race 1)</b> - Coate Water Country Park, Swindon, SN3 6AA
<b>Sat 2 Jun</b>	<b>The 2012 Gibbet Challenge 10K</b> - RG17 9PU
<b>Sun 3 Jun</b>	<b>Coombe Hill 6K</b> - Shoulder of Mutton, Ellesborough Road, Wendover, HP22 6EJ
<b>Mon 4 Jun</b>	<b>Godalming Jubilee Run 5k &amp; 10k</b> - The Pepperpot, Godalming, Surrey
<b>Sat 9 Jun</b>	<b>South Downs Marathon, Half Marathon &amp; 5K</b> - Slindon to QE Country Park, PO8 0QE
<b>Sun 10 Jun</b>	<b>Wargrave 10K</b> - RG10 8AB <b>The Chiltern Chase 10km &amp; 5km* multi-terrain runs</b> - OX10 6HQ
<b>Sun 17 Jun</b>	<b>The Ridgeway Relay</b> - Ivinghoe Beacon
<b>Sun 24 Jun</b>	<b>Thame CPM 10K</b> - Thame Leisure Centre, Oxford Road, Thame, OX9 2BB <b>The Penn Seven (Miles)</b> - Tylers Green Common, HP10 8LA.
<b>Wed 27 Jun</b>	<b>Back in a Flash 5K (Race 2)</b> - Coate Water Country Park, Swindon, SN3 6AA
<b>Sat 30 Jun</b>	<b>Badger Track 6 Miles</b> - Milton Lilbourne, Marlborough, SN9 5LQ <b>Run 24 (24hr event)</b> - RG7 4NG
<b>Sat 7 Jul</b>	<b>Compton Canter 9.1k</b> - Compton, RG20 6NP
<b>Sun 15 Jul</b>	<b>Fairlands Valley Challenge - 12, 18, 26.2miles &amp; 50K Ultra</b> - Marriotts School Stevenage, SG2 0AN

Stop press:

**Former Harrier to carry Olympic Torch**

Maxine Burgess, who was a member of Compton Harriers from 2000–2002, has been in touch with Mo, via Facebook, to let him know that she has been chosen to be an Olympic torch bearer. Maxine will carry the torch through Ipswich on 5<sup>th</sup> July. Maxine, who works with horses, now lives in Newmarket and competes for Newmarket Tri Club. She has qualified for the World Triathlon Champs to be held in September. She sends her best wishes to all those who remember her.