

# THE HARRIERS HERALD

No. 201, November 2009  
Editor: Sue Francis

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  - Handicap Races – Wins for Terry and Go, while Pete O leads the Championship
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- Thanks to Pete H and Mo for this month's contributions
  - Copy date for December's Harriers Herald – 30<sup>th</sup> November

## Thursday night schedule for November

Thurs 5<sup>th</sup> Ryan to lead  
Thurs 12<sup>th</sup> Phil to lead  
Thurs 19<sup>th</sup> Terry to lead  
Thurs 26<sup>th</sup> Hannah to lead

## Thursday night schedule for December

Thurs 3<sup>rd</sup> Handicap Race – followed by AGM  
Thurs 10<sup>th</sup> Lucy to lead  
Thurs 17<sup>th</sup> Tom to lead  
Thurs 24<sup>th</sup> No leader scheduled  
Thurs 31<sup>st</sup> No leader scheduled

Correspondence received		
Sender	Subject matter	Action
SEAA	SEAA Champs (London, 30-01-10); X-C Champs prospectus	File
English XC Association	ECCA Handbook 2009/10 – includes addresses/e-mail contacts for all English running clubs	File
Virgin London Marathon	London Marathon Club Entry	See below

## London Marathon club entry

I have now received our one 'club entry' to the 2010 Virgin London Marathon. As in previous years, the club will have a draw to decide who receives this guaranteed (but not free!) place in the Marathon. Those who are eligible to be in the draw are any Compton Harriers who had posted an entry for the Marathon but had that entry rejected. If this applies to you, please let me know by 18<sup>th</sup> November (so far, I only know of Pete H).

## Christmas meal

This year's meal is likely to be at 'The Coach & Horses', Beeton on the evening of Friday 18<sup>th</sup> December. More details to follow.

## **Compton Harriers AGM**

The details of our forthcoming AGM are given below.

**Date:** Thursday 3<sup>rd</sup> December

**Time:** 20:00 (after the December Handicap race)

**Place:** The Pickled Pig bar (the bar will be open for drinks)

Please let Martin (our Chairman) know if:

- (1) There are any items you would like to see on the agenda
- (2) You are a Committee member and wish to stand down from your post at the AGM
- (3) You are interested in becoming a member of the Committee for next year. Posts – none too onerous – are Chairman, Secretary, Treasurer, Membership Secretary.

Current Committee members should prepare a report for presentation at the AGM.

## **Rec. Soc. AGM**

**Sue**

Pete H and I attended the recent Rec. Soc. AGM. There were no contentious issues, but points which may be of relevance or interest to Compton Harriers are:

- Future of Rec. Soc. facility as the Institute winds down towards total closure in 2013: there was a strong view that the facility should be retained as a village social and sports club, and a meeting is to be arranged between Compton Parish Council, the Institute and Rec. Soc. to discuss this.
- The mens' showers and toilet are scheduled to be repaired this week.
- There is a plan to redecorate in the bar and the changing rooms.
- The Rec. Soc. bank balance remains stable at ~£4K.
- With a reduction in number of staff at the Institute, the size of the Rec. Soc. Committee has been reduced.
- The Committee for 2009/2010 is: Chairperson – Judy Eynon; Secretary – Jo Stevens; Treasurer – Steve Gibbs; Membership Secretary – Jo Wrey; Events Coordinator – Chris Wrey; General Committee members – Lee Caines, Richard Eynon and Sue Francis.
- Richard Eynon was elected as an honorary member of Rec. Soc. Richard has been the Chairman for several years and put a lot of time into organising Rec. Soc. events; he is now retiring from the Institute but still plans to be involved in running the bar and with rec. Soc. events.

## **Race results**

### **Henley Half Marathon, 11<sup>th</sup> October**

**Pete H**

Half a dozen Finch Coasters, my “Tuesday club”, decided to enter the Henley Half and, as I like to run all my local races at least once, I decided to give it a go. My pre-race preparations were far from text book, digging up the lawn in my front garden on Saturday afternoon followed by a lads' night out in the local curry house.

To my surprise I felt fine come Sunday morning. We set off early to try and miss the worst of the inevitable traffic queues in the town. That didn't quite work out but nevertheless we arrived in good time. Having time to kill, I entered into a long conversation with the woman staffing the reiki stand who explained the techniques to me. At the last moment I realised the race was about to start, albeit subsequently delayed by several minutes, so I headed for the pack. Due to the large entry I had to make do with starting well down the field and took over a minute to reach the start line. The narrow start meant led to a bit of congestion so it wasn't until we had run about 3 miles before I could run at

my own pace. On the positive side, it ensured that I did not go off too fast and provided plenty of overtaking opportunities.

To borrow a football parlance it was *a race of two halves*. The first was completely flat consisting of a loop of Remenham Meadow whilst the second took us up a long hill into the Chilterns. After a brief recovery period at the top there was a steep downhill section where, strangely, most runners around me held back allowing me to gain several places. After a short level stretch of road there was then a lovely straight mile of descent before we were back into the rugby club grounds for the finish. The last couple of miles passed quickly thanks to Lara from Richmond [note to Dick – I remembered the name this time] who struck up a conversation as we paced each other to the finish.

I was pleased with my chip time of 1:38:02 giving me 211<sup>th</sup> position (224<sup>th</sup> on gun time) out of 1523. It was only after looking at the results online that I discovered Sus had entered and finished just ahead of me in 1:37:41.

The race was well organised although I would have appreciated a drink in the goodie bag rather than various skin care creams (warning sexist comment to follow – maybe the race is out to attract more female entrants). It's worth noting that at around 7.5 miles the route crosses a main road where a friend was held up for some 30 seconds whilst a marshal let traffic pass but luckily for me I timed it right.

As Remenham Meadow is one of my favourite stretches of riverbank anywhere, I've no hesitation in saying that this was my all time favourite course. The scenery was stunning so put it in your diary for 2010.

### *Abingdon Marathon, 18<sup>th</sup> October*

**Sue**

Four Compton Harriers put in good performances in the Abingdon marathon. Martin initially paced Lucy, and then pushed on to finish in 3:14:15. Peter L and Ryan were paced by Sus for the first 18 miles, and they said Sus did a very good job of getting them to this point on schedule for 3:15 and still feeling good. Both Peter and Ryan set PBs, Peter finishing in 3:17:01 and Ryan just behind in 3:17:30. Lucy, despite carrying a niggling injury, still finished in a very respectable time of 3:31:32 and was 2<sup>nd</sup> FV45 lady in the Oxfordshire championship.

### *Oxford Mail X-country league, 1<sup>st</sup> November*

**Sue**

I competed as part of the Team Kennet team in the first of the Oxford Mail X-C series at Ascott-under-Wychwood. The weather was foul with driving rain and strong winds, and it was muddy underfoot. To make matters worse, the league organisers had decided that this season the ladies should race over a longer distance (4 miles instead of 3). I decided to treat it as a training run – start sensibly and try to enjoy it. The sensible start paid off. By the time we reached the water-splash  $\frac{3}{4}$  way round the first lap, I had worked my way up to 20<sup>th</sup> place, but still felt fresh and passed four more runners on the hill to begin lap 2. I caught up with a group of 3 on the long descent and used them to shield me from the wind. We reeled in a few more athletes and I managed to get away from two of the group up the final hill, finishing 10<sup>th</sup> in 27:39, surprised that I had actually enjoyed it! The race was won by Helen Barnes (Headington RR) in 25:47. Team Kennet's Rachael Elliot ran well to finish 2<sup>nd</sup> and, along with Helen Preedy (17<sup>th</sup>) we were 2<sup>nd</sup> team. There were 153 finishers.

The sun came out for the mens race, though it was still very windy. There were no Compton runners, but Team Kennet finished as 2<sup>nd</sup> team.

## *The Beachy Head Marathon, 24<sup>th</sup> October* (a very wet and blustery day)

### **Martin**

Lucy and I make a regular pilgrimage to Eastbourne for the Beachy Head Marathon. This is a very well organised event centred on St Beade's school, offering great seascapes and challenging some terrain. We usually park near the pier which, as Ryan knows, is close to a public convenience but about 1.5 miles from the start. This year we thought we were in luck and parked up at 9.00am ~3/4 of a mile from the start, only to realise that the maroon went up at 9.00am start, as usual.

Not to worry, we were not racing today and were quite relaxed as we jogged across the start line, having given the rest of the field a generous 15 minute advantage. This turned out to be a great morale booster because we were able to cruise past other competitors all the way around the course and did not get overtaken once. Not even by the perky lass who thought she could out pace Lucy down the final hill to the finish; most satisfying.

In fact this is the second time I have given the field a head start at Beachy Head. Last time I was less generous and thought I could make up the 3 minutes or so I had lost. On that occasion, with a red mist clouding thought and vision I clawed back the lost ground and by the 2<sup>nd</sup> check point (12.2 miles) was in about 15<sup>th</sup> spot but I was dead on my feet, by the 14<sup>th</sup> mile: most unsatisfactory.

So lessons to be learned:

- a) Read the pre-race instructions or get someone else to do it for you.
- b) If there aren't lots of people milling around, it does not always mean you have arrived early.
- c) If you are late don't panic.
- d) Prepare yourself properly and accept you are a few minutes off the pace.
- e) Tip for the boys - take time to protect your nipples with 2 x plasters, placed at 90 degrees to each other. It makes for a more pleasurable running experience.
- f) Some basic lessons are not taken in the first time.

Stuart Mills	3:03 - First home
Samantha Alvarez	3:27 – First lady
Lucy	4:33
Martin	4:33
Last person home	6:00 Race cut off time

If you wish to gain further insight into the Beachy Head experience, visit <http://www.visiteastbourne.com/marathon.asp> and the attendant YouTube links.

## Handicap Race

### Sue

Two Handicap Races were held in October – one on 1<sup>st</sup>, round the off-road route, and the other on 29<sup>th</sup>, round the village lap route. Seven Harriers faced the starter for the Handicap on 1<sup>st</sup> October, and we managed to complete the race before daylight faded completely. There was a very close battle for first and second places. Pete O started fast and had caught and passed Terry in the final quarter mile. However, Terry mustered up a sprint finish and just passed Pete before the line, to regain the trophy he won in June. Both were rewarded with excellent PBs. Dick ran his fastest time for some months, to take 3<sup>rd</sup>, while Lucy also beat her predicted time. Sue, recovering from a bad cold, had no hope of racing them this month. Alison set a good target to beat for her next attempt at the Handicap Race, while Gillian knocked a large chunk off her previous time. (For the Handicap Championship, I have given both Terry and Gillian 7 points for this race because, had Gillian started at her correct time, she would have finished first - I condensed the spread of start times so everyone could finish before the daylight faded).

Pos	Name	Start time	Finish time	Actual time	Handicap Beaten?
1	Terry	5:24	19:53	14:29	-1:07
2	Pete O	6:12	19:54	13:42	-1:06
3	Dick	7:31	20:39	13:08	-0:21
4	Lucy	6:51	20:54	14:03	-0:06
5	Sue	7:45	21:39	13:54	+0:39
6	Alison	0:00	22:02	22:02	New runner
7	Gillian	0:00	22:45	22:45	-1:42

For the second October race, nine regulars were joined by new runners Steve and Go (yes, that is his real name). Jan, who was starting and timing us, managed well with the tongue-twister ‘Go and Mo, Go!’ as she set off these two rhyming Harriers together. Go ran well and no one could catch him so he took home the trophy from his first handicap race. Alison continued her dramatic improvement with a good run to take second. Pete H proved that the Achilles injury which stopped him running over the summer is well and truly behind him, as he broke 13 minutes for the first time. Mo and Terry beat their predicted times and took 4<sup>th</sup> and 5<sup>th</sup>. Steve, Martin, Dick and Sue finished in close succession, Martin recording the fastest time of the evening and Dick running sub-12 for the first time in over a year. Martin would have finished 6<sup>th</sup> had he not missed his start time due to a last-minute toilet-stop! Lucy and Phil, both getting over niggling injuries, completed the field.

Pos	Name	Start time	Finish time	Actual time	Handicap Beaten?
1	Go	0:15	18:44	18:29	New runner
2	Alison	0:40	19:00	18:20	-1:30
3	Pete H	6:24	19:19	12:55	-1:11
4	Mo	0:15	19:32	19:17	-0:58
5	Terry	6:47	20:03	13:16	-0:27
6	Steve	6:09	20:17	14:08	New runner
7	Martin	9:15	20:18	11:03	-0:22
8	Dick	8:22	20:20	11:58	-0:10
9	Sue	8:17	20:22	12:05	-0:08
10	Lucy	7:48	20:36	12:48	+0:06
11	Philomena	6:09	21:07	14:58	+0:37

Well done Terry and Go, and thanks to Jan for timing. The next Handicap Race round the village lap route will be on 3<sup>rd</sup> December, before our club AGM.

After eight races, competition is still very close at the top of the Championship. Pete O remains at the top, despite missing the most recent race, but Dick is only one point behind, and Terry has moved into third ahead of Sue and Phil. As it is an individual's best five scores which will be added to determine their Championship total, the final positions will all depend on the results of the next race. The trophy will be presented to the Championship winner at our Christmas meal.

Pos.	Name	Race points									Total
		Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	
1	Pete O	4	7	6	-	6	-	6	-	-	29
2	Dick	6	6	5	-	1	6	5	1	-	(29) 28
3	Terry	-	-	1	7	7	-	7	3	-	25
4=	Sue	5	4	3	5	2	5	3	1	-	(28) 22
4=	Phil	-	5	7	4	5	-	-	1	-	22
6	Lucy	3	3	1	3	3	7	4	1	-	(25) 20
7	Martin	7	2	2	2	1	4	-	1	-	(19) 17
8=	Gillian	-	-	-	-	-	3	7	-	-	10
8=	Pete H	-	-	-	1	4	-	-	5	-	10
10	Alison	-	-	-	-	-	-	2	6	-	8
11=	Mo	-	-	-	-	-	3	-	4	-	7
11=	Go	-	-	-	-	-	-	-	7	-	7
13	Ryan	-	-	-	6	-	-	-	-	-	6
14	Kirsty	2	-	4	-	-	-	-	-	-	6
15	Steve	-	-	-	-	-	-	-	2	-	2
16	Romy	-	-	1	-	-	-	-	-	-	1

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

## Mo

For anyone still considering an entry to the London Marathon; Sweatshop, Adidas and Virgin have teamed up to offer 5 lucky runners guaranteed entry into the 2010 event. It's completely free to enter the competition, just visit [http://www.sweatshop.co.uk/comp\\_VLM2010/](http://www.sweatshop.co.uk/comp_VLM2010/) and fill in your details. The deadline is Sunday 13<sup>th</sup> December 2009.

A couple of weeks ago I mentioned to those who were at the 4 Points after the club night session that provided I received info in good time I would add details of each Thursday club run on the web site so that if anyone was accidentally left off the list, all they had to do was to check it out on the website. I didn't mean to stop whoever happens to be leading on a particular night sending out the traditional message to all regulars ... so please keep sending details to all Thursday night regulars as before.

I have added quite a few events of interest on the calendar recently, but if anybody is entering a particular event that hasn't been included, just let me know and I'll include it.

***My series of articles on fitness began in June 09 with the aim of covering the 3 main components: Stamina, Strength and Flexibility. Having covered the first 2 components over the past 5 months, it's now time to look at Flexibility, the final component of fitness.***

### ❖ Flexibility

Flexibility provides a better range of motion at speed and enhances performance and posture thereby reducing injury risk. A flexibility workout can be performed as a separate routing and is likely to be of

great benefit to your general health and well-being. Stretching provides us with a means of achieving more flexibility.

- ▶ **Stretching:** Muscle fibres shorten during physical activity and if they aren't stretched out again they can adapt to this shorter length so pulling bones out of alignment (adaptive shortening) which then limits range of movement. Flexibility training should therefore be an important part of any fitness programme. Before performing stretching as part of any flexibility routine, you must always ensure that you have warmed up thoroughly beforehand to prevent overstraining or tearing muscles and connective tissues.

The two main forms of stretching are static and dynamic, the distinction between the two depending on whether a stretch is held without moving or through a range of motion.

- ▶ Static stretching develops the passive range of motion (flexibility in a fixed position) and helps maintain good posture as muscles are restored to their resting length after exercise.
- ▶ Dynamic stretching develops the active range of motion (flexibility throughout a joint's range of movement) which is important as far as sports performance is concerned.

Putting time aside once or twice a week to go through a comprehensive flexibility workout will gradually improve flexibility and this will need to be continued on a regular basis in order to reap the benefits. Some very good reasons to stretch are listed below.

Stretching will:

- ◆ Speed up the removal of waste products and the arrival of fresh nutrients to muscles post-workout.
  - ◆ Increase blood supply to joint structures, keeping them healthy and mobile.
  - ◆ Quickly return muscles to their "resting" length.
  - ◆ Improve mobility in normal daily activities such as reaching up to a high shelf.
  - ◆ Reduce the rate of decline in flexibility that occurs as we get older.
  - ◆ Provide an aid to relaxation.
- ▶ **How to stretch**
- ◆ Only stretch muscles that are thoroughly warm.
  - ◆ Stay relaxed and breathe freely.
  - ◆ Slowly lengthen the muscle towards the limit of your pain-free range. It should be a sensation of slight discomfort, not pain.
  - ◆ Concentrate on correct body alignment. Know which muscle or muscle group you are stretching.
  - ◆ Do not jerk or bounce, keep movements slow and controlled.
  - ◆ For a post-workout stretch, hold the stretch for 10-15 seconds. When you feel it "give" or relax a little, you can extend a little further into the stretch and hold for a further 10-15 seconds. Repeat each stretch at least twice.
  - ◆ For a stand-alone flexibility session. Hold each stretch for up to 60 seconds and repeat 3-4 times.
  - ◆ Remember to stretch both sides and both limbs.
  - ◆ Wear loose, comfortable clothing to stretch in.

▶ **Stretching Exercises**

- ◆ **NECK:** Stand tall and bend the head directly to one side to stretch out the side of the neck. To increase the stretch, take your hand over your head and gently pull the head further to the side. Repeat for the other side.
- ◆ **CHEST:** Clasp your hands behind your back and gently push the arms away from the back, keeping your arms as straight as possible and shoulders down.
- ◆ **UPPER BACK:** Stand with feet hip-width apart and knees slightly bent. Link hands together in front of you and push away through the shoulders and upper back, rounding your back into a C-shape.

- ◆ **SHOULDER STRETCH:** Stand tall with feet hip-width apart and take your right arm across the body, grasping it just above the elbow with the crook of your left arm and gently pull it into the chest, keeping your shoulders down.
- ◆ **KNEELING SHOULDER STRETCH:** To stretch the front and middle of the shoulders, go down on all fours, sit back on your haunches and bend your torso forward, extending your arms out on the floor in front of you.
- ◆ **TRICEPS STRETCH:** Extend your right arm above your head and then bend the elbow, dropping the forearm behind the head. Gently push the elbow back with your left hand. Swap sides and repeat.
- ◆ **FOREARM AND WRIST STRETCH:** Extend both arms out in front - turning the right hand upwards and using the left hand to gently press the hand down. Swap arms round and repeat.
- ◆ **SIDE STRETCH:** Stand with feet hip-width apart and, with hips centralised, bend your torso directly to the side, sliding the hand down the leg. Swap sides and repeat.
- ◆ **LOWER BACK STRETCH:** Lie on your back and bring your knees into your chest, grasping hold of your shins to increase the stretch.
- ◆ **MODIFIED COBRA:** Lie face down on the floor and raise yourself up on your forearms with elbows below shoulders and forearms pointing forwards. Press your hipbones into the floor and allow your back to extend whilst looking straight ahead throughout (not up or down).
- ◆ **CALF STRETCHES:** Take a big step (about 1 metre) forward with your left leg and with your right leg straight, pressing the heel down into the floor. Bend the left knee and press the hips forward ensuring the foot is in line with the leg. Swap sides and repeat. Next, bring the back leg closer to the front and bend both knees to stretch the lower part of the back calf. Swap sides and repeat.
- ◆ **QUADRICEPS STRETCH:** Stand tall and bend your right leg behind you grasping your right foot in the right hand. Continue bending the leg and pull the foot behind you to your bottom. Keep your legs aligned and don't arch the back or tip the pelvis forwards as you press the foot to the bottom. Swap legs and repeat.
- ◆ **HAMSTRINGS:** Stand tall and extend the right leg out in front of you with foot on the floor, keeping the other knee bent and resting your hands on the bent leg's thigh. Keep the back straight and push backwards to stretch the right hamstring. Swap sides and repeat for the left hamstring.
- ◆ **GROIN STRETCHES:** Sit on the floor and bring the soles of your feet together. Gently press down on the inner thighs with your elbows and then, extend your legs out straight to the sides, taking them as far apart as is comfortable, keeping your back straight.
- ◆ **HIP FLEXORS:** Adopt a lunge position and take the back knee to the floor, shoelaces facing down. Keep the torso upright and lean into the front leg until you feel a stretch along the front of the hip. Make sure the front knee does not extend beyond the ankle, as this puts excessive stress on the joint.
- ◆ **GLUTEAL/HIP STRETCH:** Lie on your back with knees bent and feet raised. Put your right foot over your left thigh and link your hands behind the left thigh, to gently pull the legs towards your torso and so stretch out the right hip. Swap sides and repeat.

As we get older, our flexibility declines owing to collagen fibres within the connective tissues thickening and getting stiffer, whilst soft tissues become more dehydrated so reducing joint lubrication. By regularly taking joints through their full range of movement and stretches, this process is slowed down so maintaining flexibility and movement.

Next month, I will be looking at warming up and cooling down exercises

Mo – November 2009



*The Harriers Herald 200<sup>th</sup> edition  
Caption Competition*



**Thanks to everyone who entered – all the captions are reproduced below. Thanks to Mo for judging, and congratulations to Sus and Elo for their winning caption:**

“The credit crunch has hit the BBC badly; the rehearsal for Strictly Come Dancing is taking place on the Ridgeway”.

**Mo also liked Kirsty’s entry, but the rules (as stated in HH200) were a maximum of 20 words, and I’m afraid this one was too long!**

“The strictly Compton Harriers competition opens with a wonderful rendition of the Ridgeway waltz, performed in coordinated green sequined dance vests by nimble footed Dr Sue partnered by our very own Webmaster Mo”.

“As Mo began to laugh and hop uncontrollably, Sue snatched his drink away for further testing”.

“Here - stick this elastoplast over your right nipple, before it looks as sore as your left”.

“After years of being chased by Mo, Sue gave up running away and tentatively offered her hand in marriage”.

“Oh, come on Malcolm this is no time to be telling jokes”.

“Malcolm chose a younger dance partner for the Strictly final”.

“Sorry, can't stop to chat - I've got the 201<sup>st</sup> Harriers Herald to publish”.