

THE HARRIERS HERALD

No. 213, November 2010

Editor: Sue Francis

Contents, features, reports, results

- Thursday night schedules for November and December
- Correspondence received – with details on future England Athletics registration
- Compton Harriers Christmas meal – a reminder
- Compton Harriers AGM – date and preliminary details
- Rec. Soc. AGM – a summary of relevant issues
- Handicap Race – Ryan returns with a fast winning time
- Race results: Berlin Marathon – Pete H and Sus enjoy excellent performances; Eden Marathon – Hannah enjoys her second marathon; Cricklade Half – a PB for Philomena; Clarendon Trail Marathon – a baptism of fire for Terry; Ridgeway Run 15K – Simon runs well and finishes in one piece; Swindon Half – Sus reports on a well-organised local event; Abingdon Marathon – great performances from five members; Burnham Beeches 10K – Sus recommends a nice off-road race; Great South Run – Gillian has a good race; Beachy Head Marathon – Lucy and Martin enjoy stunning views
- Webmaster’s article – Mo features ‘running free’ online magazine, and lists forthcoming races
- Thanks to Pete H, Terry, Sus, Simon, Mo, Hannah, Lucy and Philomena for this month’s contributions
- Copy date for next Harriers Herald – 30th November

Thursday night schedule for November

Thurs 4th Martin to lead
Thurs 11th Pete O to lead
Thurs 18th Mo to lead
Thurs 25th Handicap Race

Thursday night schedule for December

Thurs 2nd Sue to lead – followed by Compton Harriers AGM (see below for details)
Thurs 9th Gillian to lead
Thurs 16th Sus to lead
Thurs 23rd No leader scheduled(*)
Thurs 30th No leader scheduled(*)

(* but some members may well be interested in meeting to run as usual)

Correspondence received

Correspondence received		
Sender	Subject matter	Action
UK Athletics (by e-mail)	Requesting Club details for new on-line Club-search facility	Club details sent to UKA
England Athletics (by e-mail)	Modified athlete registration system for 2011	See details on next page (*)
Burleigh Travel	Running tour packages (warm-weather training in Portugal)	If interested, visit: www.burleightravel.co.uk
SEAA	Cross-country championships prospectus	File
Virgin London Marathon	Club Guaranteed Entry	Find out which members are eligible to enter the draw
Berkshire County Athletic Association	2011 affiliation fee due (£50)	To be paid by cheque
English XC Association	National XC Champs (Alton Towers, Staffs, 19-02-11)	If interested, speak to Sue for more details

England Athletics registration from April 2011

England Athletics have decided that, in order to deliver a more efficient and cost-effective registration system from April 2011, the individual athlete registration card (competition licence) will be replaced with an e-card. The Club will be required to supply England Athletics with current e-mail address for each of our members. As soon as they have received and processed our 2011 registration fees, each member will receive a welcome e-mail and their Unique Athlete Reference Number which will enable them to print an e-card from their computer.

Compton Harriers Christmas Meal

Saturday 18th December 2010, 20:00, The White Horse (Hermitage) <http://www.whitehorseofhermitage.co.uk/>
So far, we have 26 people keen to attend. If you haven't yet replied and wish to be added to the list of attendees, please let me know. I now need to collect a £10 deposit per person, and your choice of meals from the attached menu, by Thursday 11th November at the latest please.

Compton Harriers AGM

The details of our forthcoming AGM are given below.

All members of Compton Harriers are encouraged to attend.

Date: Thursday 2nd December

Time: 20:00 (following the Thursday run, which will be round Compton)

Place: The Pickled Pig bar (*)

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, and Membership Secretary.

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

(*) The bar will be open for drinks. We traditionally take our own food along (there is a microwave and an oven available for warming food). However, I note that 'The White Hart' at Hampstead Norreys is now doing takeaway meals (fish & chips, and pies) on Thursday evenings, so that is an option we may wish to consider.

Rec. Soc. AGM

Sue

Below is a brief summary of relevant issues from the recent Rec. Soc. AGM.

- The Institute (IAH) is scheduled to close fully in 2014 at the latest, but staff numbers will fall dramatically between now and then.
- IAH provides the Rec. Soc. building (Pickled Pig and changing rooms) to Rec. Soc. free of charge (that is, IAH pays electricity and water bills, and organises maintenance and repairs).
- There is concern that, as staff numbers fall, IAH may decide it is no longer viable to keep the facility open. The Rec. Soc. Chairman has written to IAH management to request that the facility stays open as long as possible.
- Rec. Soc. now has 104 full members (IAH employees) and 32 associate members (Compton Harriers, Keep Fit club members, and ex-employees). However, IAH staff numbers are falling and, since closure of the Squash Club, associate numbers have fallen too.
- So, Rec. Soc.'s income is falling, but critical expenses (insurance, performing rights society, TV licences) still have to be paid – these are all paid from rec. Soc. funds.
- Rec. Soc. will keep going as long as the income is sufficient to cover these costs.
- The Rec. Soc. Committee for the next 12 months will be: Chairman/Secretary – Judy Eynon; Membership Secretary - Jo Wrey; Treasurer - Steve Lambert-Gibbs (yes, that's Sarah's Dad); Committee members – me (Sue), Lee Caines, Fay Slater, Robert Wheeler.

Handicap Race

Sue

For October's Handicap Race we returned to our winter 'Village Lap', with the start and finish line being outside Dick and Jan's house. It was quite a pleasant evening, but there was a rather stiff breeze from the South. Half-term holiday and recent marathon races meant several of the usual runners were either away for the week or resting weary limbs. However, Ryan returned to run his first Harriers Handicap race for many months. His recent good form was once again demonstrated as, despite starting last, Ryan was first across the finish line recording an excellent time. Sue chased Richard and Dick, eventually catching them near Wilson Close. However, Richard clung on and Sue only just beat him to 2nd place. This was Colin's first attempt at the Handicap race, and he was going well..... until he saw the church and realised that landmark wasn't familiar from the warm-up lap! This detour probably added a good two minutes to his running time. It was also good to have Gillian back running the race again, having now recovered from her summer injury problems.

Well done Ryan, and thanks to Jan for time-keeping. The next Handicap Race (which will be the last one in the 2010 Handicap series) is scheduled for 25th November, round the 'Village Lap'.

Finish Position	Position on handicap	Name	Start time	Finish time	Actual time	Handicap Beaten?
1	1	Ryan	4:35	15:53	11:18	-0:07
2	2	Sue	3:44	16:03	12:19	+0:03
3	3	Richard	3:24	16:04	12:40	+0:04
4	4	Dick	3:10	16:25	13:15	+0:25
5	6	Colin	1:35	19:28	17:53	New Runner
6	5	Gillian	0:09	21:07	20:58	+1:07

Despite the fact that neither Mo nor Terry ran in this race, they have retained their places at the top of the Handicap Championship table. However, Sue (who is now the only person to have run all 8 races this year), is now just 1 point behind Terry. With only one race left to complete the 2010 series, the top few places could yet change around, so there is still all to run for.

Pos.	Name	Race points									Total (best 5)
		Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	
1	Mo	6	7	6	7	1	2	5	-	-	34 (31)
2	Terry	-	3	5	6	3	6	6	-	-	29 (26)
3	Sue	5	1	3	1	7	4	3	6	-	30 (25)
4	Meena	-	-	2	1	4	7	7	-	-	21
5	Dick	3	1	-	1	5	3	4	4	-	21 (19)
6	Steve G	-	1	-	3	6	5	1	-	-	16
7	Pete O	4	1	-	5	3	-	2	-	-	15
8	Alison	-	6	7	1	-	-	-	-	-	14
9	Lucy	7	-	-	2	-	1	1	-	-	11
10	Pete H	-	5	-	4	-	-	-	-	-	9
11	Gillian	-	4	-	1	-	-	-	3	-	8
12	Ryan	-	-	-	-	-	-	-	7	-	7
13	Richard	-	-	-	-	1	-	1	5	-	6
14=	Peter L	-	-	5	-	-	-	-	-	-	5
14=	Martin	-	2	-	-	1	1	1	-	-	5
16=	Francis	2	-	-	-	-	-	-	-	-	2
16=	Colin P	-	-	-	-	-	-	-	2	-	2
18=	Sarah	-	-	1	-	-	-	-	-	-	1
18=	Bethan	-	-	-	1	-	-	-	-	-	1
18=	Steve S	-	-	-	-	1	-	-	-	-	1
18=	Kirsty	-	-	-	-	1	-	-	-	-	1
18=	Dan	-	-	-	-	1	-	-	-	-	1

Race reports and results

The 37th Berlin Marathon, 26th September

Pete H

The race experience began on the Friday evening with a visit to the former, and very impressive, Tempelhof Airport to pick up my race number. Whilst Sus' attention will have been caught by the numerous shoe vendors I headed straight for the DC3 which was used during the 1949 airlift and the Tyrolean-style wooden chalet that was the official race bar.

About 4,000 of the competitors took part in Saturday morning's 6km Breakfast Run. I opted to do only the last



400 metres which was staged on the track around the 1936 Olympic Stadium, and hoped to get inspiration from the hallowed ground where Usain Bolt set a couple of his world records. It's really a jog with stewards controlling the pace and allowing the band to keep up with the rear of the field. Two dozen Japanese in traditional costume added to the party atmosphere by doing a dance routine on the track!

Late Saturday afternoon, and time for a bit of spectating at the In-line Skating Marathon. Despite the hazards of driving rain and tramlines bisecting the course, the individual winner clocked 1:23. As with cycling, slipstreaming is crucial so in the concurrent team race the winners clocked 1:09.

Come Sunday morning it was still raining. The organisers played the *Pirates of the Caribbean* theme music over the tannoy during the countdown to the start; maybe the idea was to evoke memories of the blue skies and 24° temperatures of two days earlier. The big screen however informed us it was a mere 11° and humidity was 98%. At 9:03am precisely the race commenced with both elite men and women starting together. Unlike London, the start is held on a wide dual carriageway and one is able to run rather than walk within seconds rather than minutes of the gun. Let the sightseeing commence!

The city authorities had kindly named the start road after my birth date. The first spot of tourist interest was scheduled to be the Victory monument but we had to make do with a view painted onto a membrane attached to scaffolding. After crossing into the former eastern half of the city, the next sight was due to be the 365 metre high TV Tower but most of it was covered by low cloud.

We then passed the spot where a well known American president declared to the world that he was a donut. The uber efficient U-bahn system allowed Jan to pop-up at various points around the course. I was thus able to hand her my bum-bag full of gels, the weight of which was using up more energy than the gels were providing! Jan always moans that you can't get a decent cup of tea on the continent but I was most impressed with the *citron tee* which was available at the refreshment points, the warmth being as valuable as the sugar and liquid content on the day.

I passed halfway in 1:38 which the efficient organisers texted to Jan a minute or so later. I had planned to spend most of Saturday relaxing at the beach - yes there really is one on the edge of the city - but the rain meant sightseeing got the vote. Thus it was perhaps inevitable that, after three days of intensive walking around Berlin and Potsdam, my legs would suffer in the final 10km. I resisted the temptation to rest as I passed my hotel during this stage of the race.

At around 34km we passed along the Ku'damm and at that point I was wishing they had retained this as the finish point of the race. It was now going to be a physiological battle to keep going, and of course there were still more sights to see and bands to wave at, not to mention high-fives which brought a smile to some little kiddies along the route. As we passed Ka-De-We (continental Europe's largest department store) I observed that the snotty management had deployed some tape and a security guard to stop any spectators sheltering from the rain under its canopy.

Finally I turned onto Under den Linden, aka the finishing straight, all 1.2km of it. Still it was time to celebrate with a jig as I passed yet another band. There were chip mats every 5km so, when I crossed the one immediately after passing through the Brandenburg Gate along with other runners, we came virtually to a halt thinking that was the finish. It then occurred to me: where is the big sign with *Ziel* on it? Ah! It's another 192 metres away! Time to spot one last point of interest – two Russian tanks overlooking the finish line. Once the clock came into sight I realised I could get under 3:30 so a sprint finish was called for. I thus weaved in and out of the runners in front clocking 3:28:57 on my chip.



Patrick Makau of Kenya won in 2:05:08 in what seemed a contrived finish, two seconds ahead of his fellow countryman Geoffrey Mutai.

Once I stopped running I suddenly felt very cold but, undaunted, I had an open-air massage then headed for the bar. The organisers lay on unlimited free beer and even though it was of the alcohol-free variety it tasted pretty good after 42km [traditionalists should note there were no mile markers]. Next stop, after collecting the back-up crew (Jan) the real thing. A drop of dunkel Schwarz bier is the next best thing to bitter. But no time to linger and allow the legs to stiffen up as there was a WWII flak tower to visit. Although 42 metres high, the stairs to the top did not provide too much of a problem but coming down was a bit more tricky.

To round off the day I met up with Sus who finished a very creditable 48th in the ladies race in a time of 3:03:51. The winner, Aberu Kebede, clocked 2:23:58.

In addition to a finisher's medal I seem to have acquired honorary citizenship as I'm listed as a German national in the official results!

The Eden Marathon, October **Hannah**

The Eden marathon took in all the varied scenery which central Cornwall has to offer, which included the industrial clay lands, moorland, deciduous woodlands, country lanes and river valleys. The route was a figure of eight (the first half for the half-marathoners) which wound up and down clocking over 1200 metres of ascent. The terrain was predominantly gravel tracks, but with some road (~30%). The event was a perfect combination of a well marked and organised race, with an Eden finale finish in the central 'stadium'. I loved this race; it started with the Saturday night pasta party and night time access to biomes and ended on the Sunday with a pint and pasty in those most spectacular surroundings.

1st Man: Duncan Oakes (St Austell RC) 2:55:16
1st woman: Naomi Tier (Cornwall AC) 3:12:24
Hannah: 4:15:47

Cricklade Half Marathon, 3rd October **Philomena**

On a wet and windy day Lucy and I set off for this half and met up with Ryan at the race venue. Sus was also there (recovering from her wonderful effort in Berlin) to give us all moral support which was very welcome. This was going to be my last long run before beginning my taper for Abingdon Marathon two weeks away. It was described as a flat route but I wasn't sure whether I was going to go all out and try for a PB or just take it easy. It wasn't really going to make any difference to my training for Abingdon at this stage, so I decided to do as I felt on the day. Fortunately the wind was behind us most of the way and, as it turns out, I was able to do a PB for a half which I was really pleased with and was 1st FV50.

Ryan: 1:27:29, Male 39 and Under 16th
Lucy: 1:34:57, Female 35+ 3rd
Meena: 1:39:02, Female 50+ 1st

Clarendon Trail Marathon, 3rd October

Terry

This was my first marathon and it was a pretty tough race made a lot worse by the heavy rain there had been for two days before and during the race, turning the course into a mud-fest. I'd bought new trail shoes for the event but hadn't clocked up many miles in them so was nervous about running in them for fear of blistering. However, after checking what I could of the course it was apparent I had no choice; I'd have to chance it. With feet suitably taped and plastered I packed my gels, put on my poncho and headed for the start at for a 10:30 kick-off. There was no chip mat at the start, so I presumed they were using the gun to start the clock. The relay race started at the same time as the normal marathon, leading to lots of very enthusiastic and excitable sorts heading off at break-neck speed which tended to sweep all along who got in their way. I managed to avoid the stampede and stuck to my race plan which was to enjoy the scenery, take it easy and bag the medal, saving plenty of 'go' for Abingdon in two weeks' time.

After mile 6, despite the conditions, I actually started to enjoy myself and even managed a smile for the race photographer. The relay transitions were a bit hectic, with bodies standing around on the 'racing line' trying to swap wrist bands whilst shouting and whooping. There was plenty of support from small crowds too, huddled under umbrellas as we ran through.

I was pacing consistently and, as I hit halfway, I knew if I could maintain things I was on for a 3:40 finish, in theory. Given the conditions I was feeling pretty happy with myself but, knowing the worse was still to come, I thought this was probably too fast and I told myself to take it steady.

There was also a half marathon scheduled to start from the mid-way point at 12:15 and this coincided almost perfectly with my arrival as I ran straight into the back of the tail-enders and slower runners. This was not good news as the paths at this point became narrow and things turned into a procession of single-file runners, and over-taking was virtually impossible at this point. The going under-foot became muddier and slipperier than ever and, for a while, you couldn't walk up the hills let alone run, there was a lot of scrambling up and skating down the chalky slopes, broken only by the occasional village with soggy supporters clapping and cheering you on which was a real boost.

Then I got to mile 20 and the wheels fell off - I felt ok, my pace was still good and my legs still felt quite light but then my calf muscles started to cramp up. First the right one quickly followed by the left. At first I tried to run through it but I quickly realised that wasn't going to be possible as my left foot decided to turn outwards at a weird angle as my calves became solid, none of which looked or felt good! I stopped running but the situation seemed to worsen as I found myself unable to bend my ankles at all to get my heels down on the ground. I could only walk on my toes, I think I looked like something out of Jurassic Park, snarling and lurching about on the edge of the path blurting the odd expletive. After a spell of hobbling then walking things seemed to ease, so I set off again only to have the same thing happen time and time again over the next 6 miles. My quads decided to do exactly the same around mile 24 causing more contorted antics which were met with sympathetic calls and encouragement from other runners which really kept me going. At one point I found myself running with a chap from Devon who had once lived in East Ilsley and went to School in Compton, small world.

The last quarter of the race was a slow, painful and repetitive series of walk/run to the finish. Not at all how I hoped my debut marathon would turn out and I left feeling pretty disappointed. I've never experienced cramp at all before and I don't know why it happened; I'm sure you'll have some words of wisdom for me!?! On the plus side, my new shoes performed without any hitches and the t-shirt is quite nice!

Finish Time 4:18:08
Position 159th overall

Ridgeway Run 15K, 10th October

Simon

Well, that went well...

Considering that I sprained my right ankle three weeks before this event (playing tennis of all things – I didn't realise it was such a dangerous sport) and then, on a short run two days before, slipped over on a patch of slime/moss/Liberal Democrat councillors (it was green, whatever it was) and ended up with a hefty graze on my right knee, it was a minor miracle that I even managed to get to the start let alone finish standing up.

Those of you who have run this event before will know that the Ridgeway Run is a predominately off-road 15K run which starts and finishes in Tring. Those of you who haven't run it before now know it's a predominately off-road 15K run which ... anyway, I pitched up at Tring Cricket Club in Henry at 9am and wandered over to the clubhouse for a cuppa. I was half-expecting to see some other Harriers there (we had a good turn-out last time I did this one in 2007) but a quick check of the entry list showed me to be the sole representative this year.

There was a sign on the door which read "Race full. No entries on the day", though I did see someone handing out numbers in the high five-hundreds but I guess these were collect-on-the-day entries. When I left the finish area to walk to the start about a mile away, the field was full of cars and it suddenly seemed very busy.

On the way to the start I saw something which I have never, in all my years of running, seen. A, shall we say, large runner who for some reason known only to himself had squeezed himself in to a pair of small (or medium at best) compression running shorts. A runner with builder's bum. I silently prayed I wouldn't spend the entire 15K staring at his crack...

This being the 10th October 2010 (10-10-10)(*) the organisers changed the start time from the usual 10am and at 10:10 the klaxon went off and the race began. The start was a bit slow due to the road narrowing almost immediately and, unfortunately, there were a couple of bottlenecks in the first couple of miles, but I can't say I was that bothered as I was just out to test my legs/calves/knees/ankle. The route itself was pleasantly undulating with a couple of well-positioned drinks stations and was, as ever, very well marshalled.

I can't say I did brilliantly, but I can say I was the first Compton Harrier to finish. Yeah, ok, I was the only Compton Harrier to finish, but in my world that made me first. I sort of enjoyed it, but my lack of running over the previous three weeks was fairly evident towards the end. However, finish I did in a new Personal Worst time of 1:36:10, in 362nd place out of 474 finishers and the t-shirt – which read 10-10-10 10:10 – was nice.

First home was James Buis of Heaton Harriers in 55:41, with Thomas Beedell from Chiltern Harriers 2nd in 57:55 and Abingdon Amblers' Paul Fernandez 3rd in 59:05. For the Ladies, Sally Onn from St Albans Striders was first in 1:04:43, Kerri Renshaw (unattached) was 2nd (and 1st v35) in 1:07:52 and Deborah Steer, also from St Albans Striders, was 3rd (and 1st v45) in 1:08:00.

All in all this is a very well organised and well marshalled event and I shall definitely be going back in future. And as long as I can avoid playing tennis and slipping on Liberal Democrats I should be a bit quicker next time.

Simon

(*) For the mathematically-inclined amongst you the date of 10th October '10 (10-10-10) when converted from Binary gives the number 42 in Base 10 which, as any Hitch-hiker's fan will tell you, is the answer to Life, the Universe and Everything. If you write the date as 10-10-2010, though, it doesn't work...

PS. I've already written to the organisers to tell them that, if they hold next year's race on the second Sunday in October and start the race at 13 minutes and 14 seconds past midday, they could produce a t-shirt which reads "09-10-11 12:13:14 15K". I know, I know – I need to get out more.

Swindon Half, 10th October

Sus

A very well organised event, which has nearly everything you would want from a big race, and reasonable value at £18 for a medal and t-shirt, two bands on the route (which you pass twice), energy drinks provided en-route, four different levels of pacers from 1:30 to 2:30 hours finish time, parking and hot showers nearby, and a good level of support along a lot of the course (but no homemade cake).

The course avoids Swindon itself to focus on quiet country lanes to the south, but all roads are closed to traffic, so perfectly safe. However it “only” attracts about 1500 runners probably due to not being a PB course. Yet some generous prize-money seems to have changed the results picture compared with previous years, so not just for weekend joggers.

I personally found it a bit difficult to get going and had to reach mile 7 before I felt I found the autopilot, so I started to wave to the spectators. It does seem to cheer everybody up even more, myself included, but it did not measure with the expression of a little girl among the spectators to whom I handed over my medal. I think for her Christmas had come early!

A very well organised event, which I'd be happy to return to next year.

1 st Man, Dave Roper	1:12:07
1 st Lady, Emma D'Alton, Westbury Harriers	1:20:04
4 th Lady, Sus	1:32:00

Abingdon Marathon, 17th October

Sue

Five Harriers completed the Abingdon Marathon, four of them setting PBs. Ryan ran a very good race and finished in 3:10:30 (139th). Lucy knocked two minutes off her PB, running 3:15:39 (170th, 15th lady). Terry put his Clarendon Marathon disappointment well behind him and surpassed his expectations with 3:30:03 (284th). Philomena's recent good form had indicated a PB was likely and she did this in fine style. Her time of 3:33:54 (311th), took 10 minutes off her previous best. Dick struggled with some leg discomfort but persevered to complete the course in 4:01:06 (515th), his first road marathon for a few years. Team Kennet's Colin Price, who sometimes joins our Thursday club runs, ran 4:03:26 (525th). Martin was forced to pull out of the race due to a calf strain, and Sus stopped at 18 miles as she had planned, using it as a training run.

1st man was Colin Paton (Army Athletic Association) in 2:33:48, and 1st lady Helen Taranowski (West 4 Harriers) in 2:53:53. There were 707 finishers, the last finisher crossing the line in 5:29:40.

A few days after the event, Lucy and Philomena learned that they had both won Oxfordshire Championship medals for being 1st and 2nd Oxfordshire ladies respectively in the W45-55 category. Well done ladies.

Burnham Beeches 10K, 24th October

Sus

A great off-road run with a few mild hills, set in beautiful scenery and organised by Rotary Club of Burnham Beeches. The organisation seemed slick and faultless. Marshalls and spectators gave plenty of support and encouragement throughout the race. Nice goodie bag to finish - especially the free hot drink from the nearby cafe.

The only negative was the run-off at the finish. We crossed the line and the medals were around our necks in 3 steps. Not much room if you're on a sprint finish and/or you want to look fairly decent before you meet up with all the elderly men from the Rotary Club. But certainly one I would do again next year.

1 st Man	Matthew Salt	35:31
1 st Lady	Debbie Weman	43:37
2 nd Lady	Sus	43:51

Great South Run, 24th October

Gillian represented Compton Harriers and finished in a pleasing time of 1:46:45.

Beachy Head Marathon, 23rd October

Lucy

Anyone who has done this race will know it is a hard undertaking, starting with a steep ascent and ending with an 8-mile tour of the beautiful Seven Sisters national park and Beachy Head. The intervening 18 miles combine long climbs on the grassy downland with descents into pretty villages. Along the way are food stops where Mars bars, buns, tea, squash, cake and biscuits are on offer. Around 1750 walkers, 'joggers' and runners join the event each year and, due to its popularity, early booking is essential. This year Martin and I were particularly lucky with the weather, with the recent rain clearing the air so that the views were stunning. In addition the Westerly wind pushed us home along the exposed cliffs while not impeding us by much on the outward journey. This made for an enjoyable race, and an excellent time considering we were somewhat crooked from Abingdon the week before (4:09 compared with 4:15 last year). Next year's race is on 22nd October and I will be looking to sign up in February – when entries are open I will spread the word so we can all go!

1st Stuart Mills University of Brighton 3:02:15

1st lady (14th) Emma Richards Hailsham Harriers 3:31:02

(only race times up to 6 hrs are recorded, but the limit is probably at least 10 hrs, since walkers do it)

Website update... <http://www.comptonharriers.org.uk>

Mo

Links of interest this month:

Sus sent me a link recently which illustrates the built-in strength of some runners which sets them apart from the 'also-rans' ... the link is:

http://www.youtube.com/watch?v=MTn1v5TGK_w&feature=youtube_gdata_player ... so during the next handicap race, I will expect to see similar commitment from all!

<http://www.runningfreemag.co.uk/> issues a monthly free electronic magazine on the site which covers everything to do with running. The site itself has many items of interest and one I am particularly intrigued with is the section on running heroes. Did you know, for example, that Roger Bannister is not only famous as the first man to break the 4-minute mile barrier in 1954, but he was also the person who introduced anabolic steroid testing in 1974? Did you also know that Pheidippides, who was credited as being the first marathon runner, had previously run 156 miles in 2 days from Athens to Sparta to ask for help in the battle against the Persians. The Spartans were unable to help, but on the way back, Pheidippides met the God Pan who promised to help if the Athenians worshipped him. The Athenians turned their allegiance to Pan and were rewarded with victory at Marathon. Pheidippides was then given the task to run from Marathon to Sparta, a distance of 25 miles, to give the Spartans the good news. He ran all the way without stopping and dropped dead with exhaustion on his arrival ... and so the marathon was born!

The historically documented 156 mile run of Pheidippides was also the inspiration behind 'The Spartathlon' which some of our members already know is an annual race from Athens to Sparta which was launched in 1982 by John Foden who, with some of his RAF friends, ran the distance in just under 36 hours.

And whilst we're on ultra-running, did you know that Pam Reed of Tucson, Arizona, was the first person to run 300 miles without sleeping ... a feat which took a mere 80 hours from Friday morning to Monday afternoon, March 25th -28th in 2005, when she was 44 yrs old!

Forthcoming events, as listed on the Website Events Calendar, are shown on the next page.

	Date	Time	Event	
Nov-10	4th	6:15 PM	Club Night - Martin to lead	
	6th	9:00 AM	Reading parkrun - Weekly Free 5km Timed Run	
	7th	9:30 AM	21st Marlow ½ Marathon	
		10:45 AM	Salisbury District Hospital Stars Appeal Tidworth 10K	
		11:00 AM	Oxford Mail X-C Race 1	
	9th	6:30 PM	Tuesday Session - Lucy Leading	
	11th	6:15 PM	Club Night – Pete O to lead	
	14th	10:00 AM	Grand Union Canal Half-Marathon	
		10:00 AM	Run for Heroes 5K Series	
	16th	6:30 PM	Tuesday Session - Sus Leading	
	18th	6:15 PM	Club Night – Mo to lead	
	20th	10:00 AM	Dirt Half Marathon Challenge	
		12:00 PM	Berks. Bucks & Oxon X-country Championships	
	21st	10:00 AM	The Castle Combe Chilly 10K	
		10:00 AM	Rugged Radnage 10k	
		11:00 AM	Herbert's Hole Challenge 10K	
		12:00 PM	Avebury 8	
	23rd	6:30 PM	Tuesday Session - Meena Leading	
	25th	6:15 PM	Club Night - Handicap Race	
	28th	10:30 AM	Maylarch Eynsham 10K	
		11:00 AM	Cotswold 10k	
		11:00 AM	British Heart Foundation's Newbury Santa Jog 5K	
	30th	12:00 PM	Tuesday Session - Lucy Leading	
	Dec-10	2nd	6:15 PM	Club Night
		5th	10:00 AM	Oxford Mail X-C Race 2
		11th	12:00 PM	Berkshire County Cross Country Championships 2010/11
		12th	10:00 AM	Bedford Harriers ½ Marathon
10:30 AM			Andy Reading 10km	
10:30 AM			Watlington XC 10K	
18th		2:30 PM	Gloucester Christmas 5 mile run	
19th		11:00 AM	Tadley 5.3 Mile Cross Country race	
Jan-11	2nd	10:00 AM	Oxford Mail X-C Race 3	
	9th	10:30 AM	Goring, Woodcote and District 10K	
	15th	8:30 AM	Country to Capital 45 miles	
	16th	11:00 AM	Rough 'n' Tumble 10	
	23rd	10:30 AM	Gloucester Marathon	
	30th	10:30 AM	Gloucester 50k	
		9:00 AM	Slaughterford 9	
Feb-11	5th	8:30 AM	GB Ultra Thames Trot 50	
	6th	10:00 AM	Oxford Mail X-C Race 4	
		10:30 AM	Watford Half-Marathon	
	13th	10:30 AM	Dursley Dozen	
	20th	10:30 AM	Bramley 20/10 mile	
	27th	10:30 AM	Meon Valley Plod 2011	
		10:30 AM	The Terminator 2011 11 Mile	
Mar-11	6th	10:00 AM	Oxford Mail X-C Race 5	
Apr-11	10th	8:45 AM	Paris Marathon	
		10:00 AM	White Horse ½ Marathon	
	17th	9:30 AM	London Marathon	
	23rd	9:00 AM	Compton Downland Challenge	