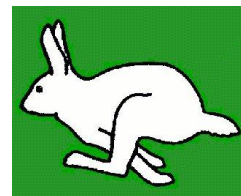


THE HARRIERS HERALD

No. 237, November 2012

Editor: Sue Francis



Contents, features, reports, results

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- Annual General Meeting – preliminary information about the Club's AGM
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- Handicap Race – a win for Aaron, and a new leader of the Championship
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- England Athletics membership fees 2013 - 2017
- Thanks to Sus and Mo for this month's contributions
- Copy date for next Harriers Herald – 30th November

Thursday night schedule for November

Thurs	1 st	Richard D to lead
Thurs	8 th	Handicap Race
Thurs	15 th	Leader TBC (Tapani injured, so unable to lead run)
Thurs	22 nd	Neil to lead
Thurs	29 th	Mo to lead

Thursday night schedule for December

Thurs	6 th	Handicap Race, followed by AGM
Thurs	13 th	Sus to lead
Thurs	20 th	Terry to lead
Thurs	27 th	Christmas break – no leader scheduled

Correspondence received – none during October 2012

Compton Harriers Annual General Meeting 2012

The AGM will take place on the evening of Thursday 6th December at 20:00 (after the Handicap Race) at The Pickled Pig. All members are encouraged to attend. Further details and agenda will be circulated nearer the time.

London Marathon Club Entry 2013

Sue

Each year every England Athletics-affiliated running club is given a / some 'guaranteed' entries to the London Marathon. Based on the size of our Club, we get (1) club entry. Although a guaranteed entry, it is not free - the recipient still has to pay the race entry fee. As in previous years, the Club will have a draw to decide who receives this guaranteed place in the Marathon.

Those eligible to be in the draw are any first claim members of Compton Harriers who had posted an entry for the Marathon but had that entry rejected. If this applies to you, and you would like your name to go in to the draw, please let me know by Monday 5th November. I have three names so far: Pete H, Terry and Simon.

Running Life Series – who'd like to write the next article?

So far, 17 members have written articles for the 'Running Life' series: Mo, Pete H, Lucy, Sus, Simon, Philomena, Martin, Sue, Kirsty, Gillian, Terry, Pete O, Richard D, Ricky, Debbie, Colin and Mags. I know some of our remaining long term members were less keen to write articles, and some of our newer and 'less regular' members felt they may not have enough to write. However, if any of you would like to write an article please let me know – it would be gratefully received (...Dick, Tom, Aaron, Ryan, Neil, Andy, Tapani, Dave, Faye, Peter L, Jeremy, Jonathan...).

Race Reports & Results

Peasemore 5, 9th September

Richard D finished 36th in a time of 35:57.

Welsh Ironman, September

Ricky completed this 'extreme triathlon' in Pembrokeshire, in a total time of 13:18:03. The stages were: 2.4 mile swim (1:07:50), 112 mile cycle (7:43:01), and 26.2 mile run (4:08:38). His finishing position was 748th out of 1319 finishers. Well done Ricky!

Oxford Half, 14th October

Three Harriers completed the Oxford Half. Ryan set an excellent PB of 1:21:55 (50th), Terry was happy to return to racing following his summer knee injury (1:42:52, 645th), and Ricky apparently finished in about 1:31 (but I can't find him in the results – did he use someone else's race number?!).

Burnham Beeches 10K, 20th October

Sus

Phil and I did this race; it takes place on a Saturday morning which makes a nice change. I had done it a few years ago; the scenery is beautiful and the course is challenging without being too 'extreme'. You get a goody bag at the end with a t-shirt a medal, a Mars bar and voucher for a free cuppa from the nearby café and, if you are desperate, you can tuck into the free dog biscuits the café kindly offered for the 4 legged friends, like Phil did. I wasn't that hungry so I left it for the dogs only!

We each had a different agenda for the race; this was a comeback for Phil after her injury, and she basically just wanted to test if her calf muscles were ok now after a long enforced rest. I was keen to give it all I had to get my hands on one of the vouchers from my favourite running shop that sponsored the race. We both succeeded, Phil's calf sustained the pressure and I grabbed the first prize for the ladies. So all in all a winning morning unless you were a dog!

1 st Man	Gregg McGivern	37:46
1 st Lady	Sus	44:27
	Philomena	55:35

Abingdon Marathon, 21st October

Three Harriers raced this popular local marathon. A strong run by Martin was rewarded with a time of 3:11:14 (154th). Lucy, despite an ongoing 'gammy hip' problem, finished in a good 3:43:35 (397th), which won her an age category medal in the Oxfordshire County Champs. Terry was pleased to finish in 3:57:37 (514th). Sus ran the first 20 miles as a training run, and various Harriers popped up to support on the route – Ryan, Sue and Mo on bikes, and Andy Buckland & family on foot. For Mo's photos of our runners see page 3.

Beachy Head Marathon, 27th October

Martin and Lucy ran together finishing in a time of 4:30:42 (304th and 305th).

Bupa Great South Run 10 miles, 28th October

Sus

If you are prepared to part with £40 then you do get a very good professionally organized race over a fast course with over 25,000 runners; and if that wasn't enough, afterwards you can go home and watch it all over again on the telly!

1 st Man	Stephen Mokoka (RSA)	46:40
1 st Lady	Jo Pavey	53:01
3 rd Vet 45	Sus	1:06:09



Compton Harriers in the Abingdon Marathon

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

Mo

Links of interest this month:

Following the demise of Lance Armstrong following allegations relating to drugs/illegal methods of enhancing performance, I thought I would visit the website of WADA (The World Anti-doping Agency) to check out the list of banned substances and performance enhancement methods. As a matter of interest, I wondered how easy it is for an athlete to be caught out by inadvertently taking banned substances and following improper training methods. After viewing the Prohibited List, I came to the conclusion that, unless you hold a doctorate in Pharmacology, it is quite likely that you wouldn't have a clue! See what you think by visiting <http://www.wada-ama.org>

This month's article is all about 'Snacking yourself to fitness':

To most runners, snacking plays an important role in maintaining energy, fluid levels and the supply of essential nutrients to ensure peak performance when required. But how do you know you are making the right choice of snacks? Here are a few traditional suggestions that are both healthy and cheap ... and meet the runner's essential nutritional needs:-

- ▶ **Bananas** are healthy, filling and full of nutrients. An average-sized banana provides around 90 calories, is low in fat, high in fibre and an excellent source of potassium ... so making it the ideal recovery snack. Fully ripened bananas are best as most of the starch of unripe bananas will have been converted to sugar. By the way, don't throw away your bananas when the skin turns brown/black, just peel them, place in a freezer-friendly plastic container and pop in the freezer. When frozen, they make excellent banana ice creams!
- ▶ A single **Kiwi Fruit** provides more vitamin C than the average adult requires in a day so you'll be boosting your body's immune system to fight off colds and flu. Kiwi fruit also contains some potassium which will in turn help to reduce cholesterol levels in the blood ... and each fruit is low in calories, typically 29 calories per fruit.
- ▶ Although you may associate it more with a visit to the cinema, **Popcorn** shouldn't be ignored as its high-carbo, low-fat composition makes it another ideal running snack. It contains most of the nutrients found in corn including a range of B vitamins, iron, potassium and carotene (which is converted to vitamin A in the body). (Steer clear of toffee and butter varieties – stick to the plain popcorn which only has a quarter of the calories).
- ▶ **Orange Juice** is probably the best juice drink to consider as it has fewer calories than other fruit juices and provides plenty of vitamin C and potassium. Orange juice also contains some zinc, folic acid and vitamin A as well as a high citric acid content which assists in cleansing the body of toxins.
- ▶ **Rice Cakes** which tend to look like pieces of polystyrene (and have a strange smell as well) can easily be transformed into a very tasty runners' snack. On average, they only contain 30 calories each and have very little fat, but they are packed with carbohydrate. By topping them with sweet or savoury low-fat

spreads such as cottage cheese, fruit purée or Marmite for example, you can produce a high energy snack that's full of flavour.

- ▶ **Bagels** are one of the trendier sandwich breads and they are also one of the healthiest, containing around 5% fat, compared with croissants that contain around 60% fat. Eaten warmed or toasted with a low-fat topping they become a tasty, high carbohydrate snack.
- ▶ **Roasted Sunflower Seeds** are a very good source of vitamin E and are also high in linoleic acid which is essential for healthy reproduction of cell membranes. They contain plenty of fibre, protein and B vitamins and make a healthy alternative to crisps or salted, roasted nuts. They are relatively high in calories (100 per tablespoon) and fat, although most of it is unsaturated.
- ▶ **Dried Apricots** provide a convenient and concentrated source of nutrients with high levels of iron and beta-carotene which is converted to vitamin A. They are also rich in potassium which is lost in sweat and needs to be replaced after a heavy work-out. Potassium also assists the body in excreting excess sodium and hence lowering the blood pressure.
- ▶ Last, but not least, **Breakfast Cereals** are so full of nutrition that they should be used throughout the day as an essential runners' snack. A bowl of unsweetened fortified breakfast cereal served with skimmed milk can form the basis of a complete meal at any time of the day as it contains carbohydrates to fuel the muscles, and is full of fibre, calcium, iron and a range of essential vitamins and minerals. For an even more appetising and nutrient-packed meal, just top with low-fat yoghurt or sliced banana.

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

Sun 4 Nov 2012:	Marlow Half Marathon Oxford Mail X-C League Round 1 Tidworth 10K, plus 3K Fun Run
Sat 10 Nov 2012:	Run2Remember 11K
Sat 17 Nov 2012:	BBO cross country Championships
Sun 18 Nov 2012:	Avebury 8 Herbert's Hole Challenge 10K Luton Marathon Rugged Radnage 10K
Sun 18 Nov 2012:	Swindon 10K White Horse Gallop 5 Miles
Sun 25 Nov 2012:	TBAS Castle Combe Chilly 10K The 25 th Maylarch Eynsham 10k
Thu 29 Nov 2012:	Mo to lead
Sun 2 Dec 2012:	Reindeer run 10K Tadley Runners Winter 5.3 Miles X-C Watlington XC XK 10K
Sun 9 Dec 2012:	Andy Reading 10k Swindon Santa Dash 5K
Sun 30 Dec 2012:	The Winter Gut Buster 10 Mile & 10k
Sat 12 Jan 2013:	Country to Capital 45
Sun 13 Jan 2013:	Goring, Woodcote and District 10K Rough 'n' Tumble 10
Sun 27 Jan 2013:	Slaughterford 9
Sat 2 Feb 2013:	Thames Trot Ultra 50
Sun 10 Feb 2013:	Meon Valley Plod The 4 th Reading 5 Wokingham Half Marathon
Sun 17 Feb 2013:	Bramley 20/10
Sun 3 Mar 2013:	Goring 10K
Sun 17 Mar 2013:	Reading Half Marathon - Green Park / Madejski Stadium
Sun 24 Mar 2013:	The Terminator 2013 (Approx 11 miles)
Sat 6 Apr 2013:	Compton Downland Challenge 40/20
Sun 7 Apr 2013:	Coombe Gibbett to Overton 16 White Horse Half Marathon
Sun 21 Apr 2013:	London Marathon 2013

Handicap Race

Sue

October's Handicap Race was held round the IAH Relay lap. Despite the fading light and squidgy paths, some fast times were recorded. Aaron had taken the lead on the descent down Hockheim Road. Despite being convinced someone was right behind him, he held his lead to smash his course PB and win the trophy. PBs from Colin and Tapani were rewarded with 2nd and 3rd places respectively. Pete O, Ricky and Richard occupied the next three positions ahead of Sue, who set the evening's fastest time. A consistent run from Lucy brought her home next, ahead of Mags (running surprisingly freely just four days after her Berlin Marathon). A niggling injury forced Martin to slow down and jog to the finish. Well done to Aaron, and thanks to Jan and Sus for timing and to Mo for calculating finishing times. The next Handicap Race will be on 8th November round the Village Lap route (3.1K). The Handicap Championship has a new leader – Ricky. With just two races to go, the Champion is by no means certain!

Finish Position	Position on handicap	Name	Start time	Finish time	Actual time	Handicap Beaten?
1	1	Aaron	3:27	14:17	10:50	-0:43
2	2	Colin	4:02	14:32	10:30	-0:28
3	3	Tapani	2:36	14:36	12:00	-0:24
4	4	Pete O	4:18	14:44	10:26	-0:16
5	5	Ricky	5:15	14:52	9:37	-0:08
6	6	Richard D	4:35	14:53	10:18	-0:07
7	7	Sue	5:26	15:00	9:34	0:00
8	8	Lucy	4:33	15:04	10:31	+0:04
9	9	Mags	0:15	15:39	15:24	+0:39
10	10	Martin	5:31	18:30	12:59	-

Pos.	Name	Race points									
		Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	Total of best 5
1	Ricky	1	-	-	12	12	10	7	-	-	42
2	Colin	8	7	7	(5)	(7)	9	10	-	-	41
3	Debbie	9	5	10	7	8	-	-	-	-	39
4=	Dick	10	-	6	8	9	5	-	-	-	38
4=	Mo	12	12	-	3	3	8	-	-	-	38
6	Richard	-	3	9	-	6	12	6	-	-	36
7	Sue	7	6	8	(4)	5	7	(5)	-	-	33
8	Pete O	6	-	-	6	-	6	8	-	-	26
9=	Philomena	-	4	12	-	4	-	-	-	-	20
9=	Tapani	-	-	-	1	10	-	9	-	-	20
11	Aaron	-	-	-	-	2	4	12	-	-	18
12	Martin	5	8	-	-	-	-	2	-	-	15
13	Gillian	3	-	-	9	-	-	-	-	-	12
14=	Jeremy	1	10	-	-	-	-	-	-	-	11
14=	Fernando	-	-	1	10	-	-	-	-	-	11
16	Pete H	-	9	-	-	-	-	-	-	-	9
17	Lucy	4	-	-	-	-	-	4	-	-	8
18	Mags	-	-	-	-	-	1	3	-	-	4
19=	Neil	-	-	-	1	-	-	-	-	-	1
19=	Alex	-	-	-	1	-	-	-	-	-	1
19=	Dina	-	-	-	-	1	-	-	-	-	1
19=	Dave	-	-	-	-	1	-	-	-	-	1
19=	Jonathan	-	-	-	-	-	1	-	-	-	1

England Athletics Membership 2013 - 2017

Sue

As you know, those Club members who wish to compete in races currently pay an annual registration fee of £5.00 to England Athletics (the national body for the sports of athletics / road running / cross-country running).

England Athletics have recently sent an e-mail regarding an increase in this individual registration fee from 2013. I have summarised this below (the full information can be viewed at www.EnglandAthletics.org/membership2013).

"2012 has been an historic year for our sport in England. As has been well publicised around the Olympic and Paralympic Games, the challenge for all sports now is how to maintain and build momentum: How do we grow the next generation of athletics champions and support more recreational participants? How do we fund the support needed for athletes, their coaches, officials and club volunteers?"

England Athletics has operated a membership scheme of affiliated clubs and registered athletes since its formation in 2006. This has contributed funding to the upkeep of the sport: provision of insurance, welfare support etc.

The current membership costs have not risen since 2008. As a sport for the 2009 - 2013 period we have been heavily subsidised by funding from Sport England and contributions from other partners and commercial sponsorship. These have provided 92% of the income with affiliation providing 8%.

In the 2009 - 2013 period Government funds tightened and the economic situation changed. Our sport needs greater self-sufficiency if we are to face a more certain future where we know we can fund core areas of our sport and build on the provision of services currently available.

From the year beginning 1st April 2013, England Athletics Affiliation is to be restructured. We will introduce packages to encompass different ages and disciplines which we believe will provide clear rationale and additional incentives to become a member of England Athletics, as well as ensuring delivery of key services valued by the sport.

Membership affiliation price structure 2013 - 2017:

- The Club affiliation fee (paid from Compton Harriers Club account) will remain at £50 over this period.
- The registration fee for individual members of Compton Harriers (paid by the individual) will increase to £10 per person (currently £5) and will remain at £10 over the period 2013 - 2017.

(This £10 fee is applicable to members of clubs that compete in road and cross country races, but not in track & field athletics; for members of clubs that also compete in track & field athletics, the fee will be £20 in 2013, rising to £23 in 2017. I know of several athletics clubs who are writing to England Athletics to express their views that these price increases are too great).

Changes to the Membership Structure will raise funds to enable England Athletics to continue what our sport needs in the form of:

- Insurance - covering clubs, athletes, coaches, competition
- Rules and governance of rules
- Welfare support and provision - helping volunteers to meet legal obligations and public expectations
- Support of Health & Safety - supporting the sport including clubs and competition providers in compliance with legislation in training and competition
- Coaches and Officials - qualifications, licensing, and development opportunities
- Opportunities for young athletes - through both Clubs and Schools
- Rankings - including aspects such as course measurement and appropriate permitting are in place for quality assurance
- Licensing/permitting of events and officials
- Support for local, regional and national competition
- Representative teams
- Facilities - protect what we have and improve where possible
- A national voice for our sport