

THE HARRIERS HERALD

No. 188, October 2008

Editor: Sue Francis

In brief

- Thursday night schedules for October and November
- Correspondence received
- Christmas meal – we need to start planning a date & venue
- Compton Harriers affiliation to IAH Rec. Soc.
- Safe running in the dark
- Thanks to Martin, Sus and Mo for this month's contributions
- Copy date for November's Harriers Herald – 30th October

Features and reports

- Dorney Lake 10K – Sus smashes her PB
- Chippenham Half – PBs all round in a well-organised race
- Isle of Wight fell running weekend – Lucy, Dick and Martin all return as SEAA champions
- Boneshaker – Team SuMo take on Ricky Bicky
- Finstock 10K – Sus is first lady
- Track athletics – Sue breaks a record
- Website Update – Mo features recipes for runners, and where your energy goes during a marathon

Thursday night schedule for October

Thurs 2 nd	Handicap Race
Thurs 9 th	Phil to lead
Thurs 16 th	Sus to lead
Thurs 23 rd	Andy to lead
Thurs 30 th	Ryan to lead

Thursday night schedule for November

Thurs 6 th	Sally to lead
Thurs 13 th	Handicap Race
Thurs 20 th	Rich to lead
Thurs 27 th	Lucy to lead

Correspondence received		
Sender	Subject matter	Action
SEAA	Info. Update #117; result of recent SEAA elections	File
Bedford Harriers	Bedford Half Marathon (14-02-08)	Events Calendar & notice board
Nirvana Europe	2008/2009 Road Running Events in Europe 2009 warm-weather training camps http://www.nirvanaeurope.com	Notice board

** I have recently applied for our club's guaranteed entry to the 'Flora London Marathon' **

Harriers Christmas Meal

It will soon be time to think about booking our Harriers Christmas Meal. Any ideas for venues will be welcome, especially if you can get a copy of the menu.

Compton Harriers affiliation to IAH Rec. Soc.

The AGM of Rec. Soc. will be held on Wednesday 8th October. All Rec. Soc. members are invited to attend (although Associate members cannot vote). Included on the agenda is an item requested by Compton Harriers: "Proposed amendment to the constitution to allow affiliated clubs to offer membership without the need to be Rec. Soc. members". Martin will be presenting our case for this.

Safe running in the dark

Martin

As the nights are drawing in I thought a polite reminder might be in order re Thursday night runs.

1. Please try to wear light coloured clothing and a reflective tabard or shoulder strap.
2. If you carry a torch during your run please be mindful of those folks who prefer to allow their eyes to adjust to the low light levels.
3. Please run on the right hand side of the road i.e. facing the traffic when it is appropriate to do so (which is most of the time).
4. When doing run backs ensure the oncoming runner passes you by your right shoulder. This ensures that folks with their backs to the traffic are not pushed into the middle of the road.
5. Please ensure that the rest of the group have been informed if you decide to turn back early.
6. Most importantly, don't forget to enjoy your Thursday evening Club runs.

Dorney Lake 10K, 13th September

Sus

I was determined to have a good bash at my PB from 2005 of 42:30, and I could probably not have found a better day and venue for it. There was hardly any wind, a flat course and I had been going well for some time now without any injuries so it just had to be my day today. Rather selfishly I positioned myself only a few meters from the start line when the gun sounded hoping to avoid any slower runners at the start. The first K was far too fast for me and I had to slow down not to blow it, but after that I got in to a good rhythm (and that is what it is all about Martin had told me). Reaching 9K I knew I had it in the bag unless I really screwed up in the last K but by this time I must have looked like somebody who had caught rabies with foam all over the face so I had to make a choice to look decent and wipe it off my face as I was approaching the finish line and the spectators or focus on the pace and get the PB in the bag – I chose the latter and finished as a very happy bunny in 41:47 as 3rd lady overall. First man was Peter Tucker in 32:15 from Blackheath & Bromley. First lady was : Lisa Newing, Bristol & West AC, 40:00. 299 runners finished the race.

Chippenham Half Marathon – 14th September

Martin

This year's Chippenham half was devised to celebrate the 25th anniversary of the Chippenham Harriers R.C., and didn't they do well. Faultless organisation, fine weather, plenty of loos, hot showers and a nice flat course with plenty of PB potential for those who are interested in such things. To cap it all, Lucy picked up a fine pair of New Balance 902 Acteva lightweight trainers, plus a waterproof shoe bag for a tenner. Don't you just wish you had come along Sus?

1:10:09 - Dave Mitchinson (First home)
1:22:36 – Martin Fray (36th overall) PB
1:23:38 – Sarah Urwin-Mann (1st lady, 45 overall)
1:26:19 – Glyn Jones (79th overall) PB
1:30:48 – Peter Linton (131st overall)
1:36:49 – Lucy Gettins (16th lady; 225 overall)PB
1:39:23 – Philomena Mburu (26th lady; 282 overall) PB
3:24:21 – last finisher

The Isle of Wight fell running weekend – 20th & 21st September

Martin

Just before 4:30 on Saturday morning, Lucy and I jumped into the Loyal Snail to join Dick, Jan and Hannah for a quick sprint down to Portsmouth to catch an early morning ferry to the Isle of Wight prior to doing battle with other hearty souls in the SEAA fell running championships. This race series is centred on the seaside town of Ventnor, courtesy of the Ryde Harriers. Although the Isle of Wight is not known for its towering mountains, the Ryde Harriers make good use of the hills they have at their disposal.

For those that don't know, this is an annual event comprising 3 races.

Race 1 is the Boniface Down – Saturday 11.00am start (~ 3 miles with 775 feet of climb)

Race 2 is the Ventnor Horseshoe – Saturday 3.00pm start (~8 miles with 1500 feet of climb)

Race 3 is the Wroxall Round – Sunday 10.30 am start (~13 miles 1500 feet of climb)

Tradition has it that the fell running is also accompanied by a dip in the sea, Minghella's ice cream and a few scoops of the amber nectar on the Saturday night before retiring to a local B&B to reflect on the day's endeavours. This year was no exception and, with the glorious weather on offer, a very fine weekend was had by all.

Results

Lucy 3rd FV40 SEAA fell running champion

Dick 3rd V50 SEAA fell running champion

Martin 2nd V40 SEAA fell running champion

For more details of the individual times, visit the Ryde Harrier's website

<http://www.rydeharriers.co.uk/>

This is a great weekend and with plenty of SEAA gongs on offer I can only urge everyone to join us next year.



Boneshaker Duathlon, 21st September

Sue & Mo

5K run – 20K cycle – 5K run

For the fourth successive year Mo and I had entered this event as ‘Team SuMo’. We awoke to a very cool and foggy morning but, as we drove to race HQ at Ardington, the fog gradually lifted to reveal a lovely warm and sunny day. At the registration desk we were welcomed, and told that Team SuMo was the only team to have competed in all four Boneshaker events. The entry fee had been considerably higher this year (£45 for a team), and had almost put us off entering. Now we felt important, and pleased to be there! The increase in entry fee was partly due to the fact that the organizers had contracted out the timing, and we all had to wear timing chips round our ankles. As we were handed our team chip, Mo asked if he could have fish too: the lady looked slightly bemused. In between racking up Mo’s bike, warming up and listening to the pre-race briefing, we met Ricky, and Gill Harrison, both of whom were taking part as individuals. They were our targets!

At 10:30, I lined up at the start, chip round my ankle, with all the other team first stage runners and the soloists. I soon settled into a good pace and maintained my position, resisting temptation to go ‘eyeballs out’ down the final hill, to keep a bit in reserve for my second run stage. I ran up to the outside of the transition zone, where Mo was waiting. Here, I had to detach the chip from my Tyvek ankle strip and attach it to Mo’s ankle strip (all of which took over 20 seconds, according to the discrepancy between my watch time and my ‘official’ run time). Mo ran over the timing mat and into transition to mount his bike.

Mo says: “As I was waiting for Sue to approach, knowing that she’d be well up, I pushed my way through the other waiting team riders and exchanged a bit of friendly banter that I would be away before they were.....and, much to their disbelief, I was! I started off at a good pace along the road, knowing that I would struggle to drag my 14-stone frame up to the Ridgeway. Ricky and, it seemed, virtually every other cyclist, passed me on the climb. But, I passed several of them again on the road section in West Ilsley. Then, as I made my way up to Scutchamer Knob, a lady cyclist crept past, without so much as a smile.....it was Gill! I had to reverse this situation and, with the next downhill opportunity, it was time for a no-fear downhill blast, and I passed Gill again. Back on the road into Ardington, I passed two more riders, before arriving in the transition area to dismount. My legs turned to jelly and, as I staggered over the timing mat to pass over the chip to Sue, Team SuMo got a mention on the tannoy”.

I set off on my second run (the reverse of the first run) feeling good. The advantage of being part of a team is that there are lots of tired soloists on the final run, so plenty of targets for someone who’s just had an hour’s rest instead of an hour’s cycle. After 1K, mostly uphill, I had passed 11 competitors. I started to tire after 3K, but focused on my next target and counted the number of people I passed. On the run-in to the finish, I passed my 34th runner and crossed the line to collect our team goody bags – this year a good rucksack containing a water bottle and flapjack. I treated myself to a Boneshaker T-shirt, and we also bought a couple of folding canvas stools for a tenner. We began to feel we’d got a reasonable return for our £45 entry fee (though we hope to get a ‘loyal customer discount’ next year!)....and they do give around £3000 to local charities. A couple of days later we learned that the prize for the fastest run by a lady had been wrongly awarded on the day, and I was the winner of a fine food hamper, so we certainly got our money’s worth.

The next day, I proudly wore my Boneshaker T-shirt to work. A colleague noticed the logo and informed me that, when at university in the US, there was a bar called ‘Boneshaker’a gay bar!

Name	Run 5K	Cycle 20K	Run 5K	Total time	Position: category (& overall)
Team GM	17:18	46:33	17:29	1:21:21	1 st team (1 st)
Jon Darwent	16:56	52:28	18:20	1:27:45	1 st man (3 rd)
Lucia Singer	20:08	59:46	21:09	1:41:04	1 st lady (39 th)
Ricky Bicky	20:10	1:00:32	23:55	1:44:38	33 rd man (57 th)
Team SuMo	18:32	1:09:41	18:47	1:47:01	31 st team (74 th)
Gill Harrison	21:30	1:07:22	22:22	1:51:15	2 nd FV40 (98 th)

Overall, 131 individuals and 74 teams completed the event.

Finstock 10K, 28th September

Sus

We were spoiled for choice regarding the amount of races in the area for this Sunday. I decided to do the Finstock 10K because it was according to the description set in the beautiful grounds of Cornbury Park, through stunning parkland, and it was just that. Very undulating, mostly on gravel and tarmac. I knew this was not going to be a fast course so this was more a race against all the other runners than the time. We set off and after overtaking a few ladies (and one who later turned out to be a man with a ponytail!) I had the feeling I was in lead of the ladies. After passing a few marshals who announced that I was first lady it only confirmed my belief - as it does not happen very often to me, it was music to my ears to hear, in Danish we would say "I can hear the angels having a wee-wee", yes I know it is a bit odd, but there you are. Anyway, I kept expecting somebody at the age of 20 as thin as broomstick to overtake me but she never came and I managed to keep the position to the finish line.

1 st Man	Philip Egerton	36:18
1 st Lady	Sus	43:30

165 finished the race

Track athletics

Sue

In mid-September, I participated in the Civil Service Veterans Athletics Champs at Battersea Park, racing in the 1500m and 400m events. Last year, I won the 1500 and broke the Championship record; this year, I wanted to do the same again. Eight ladies gathered at the start of the 1500, and the track referee decided to run us in the same race as the men. Four men went straight into the lead and set a fast pace. I felt good and I tucked in behind the fifth placed man, going through the 400 and 800 marks just ahead of schedule. I eventually passed him and hung on to finish in 4:58.3, my fastest time of the year, and breaking my own record by over 5 seconds. Later in the day, I competed in the 400m, finishing second in 66.7, again my fastest 400 time of the year. The race was won by a very speedy lady in 60.5.

My last track race of the 2008 season was Team Kennet's open 5K track race, at the newly refurbished Crookham Common track on a warm September morning. There were 15 entrants in the race, male and female, ranging in age from 16 to 60, and there was the option to run either 5K (12.5 laps of the track) or 3K (stopping after 7.5 laps). Two ladies declared at the start that they would do the shorter distance, while the rest of us opted for 5K. My target time was 18:45, requiring an average lap time of 90 seconds. I set off behind Team Kennet's Rachael Elliott. By 2K Rachael began to pull away from me but I was ahead of my schedule, running 88s per lap and starting to tire, so was not tempted to go with her. I reached 3K in 11:01 (and could quite happily have stopped there and been satisfied with my time!). Although I gradually slowed on the remaining 5 laps, I managed to finish in 18:42. Rachael ran 18:16 (having had already run a 5K road race in 18:05 earlier in the day!).

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

Mo

There have been no major changes to the website layout for a while, so it may be time to update its appearance or modernise it a wee bit ... I am looking at a few ideas at the moment, so there is no imminent change. If anyone has any ideas of features they would like to see included, then just drop me an email and I will see what I can do.

For those of you who will be competing in the Oxfordshire Cross Country League, the link to follow is <http://www.oxonxc.org> . The site will keep you updated on the results throughout the season and you can of course see how your team is doing in the league table

For this issue, other recommended website visits are:

If you want to eat smarter for fitness then just have a read of the article at <http://tinyurl.com/4ymfuh> ... and you'll probably save money as well! As we all know, eating and running go together rather well so I don't think it would be out of place to point you to some rather mouth-watering recipes that are recommended by runners for runners. The link to follow is <http://tinyurl.com/chrc001>

My article this month is all about what happens to the various parts of your body when running a marathon distance and what you can do to preserve energy and overcome some of those effects.

(Needless to say, I'm not the expert ... I have based the article on research carried out at Bath University's Human Performance Centre.)

Understanding the physiological processes that occur during the different stages of a marathon will give runners a better chance when planning strategy and training and will help in overcoming the various effects such as cramp, dizziness dehydration and complete loss of energy.

PRE-START

Pre-race nerves start to kick in, but it's not just your incessant back-and-forth pacing that's sapping vital energy stores ... sizing up the competition and playing your mile-by-mile strategy on a mental loop can be equally draining. What most runners don't appreciate is just how much energy your brain uses, especially when it's pumped with adrenaline. Your heart beats faster, and your brain, being a hugely inefficient and sizeable organ, can use up to 10 per cent of your stored glycogen energy reserves before you've even begun! Elite runners generally take time away from the crowds to keep calm and maintain their pulse at no more than 10 beats over their resting heart rate. Adrenaline is great for sprint events, when you want to shoot out of the blocks, but with marathons, the mantra has to be energy conservation.

0-6 MILES

An average 40-year-old male runner should have a resting pulse of about 60-70 bpm, with women perhaps 5 bpm or so higher. In the opening stages of a marathon, the heart rate of both men and women should climb to the plateau of about 140bpm, working at about 70 per cent of your maximum effort.. Any higher than this, and it's more than likely you'll be using the anaerobic energy system, which is up to 18 times less efficient.

By sticking to a steady pace, you'll avoid exceeding your RER - or 'Respiratory Exchange Ratio' which is when you're breathing out a greater volume of CO₂ than the oxygen you're breathing in. The rule of thumb should be 'go slower', in the early stages as even a short burst of anaerobic exercise will have an exponentially negative effect on your performance later on."

Too fast early on and as well as your heart rate increasing, your core body temperature will also quickly rise from around 37°C to about 39°C, prompting the hypothalamus, an almond-sized area of the brain, to switch on your sweat glands to keep things cool. It also prompts the release of more adrenaline and hence the use of more energy.

6-12 MILES

By now you're well settled into your pace, and your key readings will start to broadly plateau. From here to the end of the race, you should experience what's called 'cardiac drift'; your heart rate and core temperature steadily rise by about five per cent even though you're maintaining the same pace. Your body is finding it increasingly hard to dissipate the heat your efforts are creating. This makes your heart work harder to pump the blood through your system faster to cool you down. Dr Tom Crisp, sports and orthopaedic physician at The Royal Free Hospital, London (sportsmedicineservices.com) advises that runners should not lose sight of their mile splits and should aim to do negative splits, speeding up in the second half of the race. Up to this point, your body will still be relying on the ultra-accessible glycogen stores in your liver and muscles although increasingly sensing the need to start converting fat to replenish those stores - and your sweat output should peak.

It's now that hydration is needed. Some put it off, feeling too good in the moment to contemplate feeling bad later. However, that's not wise as the fitter you are, the more efficient your body is at cooling you down with sweat, which means the well-trained are more likely to suffer from dehydration."

Use training runs to gauge personal fluid requirements. Weigh yourself before and after a run. For every kilogram of total weight lost, you need to be drinking at least one and a half litres of fluid. "That needs to be taken on board before you sense any thirst. By that time, your metabolism and energy efficiency will be severely impaired. Typically, 150 to 300ml of fluid every 15 minutes should combat dehydration. It's a vicious circle – if you don't drink enough, your blood volume decreases, so your heart has to pump less blood faster to keep you cool, making you heat up more and making your heart beat even faster.

12-18 MILES

Your glycogen stores are now starting to run low, so your body is desperately trying to convert the more abundant and energy-rich fat stores to keep your motor running. How efficient your body is at doing this is about 30 per cent genetic, and 70 per cent training. Some people have more aerobic mitochondria that convert fatty adipose tissue to glycogen and blood glucose, but the fitter you are the better your body utilises them.

The effects of over-exertion are kicking in as you try to maintain pace, despite the messages coming from within that something's changing. You could suffer stomach cramps, as oxygen-rich blood has been diverted away from the digestive system towards the muscles, while other runners will get diarrhoea, caused by interruption to the normal bowel movement. But it's not all doom and gloom downstairs! The bladder shouldn't need to be emptied. Blood is diverted away from kidneys during strenuous exercise, slowing urine production.

18-24 MILES

With glycogen stores bottoming out, it's now that you might be facing up to the dreaded 'wall'. Many runners are under the misapprehension that the fuel type you use suddenly changes at different points in the race, but that isn't the case. It's an almost continuous transition, and when you start to run out of easily-accessible blood sugar and glycogen you're also pretty tired, so there's a large mental element to it as well. It's now that those hours of training will come into play.

People who haven't prepared properly can start to go into anaerobic respiration, when there's too little oxygen reaching the muscles. Your body isn't efficient at taking in oxygen, so you'll hit your anaerobic threshold at very low intensity and the killer by-product of this is lactic acid, causing acute pain and muscle cramps. Lactic acid production provides another vicious circle. It impairs the mechanism that breaks down fat for energy and as if that isn't enough discomfort, your joints should be feeling too. Unlike at the start, when your foot spends 200 milliseconds on the ground and 500 milliseconds in the air with each stride, these two figures will become almost equal - around the 300-millisecond mark. Your stride becomes less efficient, so your foot spends more time on the ground, absorbing more of the two to three bodyweights you drive down with each step, often causing an intense, dull pain in the kneecaps.

24-26.2 MILES

Just when you're feeling like you want to keel over and die, Mother Nature steps in. It's often after the intense physical low and with the finishing line in sight that runners talk of experiencing a 'high'. This presents a real danger as you stop listening to your body and push yourself to absolute exhaustion. The heart rate can soar to 180 and your blood pressure can shoot through the roof, while your body temperature can even rise over 41°C. It's a fact that over 80 per cent of all fatalities in marathons happen within two miles of the finishing line!

POST-RACE

As finishers collect their goodie bags and medals, their blood pressure plummets and can even go too low, leading to fainting, giddiness and even hypothermia. Your internal temperature-controlling mechanisms can be shot, so it's essential to keep walking around so your heart and blood pressure can normalise in a more controlled, stable way. After 26.2 miles of pounding, there'll be significant micro-trauma damage to the musculoskeletal system, and you'll more than likely have a fluid deficit, which will inhibit recovery. The waste products of metabolism and tissue damage clog up your lymphatic channels, which can prevent fluids and minerals from entering your system and speeding repair. The best way to minimise delayed onset muscle soreness and drain your lymphatic system is ice baths, compression and massage combined with 20 to 30 minutes' light cycling or swimming in the days after your marathon.

And finally ... 'The Wall' explained

Hitting the wall is about running out of energy ... chemical energy, obtained from the breakdown (metabolism) of energy-containing fuel - in other words carbohydrates (blood glucose and glycogen, a polymer of glucose stored in the muscles and liver) and fats (free fatty acids in the blood stream and muscle triglycerides). While fat metabolism requires vast amounts of oxygen the simpler carbohydrate molecules, which eat up minimal O₂ when burnt, are your fuel of choice.

Even if you carbo-load wisely and maintain a reasonable pace, you still only have about 2,000 calories worth of glycogen stored in your muscles - enough to get most runners to about mile 18 or 20. As glycogen reserves are used up and fatty acid metabolism increases, your heart has to work harder to pump more oxygen-carrying blood to your muscles, making it difficult to maintain pace.

Add in the effects of dehydration - your blood thickens, making it harder to pump round your body - and the micro-trauma you're no doubt experiencing in your major muscle groups, and you're fighting a losing battle. Fatty acid metabolism itself requires glucose, so you're instantly double-dipping, causing the steep drop into low energy. Non-working muscles can't even come to the rescue and transfer their un-tapped glycogen reserves to working muscles - once it's inside a muscle cell, it stays there until it's metabolised. This is why many marathon runners prefer courses with periodic elevation changes, which allow glycogen reserves to be shared among a larger group of working muscles.

So the moral of the story is to 'listen to your body' and stick to a sensible race plan! Enjoy your running!

Mo – October 2008