

# THE HARRIERS HERALD

No. 212, October 2010

Editor: Sue Francis

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

- Thursday night schedules for October and November
- Race results: South Downs Way race – Lucy completes 100 miles; Peasemore 5 – Richard and Sarah enjoy good runs; Chippenham Half – great runs from Philomena and Ryan; Basildon Burn – Sue wins the 7K race; Isle of Wight fell race series – five Harriers race take to the hills; Run to the Beat Half – Kirsty smashes her PB; Kidmore End 10K – Richard enjoys the race, despite a few organisational hitches; also Berlin Marathon, Highclere 10K, Aldbourne 10K
- Handicap Race – Philomena takes the trophy
- Webmaster’s article – Mo features ‘runbritain’ and british-athletics’ websites, and lists forthcoming races
- Thanks to Lucy, Philomena, Sus, Sarah, Kirsty, Mo and Richard for this month’s contributions
- Copy date for next Harriers Herald – 31<sup>st</sup> October

## Thursday night schedule for October

Thurs 7<sup>th</sup> Pete H to lead  
Thurs 14<sup>th</sup> Tom to lead  
Thurs 21<sup>st</sup> Lucy to lead  
Thurs 28<sup>th</sup> Handicap Race

## Thursday night schedule for November

Thurs 4<sup>th</sup> Martin to lead  
Thurs 11<sup>th</sup> Mo to lead  
Thurs 18<sup>th</sup> Pete O to lead  
Thurs 25<sup>th</sup> Handicap Race

## Correspondence received

Correspondence received		
Sender	Subject matter	Action
Bedford Harriers	Bedford Half (12-12-10)	Events Diary & notice board
English XC Association	X-country handbook 2010-2011	File
England Athletics	‘Setting the pace’ magazine – 2 copies	Pass round
SEAA	Information Update #130	File
White Horse Harriers	White Horse Half (10-04-11)	Events Diary & notice board

## Compton Harriers Christmas Meal

It will soon be time to book up for our Harriers Christmas gathering. For those who haven’t been before, it’s usually a Christmas meal at a pub fairly local to Compton, held on a Friday or Saturday evening in December. With Club membership increasing, we are likely to be a bigger party this time (perhaps 30ish), so this will be a consideration when booking. We recently collected a menu form ‘The White Horse’ (Hermitage) which appeared to be good value, with plenty of choice and they can accommodate parties of up to 40. If you have any other ideas for the venue, or have picked up any decent Christmas menus, please bring along on a Thursday evening for all to see.

*Congratulations to all those Harriers who have competed over the last month – there have been many fantastic race results*

## *Race reports and results*

### *The South Downs Way race, 11<sup>th</sup> September*

**Lucy**

The South Downs Way is a 100-mile National Trail between Eastbourne and Winchester. It used to stop at 80 miles, and in those days there was an 80-mile ultra race, frequently run (and won!) by the Compton Harriers. The SDW has also been the route for several LDWA 'Hundreds' over the years, and it was the vision of 200 gaitered walkers and their dogs managing the hundred miles without a care that kept my thoughts away from an inglorious DNF and early bath.

The race started at 10 am on Eastbourne seafront and proceeded into the wind and some persistent rain. I put on full wet weather gear for this, and ran at the back of the field so I wouldn't get too hot. Dick and Jan had come along to transport bags for the event, and it was nice to catch the comforting sight of their van at Birling Gap. Martin also joined me for a little jog, but he had a nasty cold so turned back when we got to the 7 sisters.

The first leg of the race was 19 miles, longer than I had run for about 6 weeks! The benefit of my long rest was evident though, once I had 'warmed up', and the slow speed of my progress prevented any damage as the miles wore on. The first 48 miles were familiar to me from (in order) the Beachy Head marathon, the South Downs 30 and the Three Forts marathon. From the Washington checkpoint to the meal-stop at Amberley was only 8 miles. Here, at 10 pm in the pub garden I got my bag and I was able to repair some very soggy and sore feet. To prevent blisters before they happened I put large Compeeds on my bunion points and the soles of my feet. A full change of clothes and a baked potato gave me the motivation to carry on, and a new 270-lux headlamp would ensure I couldn't get lost!

The night became clear and starlit – when I switched my torch off the Milky Way was magnificent. However, I kept it on because much of the night section I had only recce'd once, during the Salomon South Downs Marathon. By the time I got to Cocking at 70 miles my stomach had closed down for the night, and complained when I tried to run, so although the fantastic girls at the checkpoint (wearing 'Team Cocking' shirts of course!) had more food than I had ever seen at one time it was a cup of black tea only. What a waste!

The next section had some twisty – turny bits, with jinxes to catch out the unwary. My obsessive scrutiny of 'The South Downs Way Guide' proved its worth, but I lost sight of the Serpentine runner in front of me, and spent several miles fretting that his lifeless corpse would end up being Dick & Jan's responsibility, and worse still that Jen, the organiser, would be unable to put the race on again! When I reached the 80 mile checkpoint at Queen Elizabeth Park at 6 am, however, the young man bounded up no worse for wear, his parents on hand to bag for him.

The next section signalled an improvement in many ways. Although Butser Hill was shrouded in fog, the light was improving and my body clock had moved on to approve some solids by mouth. I phoned Martin as soon as it was decent for a Sunday morning, and he sped down the A34 to join me in Exton (90 miles) at 8 am. With the minestrone soup from the checkpoint, and the toast Martin had made for me I was soon buzzing, and I even borrowed Martin's running shirt since I was getting too hot. The 5 miles to the next checkpoint were great, with a cup of tea every couple of miles and the sun beating down through clear skies. The last checkpoint was at Millbarrow, 8 miles from the end, and after this Martin kept up his intensive tea-therapy wherever he could. He parked up at the finish and escorted me in, through the busy shopping street, until we reached the hotel at the end and I could finally stop.

The relief on getting to Winchester was terrific, and seeing Dick and Jan – as I'm so used to seeing them at ultra races! - was just wonderful. Jen had organised a room at the hotel so runners could take a shower, then it was down to the pub for the steak and beer I had been promising myself for a while. The 103-mile race was won in 19:46:09 by Sean Ketteridge, and first lady was Anna Finn in 24:24:10. I was second lady and 10<sup>th</sup> overall in 26:12:59. The cut-off was 32 hours and the 22<sup>nd</sup> finisher (out of 34 starters) was just 6 minutes within this time. I overtook several people during the race, not by being faster, but by not getting lost, and apparently only I and one other - Anna Finn - stayed on course. So if you are looking for a training tip for this race – recce the route!

## *Peasemore 5-mile Challenge, 12<sup>th</sup> September*

**Richard**

I ran this race three years ago when it was first organised, so I was interested to see how much I had slowed up since then. From meeting Sarah before the race I had learnt that it was not every Harriers favourite race, not being in the wide-open countryside, although the shade was quite helpful on a fine sunny day. I had also forgotten quite how undulating the course was after the first mile, which is misleadingly downhill. After a first mile in just over 6 minutes my next three miles were all just around the 7-minute mile pace as the hills (and my jet lag) began to take effect. I managed to pick up the pace a bit in the final mile and finished in 19<sup>th</sup> place in a time of 33:37, a minute slower than my time at the Kintbury 5 mile race in June. I met up with Sarah after the race and she was pleased with her time of 40:37 (9<sup>th</sup> lady, 70<sup>th</sup> overall).

Although the course may not suit everyone, it is a well-organised event with good marshalling and a high quality field for such a relatively small event. It is also local, which adds to its attractions!

Race winners:                    Men: David Fry, Newbury AC 27:47.    Women: Nina Martin, Thatcham 33:54

## *Chippenham Half Marathon, 12<sup>th</sup> September*

Both Philomena and Sus have written reports on this one!

### *Miracle at Chippenham Half Marathon*

**Philomena**

Yes it happened...I ran faster than Sus in a race! I was a whole 19 seconds faster! But as you may have guessed or read in her article on the race, there is a catch...she was pacing me after having paced Ryan for the first few miles so although, she started before me, after the gun went off she finished with me and so her chip to chip time was slower than mine. Nonetheless records show that I was faster! It was a lovely race, lovely atmosphere and the weather was just right. This is one I had done before a couple of years ago and one where I did my PB for a half marathon, so I was under some pressure (self generated) to do a good time. So when Sus kindly offered to pace me I gladly accepted! Now I know what all the fuss is about when elite runners are paced, it makes a lot of difference mentally, makes it somewhat "easier" because you know that as long as you can keep up (that being the trick!) you'll be OK. I finished a few seconds slower than my PB but that was two years ago and given that my legs were still tired from doing a 20 miler the week before I was well chuffed with the result and a big thank you to Sus! It was a good day for Ryan as well who did a very good time and although not his PB he felt he still had something left in the tank. I spotted Lee as well at the start and he also did a great time. Good performance all round by the Compton Harriers.

**Sus**

For some reason I did not really care what the outcome would be for this race, and I thought I might have 'lost it'. So I consulted with my big running legend, Dick, to see if I was normal, and I am happy to say I am. It is normal to feel tired of racing with a marathon just around the corner. "Just go out and enjoy yourself, and look at the scenery" were Dick's words – just what I wanted to hear.

For the first mile or so I ran with Ryan, it had to be said I had planned to run at least 3 miles with him but I just could not keep up with him. He later revealed he had Lucy and Martin's honey for breakfast! The next thing to do was to meet up with Phil and pace her; I have to say it is an honour to pace a Kenyan runner! She had requested a sub 8:00 mile pacing but when I met her she changed it to 7:45! We managed pretty well and I knew we were very close to her PB, so I squeezed her to go even faster - had it not been for the last water station only one mile from the finish line we would have nailed it. But our little Phil wanted her water, nice and quiet by the roadside, before she continued; and so she should have but we paid for it dearly, seconds from a PB!

All in all a good day out; Phil will practice her water intake during races, Ryan keeps getting stronger and stronger and I cannot wait for my next race - bring it on!

Ryan    1:26:17  
Lee     1:29:55  
Phil    1:40:07  
Sus     1:40:26

## *Aldbourne 10K, 12<sup>th</sup> September*

This event was revived in 2010 following a 4-year break. Compton Harriers didn't have any representatives, but the two Nicks from Team Kennet, who often join us on our Thursday runs, did well. Nick Jones was 2<sup>nd</sup> in 36:36 and Nick Bull 6<sup>th</sup> in 43:41. There were 62 finishers.

## *Basildon Burn, 19<sup>th</sup> September*

### **Sue**

This was the first 'official' running of the Basildon Burn, an inaugural event having been held in March 2009 - Tom, Dick and I had competed in the inaugural race, and offered the organisers some advice on how to make the event run more smoothly. I'm pleased our advice had been taken on board, and the organisers did a pretty good job of arranging a challenging but enjoyable event – a better-placed finish line, an accurately-measured 10K, more toilets, finishers' T-shirt, well-organised results system. They were pleased to have a total of about 80 entrants.

This time, I was the only Harrier taking part, but other familiar faces were Andy Bayley (with Kirsty supporting, and Lola enjoying the fabulous playground), Glynn Jones (Peter L's friend) and, of course, Mo running the route in reverse to cheer us on and take photos.

There was the option of entering the one-lap (~3.5K), two-lap (~7K) or 3-lap (10K) races. I opted for 7K, while Andy and Glynn did the 10K. We were set off with the enthusiastic DJ blasting out 'Burn Baby Burn – Disco Inferno!' Each lap started in the sports field then out onto a quiet, flat road before a long, steady descent down Hookend Lane. Then came 'The Burn', as we turned off Hookend Lane onto a track which wound its way steeply uphill through the woods and back to the sports field. The route was very well-marshalled at junctions and turns but a badly placed arrow at a bend in the road briefly sent Glynn and another runner into someone's front garden!

I set off at a sensible pace, and gradually reeled in a dozen fast-starters on my first lap. I was pleased to find that one of the 10K runners was going about the same pace as me so, although the field was quite spread out, I had someone to race. He was good up The Burn, but I caught him again on the flat sections. I was first across the finish line for 7K race (29:30) and won a trophy and a voucher for Trailjunkies bike shop. The 10K was won by Tom Whateley (38:27) and first lady was Melanie Bibby (45:36), while Glynn finished 3<sup>rd</sup> (40:58) and Andy 18<sup>th</sup> (51:12).

The main races were followed by two children's races – once round the sports field for the under 9's and twice round for the 9-15 year olds. All-in-all, a very nice local event.



Sue sets off on lap 1



Andy acknowledges his fans

## Isle of Wight Fell race Series, 18<sup>th</sup> - 19<sup>th</sup> September

### Sarah

18<sup>th</sup> and 19<sup>th</sup> September 2010 saw the weekend of the Fell running series in the Isle of Wight. With Mr. Kearns as our designated driver, and Janet and Hannah as our support team, Martin, Lucy, Peter and I decided we were capable of the weekend's tasks. Well, when I say capable; Martin was trying to shift a nasty cold collected in Poland the week before, Lucy had run 103 miles the weekend before (need I say more), and I was nursing a sore shin/ Achilles. Peter and Dick on the other hand were fighting fit!

Mr. Kearns had very kindly informed me of the 'little trip' last month and I felt confident I would be able to run the distances required over the 2 days. Saturday was 3 and 7 miles and Sunday was a half marathon. However, Dick had forgotten to mention that the courses are run over hills not for the faint hearted! The words 'vertical' and 'everlasting' actually came to mind!

We reached our destination with plenty of time for a coffee and natter, whilst trying to persuade myself I wouldn't roll down the hill I was trying to run up!

For the first race, a meaningless 3 miles to start the weekend off, all five of us flew the Compton Harriers flag. A paddle in the sea, light lunch and fluid intake before our next start at 15:00; only Mr. Kearns and I were game for this however. The course was at the very least challenging, and remembering Sue's fantastic motto of 'what goes up must come back down' served its purpose extremely well as I thundered down the hills of Ventnor homeward bound! The atmosphere and support of the whole event was brilliant throughout the day. As we set off to our B&B I was wondering what tomorrow would bring!

A few alcoholic refreshments and a good pub dinner later, and I was in desperate need of rest and recuperation. That was, however, until I couldn't physically move the next morning, I was now a hobbling supporter! The rest of the gang did partake after a hearty full English, cereal and homemade honey brought from Harwell. A cool-down and scenic visit around the Island and we were back at port to make way for home. A very social, enjoyable trip and well worth the challenge!

#### Results:

##### Race 1, St. Boniface

1<sup>st</sup> Man – Hugh Lobb 00:18:42

1<sup>st</sup> Women – Nicola Barbers-Negra 00:20:56

40<sup>th</sup> Martin Fray 00:24:00

52<sup>nd</sup> Dick Kearns 00:24:47

78<sup>th</sup> Lucy Gettins 00:27:29

83<sup>rd</sup> Peter Humphreys 00:27:41

106<sup>th</sup> Sarah Lambert – Gibbs 00:30:06

##### Race 2, Ventnor Horseshoe

1<sup>st</sup> Man – Hugh Lobb 00:52:45

1<sup>st</sup> Women – Nicola Barbers-Negra 1:02:50

58<sup>th</sup> Dick Kearns 1:14:18 (7<sup>th</sup> M50)

103<sup>rd</sup> Sarah Lambert – Gibbs 1:31:48 (23<sup>rd</sup> women, 15<sup>th</sup> SW)

##### Race 3, Wroxall Round

1<sup>st</sup> Man Hugh Lobb 1:19:58

1<sup>st</sup> Woman Sylvie Lloyd 1:34:31

31<sup>st</sup> Martin Fray 1:42:04

58<sup>th</sup> Lucy Gettins 1:52:45 (6<sup>th</sup> woman 1<sup>st</sup> F40)

68<sup>th</sup> Dick Kearns 1:57:00

85<sup>th</sup> Peter Humphreys 2:00:12

#### Overall

Women out of 52: Lucy 29<sup>th</sup> Sarah 32<sup>nd</sup>

Men out of 105: Dick 48<sup>th</sup> Martin 76<sup>th</sup> Peter 85<sup>th</sup>

## *Run To The Beat Half Marathon, 26<sup>th</sup> September*

**Kirsty**

With a whole summer of no OU study to look forward to this year before returning to the books in October, I thought it would be a good idea to find a race to train towards to give me something to focus on. Half marathon distance seemed about right considering how many weeks I had to train, and as I'm a fan of running with the company of my ipod, I opted for the London 'Run to the beat' half.

So began my summer of running which included some lovely and very enjoyable runs out with the Harriers again. My training didn't consist of many distance measured routes as I tend to drift away with the fairies and lose focus completely, so I prefer to just measure time on my feet. So a few hour and a half runs under my belt and I was happy.

So the big day arrived and we (Andy, myself and six year old daughter Lola) all piled into the car very early for a Sunday morning, and set off for London. Once we had been through the usual count-the-white-ponies along the M4 and 'look at how bright the sun is' and discuss what it's made of chat with Lola, we abandoned the car at Stanford Brook tube station and got on the train. After what felt like not very far, our train kept stopping at red signals and became very slow. When we eventually reached Westminster to change trains to get us to the O2, it became very obvious by the volume of runners still on the platform, that the trains were having a few problems. When eventually the next train pulled up, it was already very full and we just about managed to get in far enough without being trapped in the doors. I remember thinking; this must be like any other day in Japan. Once we pulled away Lola, who was half the height of everyone else, started to panic that she was getting buried under so many runners and their kit bags. Andy was so squashed in he couldn't move either of his arms, so it was down to me to go to the rescue and lift her up to the height of the rest of us for the rest of the journey. A perfect pre race warm up if I say so myself.

So, after what seemed like an age of carrying Lola and becoming progressively warmer inside our tin of sardines we finally got to the O2. The first thing we heard when we left the train was the start of the race had been delayed by 45 minutes due to train problems. Joy, we had time to go and join the massive queue for the loos. We then went in search of the race start as there seemed to be 17000 people all walking in various directions and no signs to tell us where the race was.

We eventually found the race which was outside the O2, and went towards the start pens. I left Andy and Lola to drop off my kit bag and make my way to my start pen. By now the wind had started to blow and it was very chilly so I opted to stand behind the largest man I could find in the pen. Finally we were off and with a quick wave to Andy as I went through the start, I started my watch and off I went.

Lots of music followed and lots of zigzagging round people who for some reason had decided to walk within the first mile. The next thing I knew (I did mention I lose focus easily) my watch was on 21 minutes and I hadn't seen any mile markers yet. So this was either the worst mile I've ever run or I'd missed the markers. Then at 25 minutes a very large green 3 came into sight so I knew I was doing ok. (The energy gels were given out at 3 miles, which confused me slightly as its less than two laps of Compton and I've never felt the need to take on Gel after that distance, but I took some anyway and carried them to the finish).

I got to 6 miles in 51 minutes which for me is a cracking 10k time so I was a little concerned that I may be going too fast, but after a quick mental check of all limbs, I only discovered an achy right elbow from the weight of the Gatorade I was carrying so all was good so far. So on I went.

Then came the hills.... Oh the mountains of London.... Oh the moaning from the competitors was endless "oh you must be joking", "oh my god look at that climb". Where were these people from? Holland? I managed to survive the enormous climbs and was soon running past the 9-mile marker and into Greenwich Park with yet another blast from another live band to sing along to.

As I came out of the parks at mile 11, I heard Andy shout and was just in time to wave at Andy and Lola for a photo before losing sight of them. Then I was on the home straight and my watch was telling me I was going to finish in less than 2 hours which for me is a record. I briefly slowed to encourage a lady who was struggling in the last mile and, once she was smiling and running again, I left her for the finish. As I picked up the pace for the finishing arch I could see 1:55 above me as I ran over the timing mat and that was it, job done, all over. As

I made my journey through the medals, the kit bags, the energy drinks, cereal bars and other endless freebies being thrust my way I thought, that was a PB and I don't actually feel like death right now. So the time on my feet training worked for me.

I collected my kit bag and finally found a very grumpy Andy who had carried Lola on his shoulders for the last mile and a half because she couldn't walk any further, and we headed home (only to get stuck on the M4 for the best part of 2 hours behind an accident). So overall, it wasn't the best organised race I've ever been to and my race day preparation went out of the window due to train hold ups, but I ran the fastest half I've ever run so I guess none of it mattered at the end of the day.

My official time was 1:55:42                      Place 2544<sup>th</sup> out of 17000, 584<sup>th</sup> lady, 125<sup>th</sup> F35

### **Kidmore End 10k, 26<sup>th</sup> September**

**Richard**

This was the first running of this event. I had been planning to run the Highclere 10k, but a work colleague from Kidmore End asked me if I would like to run the race as it was being organised by the Kidmore End School Association and her daughter goes to school there. The course also looked attractive, going through woodland and using part of the course of the now defunct Sonning Common Half Marathon.

Publicity had not been very evident locally and, as it clashed locally with the Highclere 10k organised by Newbury AC and the Mortimer 10k organised by Reading Roadrunners, I wasn't expecting a very large field. In the event, a field of around 130 runners started the race, at the front of which were a group of local teenagers who sprinted off the starting line and into the woodland, not to be seen again during the race!

My first inkling that the race was being organised a bit differently from normal was when we passed a sign after the first kilometre saying '9k'. Obviously the k markers were going to be in descending rather than ascending order. By the time we left the woodland after just over 1k I was running a steady 4 minute K pace and was in 7<sup>th</sup> place, but gradually catching a group of four runners just ahead of me. However, after a while I began to realise that we should have passed another K marker, and after 9 minutes had elapsed the group of runners I was running with realised that we were off-course. It transpired that a marshal who should have been directing us into a left-hand turning had not realised where she was supposed to be directing us and it was only the insistence of a local runner, who knew the course and who overrode her directions, which allowed the main field to continue on the correct course. My group managed to get back on course due to the local knowledge of one of my group, but despite never passing the 8k sign, it still took us 14 minutes from passing the 9k to passing the 7k sign! We were all running around 4 minute K pace so we spent the rest of the race passing runners. I actually finished up in 26<sup>th</sup> place in a time of 47:48 and was the first finisher of the group who went off course – I'm not sure if any gave up! The first runner home and official winner had a time of 42:19 over what was a reasonably fast course, so I would say he was quite a fortunate winner!

Despite the above, the course was an attractive one and I would be prepared to run it again. It was a pity for the organisers that there were a few hitches as they were very enthusiastic as well as very apologetic about what had happened, offering us our entry money back – we all refused, of course. A lead bike would have easily solved the particular problem we encountered, as would clearly briefed marshals, and they could have done with a PA system that could be heard more than 10 feet away!

Race winners:                      Men     Richie Fraser 42:19;                      Women     Katie Williams 44:58

### **Berlin Marathon, 26<sup>th</sup> September**

Two Harriers ran the Berlin Marathon and both did the Club proud. Sus set an excellent PB of 3:03:51, while Pete H did very well to achieve his sub-3:30 target. Full report next month, but follow the link given in Mo's website update to see video footage of Sus and Pete.

### **Highclere 10K, 26<sup>th</sup> September**

Lucy and Martin enjoyed this multi-terrain 10K, Lucy taking the prize for 2<sup>nd</sup> lady in 44 minutes, while Martin finished in 40 minutes.

## Handicap Race

Sue

September's Handicap Race was held around the off-road course for the last time this year. It was a pleasant evening for running and the track was in good nick. By the time we were racing along the concrete road towards the finish line, the evening was drawing in, so Jan didn't get her usual clear view of the finishing runners.

Philomena and Terry were both in fine form, setting excellent times which bode well for their forthcoming marathons. Phil finished 10 seconds ahead of Terry who finished a comfortable 2<sup>nd</sup>. The next six runners all finished close together – top marks to the handicapper (but not so good for Jan trying to distinguish us all in the failing light as positions changed in the final 'sprint' for the line)! Dick finished third, ahead of Sue, Pete O, Richard, Steve and Lucy. Martin, having his best Handicap Race for several months, recorded the evening's fastest time. Mo completed the field, having not started with his 4-minute lead. Had he done so, he would have finished third.

Well done Philomena, and thanks to Jan for time-keeping.

The next Handicap Race will be on 28<sup>th</sup> October, and will return to our winter 'Village Lap' route.

Finish Position	Position on handicap	Name	Start time	Finish time	Actual time	Handicap Beaten?
1	1	Philomena	0:45	16:26	15:41	-0:34
2	2	Terry	2:55	16:36	13:41	-0:24
3	4	Dick	2:44	17:04	14:20	+0:04
4	5	Sue	3:22	17:10	13:48	+0:10
5	6	Pete O	2:44	17:13	14:29	+0:13
6	7	Richard	3:10	17:17	14:07	+0:17
7	8	Steve	1:04	17:18	16:14	+0:18
8	9	Lucy	3:02	17:25	14:23	+0:25
9	10	Martin	4:42	18:00	13:18	+1:00
10	3	Mo	0:11	20:57	20:46	-0:03

Mo retains his place at the top of the Handicap Championship table but Terry has is chasing him hard, and Philomena is vying for third place with Sue. Several of us have now run five or more of the races and can begin to drop our lower scores, so positions at the top could yet change!

Pos.	Name	Race points									
		Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	Total (best 5)
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	-	-	24 (22)
4	Meena	-	-	2	1	4	7	7	-	-	21
5	Dick	3	1	-	1	5	3	4	-	-	17 (16)
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=	Peter L	-	-	5	-	-	-	-	-	-	5
11=	Gillian	-	4	-	1	-	-	-	-	-	5
11=	Martin	-	2	-	-	1	1	1	-	-	5
14=	Francis	2	-	-	-	-	-	-	-	-	2
14=	Richard	-	-	-	-	1	-	1	-	-	2
16=	Sarah	-	-	1	-	-	-	-	-	-	1
16=	Bethan	-	-	-	1	-	-	-	-	-	1
16=	Steve S	-	-	-	-	1	-	-	-	-	1
16=	Kirsty	-	-	-	-	1	-	-	-	-	1
16=	Dan	-	-	-	-	1	-	-	-	-	1



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

Mo

### *Links of interest this month:*

Sus and Pete H had great runs in the Berlin Marathon ... so why not check up on their performances and watch video footage of their efforts? Just follow this link <http://tinyurl.com/2dre5r9> ... on the resulting page, just enter surname in the 'Name' box and then click on 'Suchen'. You can then click to view pictures and video clips of each runner. Thanks to Meena for sending the site details.

I highly recommend a visit to the runbritain website which has launched a new handicap scoring system designed to give runners the ability to benchmark their progress and compare results across a range of distances and terrains. The scoring system, which has been developed in conjunction with the 'Power of 10' website (<http://www.thepowerof10.info/>), enables runners to claim a ranking score based on any single performance at 5k, 10k, half marathon and marathon distances. This allows them to compare performances against fellow runners. The site also offers guidance and support on future racing selections and opportunities to improve current runbritain handicap scores.

To claim a handicap ranking, visit the runbritain website <http://www.runbritainrankings.com/> and check through more information and examples. If you decide to sign up (it's free) you will also be provided with a bespoke personal running blog page on <http://www.runbritain.com> featuring:

- ▶ current rankings at each distance
- ▶ personal progress graph
- ▶ direct comparisons with other runners with a 'head-to-head' function
- ▶ handicap score updated automatically after each run
- ▶ target times to bring handicap score down
- ▶ links to a range of training plans and much more ...

Links to runbritain and Power of 10 have now been included in the 'Running Resources' section of the Harriers website. I have also included a new menu link direct to resources as well.

A visit to <http://www.british-athletics.co.uk/> will show that CHRC is one of a few clubs registered from Berkshire. There is also a video search link to check back on previous events, although this is aimed more at track & field ... I managed to find footage of Sue in various championship cross-country events.

### *Forthcoming Events for Oct & Nov 2010 as listed on the Website Events Calendar:*

Month	Date	Time	Event
October	05	6:30 pm	Tuesday Session - Compton
	07	6:30 pm	Club Night - Peter H to lead
	09	9:00 am	Reading parkrun - Weekly Free 5km Timed Run
	10	9:30 am	Henley Half-Marathon Plus: 10K
		10:00 am	The Eden Project Marathon Plus: One Mile Fun Run Plus: Half Marathon
		10:00 am	29th Ridgeway Race (Approx 15K)
		10:30 am	Mud & Mayhem Autumn 10K
		11:00 am	Swindon ½ Marathon
		11:00 am	Oxford City AC Hanney 5
	12	6:30 pm	Tuesday Session - Meena Leading
	14	6:15 pm	Club Night - Tom to lead
	17	9:00 am	ABINGDON MARATHON

Month	Date	Time	Event
		10:00 am	Frieth Hilly 10k
		10:00 am	Tadley Runners 10 Mile Road Race
	19	6:30 pm	Tuesday Session
	21	6:15 pm	Club Night - Lucy to lead
	23	9:00 am	Beachy Head Marathon
	24	11:00 am	Exmoor Stagger 15 Plus: Exmoor Stumble 6
	28	6:15 pm	Club Night - Handicap Race
	31	10:30 am	The Stickler 10.1
	31	11:00 am	Calne Leisure Centre Clock Challenge 10K
November	04	6:15 pm	Club Night - Martin to lead
	07	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
	11	6:15 pm	Club Night - Mo to lead
	14	10:00 am	Grand Union Canal Half-Marathon
		10:00 am	Run for Heroes 5K Series
	18	6:15 pm	Club Night - Peter O
	20	10:00 am	Dirt Half Marathon Challenge
	21	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
	25	6:15 pm	Club Night - Handicap Race
	28	10:30 am	Maylarch Eynsham 10K
		11:00 am	Cotswold 10k
		11:00 am	British Heart Foundation's Newbury Santa Jog 5K
December	12	10:00 am	Bedford Harriers ½ Marathon
	18	2:30 pm	Gloucester Christmas 5 mile run
January	09	10:30 am	Goring, Woodcote and District 10K
2011	23	10:30 am	Gloucester Marathon
		10:30 am	Gloucester 50k
February	20	10:30 am	Bramley 20/10 mile
April	10	10:00 am	White Horse ½ Marathon

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