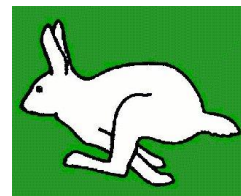


THE HARRIERS HERALD

No. 224, October 2011

Editor: Sue Francis



Contents, features, reports, results

- Thursday night schedules for October and November
- Correspondence received
- Future of IAH Rec. Soc. – an update
- Compton Harriers Christmas meal – time to start making plans
- Race results:– *Spitfire 20* – good performances from Sus and Meena; *Peasemore 5* – Martin destroys his nemesis; *Isle of Wight fell series* – Lucy and Martin bring home 12 awards; *High Peak 40* – cold wind and rain thwart Simon's efforts; *Berlin Marathon* – fantastic PB's for Philomena and Sus; *Boneshaker Duathlon* – Team SuMo race Dave and Andy; The Club was also represented in the *Bristol Half*, *Chippenham Half* and *Oxford Half*
- Handicap Race – winning Welshman storms to victory
- Webmaster's article – Mo offers dietary tips to improve your performance, and features forthcoming races
- Thanks to Mo, Simon, Philomena, Sus, Pete and Lucy for this month's contributions
- Running Life series – resumes next month
- Copy date for next Harriers Herald – 30th October

Thursday night schedule for October

Thurs 6th Sue to lead
Thurs 13th Ryan to lead
Thurs 20th Meena to lead
Thurs 27th Terry to lead

Thursday night schedule for November

Thurs 3rd Lee to lead
Thurs 10th Sus to lead
Thurs 17th Handicap Race
Thurs 24th Pete O to lead, followed by quiz night(*)
Thurs 31st Lucy to lead

(*) Pete is organising a quiz in The Harrow to start 8:30pm. He will lead the run, then we'll eat at The Harrow and participate in his quiz.

Correspondence received		
Sender	Subject matter	Action
England Athletics	English x-country Association 2011/2012 handbook	File
SEAA	Veterans x-country champs (Croydon 10-12-11); Main x-country champs (Brighton 28-01-12)	Ask me if interested
BBO XC Assocn.	x-country champs (Bracknell 20-11-11)	Details to be sent by e-mail

Future of IAH Rec. Soc. – an update from Pete H

In response to a Harrier's question raised last week "should I rejoin the IAH Rec. Soc. for a year?" the answer is yes. At a recent staff briefing I asked about the future of the social club and was told the intention is to keep it open until the site closes. Earlier in the meeting it was stated that the original deadline of closing the site by March 2013 is unlikely to be met and that, while every effort will be made to move staff in a phased way to Pirbright as and when accommodation becomes available, no definitive date for the site closure can be given at present.

Christmas meal

It's that time of year when we need to start thinking about potential venues and dates for our Christmas meal (generally either a Friday or Saturday evening in the fortnight before Christmas). The White Hart (Hampstead Norreys) mailed me a menu which I passed round last Thursday evening and which seemed to meet with general approval for menu choice and price (2 courses £16.95, 3 courses £21.95). If you have any other suggestions for a venue, please circulate a menu and we'll have a vote in a couple of week's time.

Race Reports & Results

Spitfire 20, 4th September

Sus was 2nd lady in 2:20:55, while Philomena crossed the line in 2:36:03 (over 5 minutes faster than when she competed in the March running of this twice-yearly race). There were 262 finishers.

Peasemore Festival 5-mile Challenge, 11th September

In very blustery conditions, Martin had a good race to finish 6th (30:58) taking a full minute out of Newbury's Dave Wright! Martin was one place behind the winning lady (Sophie Crumly, Newbury), who smashed the ladies' course record 30:22). The race was won by 58-year-old Tim Hughes (White Horse Harriers) in 28:09.

Chippenham Half, 11th September

Lucy finished 145th in 1:35:14.

Bristol Half Marathon, 11th September

On a near perfect autumn day and a new flat, fast course, Philomena missed her PB by just one second (1:38:34, 1065th), whilst Sus was 3rd FV45 (387th overall) in 1:30:36.

Isle of Wight Fell Races, 17th – 18th September

Lucy and Martin were the only Harriers to cross The Solent for this year's IOW fell race series. However, they did so well that they brought home 12 awards between them! Across the three races, Lucy collected a 1st, 2nd and 3rd overall, three over-50 prizes, a 2nd overall, and series 1st over 50. Martin won three over-50 awards and a series 1st over 50. Lucy says that maybe the Serpentine Runners got more prizes, but there were 33 of them!

Berlin Marathon, 25th September

Sus and Meena

I had heard nothing but good things about this 'little' race from both Peter H and Susanne, and it did not disappoint. It is on the same scale as the Virgin London Marathon but somehow it doesn't feel as crowded. Maybe because, for most of it, runners have access to all 6 lanes of the road! The organisation is very smooth with some lovely touches such as the free post-race massage carried out in the open air (with what looked to me like at least 100 massage beds!) and alcohol-free beer given at the end. They also have bananas (ready peeled) and apples both cut into bite size pieces at some of the refreshment tables during the race. One had to be careful of the bananas though, as left over bits carelessly thrown on the road could be a slip hazard!

It is definitely a PB course and quite a few bits of it actually felt like they were downhill to me. The support along the course is great but there are no barriers between runners and the public which was a bit hairy at times! Apparently the organisers do this deliberately to allow the supporters to feel more involved in the whole marathon experience. I had a rather uncomfortably close encounter with some children who thought it would be fun to see how many times they could cross back and forth in between the runners!

Although temperatures were a bit on the high side for running, the lovely clear blue skies made for a lovely day and a lovely atmosphere which I thoroughly enjoyed! All in all, a lovely experience to be highly recommended.

Susanne: 3:03:46 - PB
Meena: 3:30:29 - PB



High Peak 40, 17th September

Simon

Any Harriers who don't want to read about an event which I didn't finish may as well skip this report and go on to the next one...

Well, where to start? You know how, after doing a really tough event, time sort of dulls the senses and after a while you think "Oh, it wasn't that bad"? Yeah, me too. I last attempted the High Peak 40 in 2007 and, after dropping out at the 26.2 mile checkpoint and subsequently tearing various calf muscles almost every time I ran, I never really thought I'd try and do it again. This year, however, there was a conjunction of anniversaries: the 25th High Peak 40 mile Challenge, my 50th birthday and Ernie North's 20th consecutive High Peak (of which he'd completed the previous 19). "Why not," I thought, "give it just one more go?"

So having trolled round the Compton 20 in April, done a couple of 29-mile training run/walks from Aylesbury to Joanna's mother's in Harpenden and a 27-mile training walk around the hilliest bits that I could find around here, in early August I posted my entry form and booked a couple of nights' B&B in Buxton. And on Friday 16th September, Henry and I weighed anchor and set sail for the Peak District...

Saturday dawned cloudy with patchy rain and I arrived at Buxton Community School in good time for the start. Previously the sports hall had been used for dishing out numbers, though this year the smaller Gothic Hall was the venue – probably ok when there are around 150 entries but rather cramped when 250 turn up like this year. Anyway, having collected my number and my commemorative 25th Anniversary mug I sorted my stuff out and trolled off to the start on Broad Walk at 7:50.

As I was walking the whole thing I thought I might miss the general scrum to get over the first stile at the top of the first hill. I was wrong. A five-minute wait to climb the stile was then followed by a tortuous descent of a boggy hill following a group of entrants who were led by a woman who not only didn't want to get her socks wet but who evidently didn't want to get the soles of her shoes wet either. As soon as we reached the disused railway at Bonsal Incline I managed to overtake them and got into my stride.

My 'plan' (such as it was) was to average 15 minutes per mile and finish in less than 10 hours. Having taken slightly longer to reach the first CP than intended I managed to crack off the following 3.4 miles in 47 minutes and left CP 2 (6.5 miles) bang on schedule. That was the closest I got to my schedule.

In 2007 a diversion between CPs 2 and 3 was introduced after a footpath was stopped up, adding between a ½ and ¾ mile to the whole route. It's surprising how much of a difference that makes, especially when the official distance doesn't change. And knowing about it doesn't help either. It took 48 minutes to walk the 'official' 2.7 miles to CP3 and from then on I just seemed to be getting slower and slower. Having tramped up Lord's Seat and over Mam Tor in a heavy rain shower and with a strong tail wind I reached Castleton at 18.8 miles in 5hrs 23 mins, 41 minutes behind schedule, and whipped out the iPod Shuffle in the hope that Brian May's 'Driven By You' might kick-start the turbo. It didn't.

Having slogged up Cave Dale I crossed Bradwell Moor in a strong side-wind and felt myself cooling down rather more than I should have. The gloves went on and stayed on even when the sun came out and I still felt chilly. Arriving at the 23.1 mile CP nearly an hour behind schedule I decided to press on to the Tideswell Dale CP and review things then. And, having reached 26.2 miles in 7 hours 27 minutes and calculated that it would take the best part of 5 hours to finish (if I didn't get hypothermia in the meantime) I was struck by an attack of CBA Syndrome(*) and called it a day.

I'm glad I gave it another go, but boy! those hills. They get steeper every time...

The winning time this year was 5:53:40, by Bob Sellors of Manx Fell Runners; Chris Davies of Saddleworth Harriers was second in 6:00:28, with Lee Wilkinson from Stockport Harriers third in 6:03:40. First lady was Helen Skelton from Mercia Fell Runners in 6:47:58. The last entrant back took 13:28:10 to finish the course and, out of 256 entrants, 200 completed the challenge. And – shock news to those who know him – Ernie North didn't finish! I don't know exactly what happened, but it must've been serious for Ernie to pull out.

(*) Can't Be Ar*ed Syndrome

Boneshaker Duathlon, 18th September

Sue & Mo

Team SuMo contested their 6th successive Boneshaker on a mild but overcast and blowy day. As in previous years, Sue did the first 5K run section, handed over to Mo for the 20K cycle stage, and then Sue finished with the final 5K run. Before the start, we saw many familiar faces, including new Harrier Dave Anderson and former Harriers Andy Buckland (who hopes to rejoin us when child commitments permit) and Gill Harrison, all of whom were competing as individuals.

Sue set off a bit fast in the first run (aiming to keep up with the leading lady, who turned out to be rather good), but nevertheless set a decent time and handed over to Mo in a good position. Once the timing chip was transferred to Mo's ankle, he set off on his super-duper bike. Mo had a good ride (in fact he was so quick that the race photographer totally missed him!). He felt frustrated that he couldn't push harder up the hills, but gained places on the downhill sections. Dave and Andy both passed Mo, but only took 2 or 3 minutes out of him, so they were targets for Sue on the final run. I could see the tall figure of Andy ahead as I started to reel in the tired solo competitors. But Andy was running well and he was also gaining places; it took me 3K to catch him and we briefly wished each other well. Unknown to me, Andy hung on, and sneaked past me in the finishing straight!

In fact Dave, Andy and Team SuMo finished in close succession in the field of 249: Dave 1:40:41 (10th MV40, 47th overall), Andy 1:41:50 (16th senior man, 54th overall), Team SuMo 1:41:57 (7th of 19 veteran teams, 55th overall). Gill finished in 1:59:40 and collected first prize in the ladies super-vet category.

On checking our time against previous performances, we were pleased to find that Team SuMo had set a 1-second PB for the course! This was all down to Mo, whose 1:04:48 cycle time knocked almost 90 seconds off his PB, while Sue's run times (18:20 and 18:47) were both in her usual range.

We were very lucky with the weather - shortly after we finished heavy rain set in. As in previous years, the event was very well organised, and very enjoyable. Our finishers' prizes were nice sports bags containing local flapjack and a waterproof saddle-cover (which many people were using as rain hats during the presentation!).



Sue, Dave and Andy halfway round the first 5K run

Oxford Half Marathon, 25th September

The Oxford Half returned this year, after a few years' absence. Ryan had a good race finishing 48th in 1:25:48 (and had a chat to the husband of ladies winner Liz Yelling!).

Handicap Race

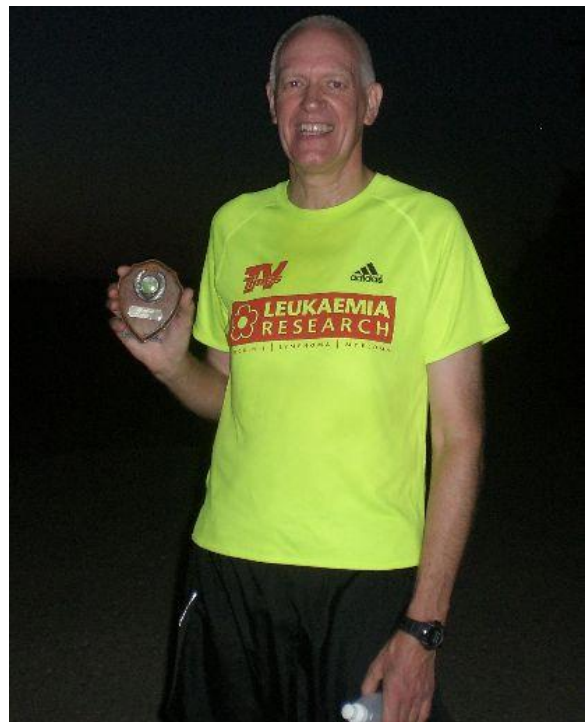
Sue

On a perfect late summers evening, ten runners faced the starter for the final off-road Handicap Race of 2011.

Eight regulars were joined by Richard Chalkley (the Only IAH staff member to join us for this 'open evening' run) and Dave Rees (Tom's running friend from Inkpen).

Setting one of his best times for this route, Colin crossed the line first to win the trophy. However, he only just held off Lucy, who set a good 2-second PB. Dave, Pete O, Richard and Sue finished in close succession, Sue setting the evening's fastest time. Peter L and Terry also finished well, while Martin and Mo were both feeling below par so didn't 'overcook' it this time. Well done Colin, and thanks to Jan for timing.

The next Handicap Race (on our street-lit Village Lap) is scheduled for 17th November.



Colin with the 'priceless' trophy
(photo by Lucy)

Finish Position	Position on handicap	Name	Start time	Finish time	Actual time	Handicap Beaten?
1	1	Colin	3:23	18:36	15:13	-0:24
2	2	Lucy	4:55	18:42	13:47	-0:18
3	New Runner	Dave R	3:03	18:47	15:44	New Runner
4	3	Pete O	4:18	18:53	14:35	-0:07
5	New Runner	Richard C	1:00	19:08	18:08	New Runner
6	4	Sue	5:50	19:11	13:21	+0:11
7	5	Peter L	4:55	19:31	14:36	+0:31
8	6	Terry	5:53	20:09	14:16	+1:09
9	8	Martin	6:08	20:57	14:49	+1:57
10	7	Mo	0:05	22:34	22:29	+1:34

With Mags now working away until February and unable to make Thursday runs, she has been knocked off top-spot on the leader board. Sue has taken the lead, but Colin's win this month has moved him into a close second place, while Mags and Peter L share third. See next page for the current scores.

Pos.	Name	Race points									Total of best 5
		Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	
1	Sue	12	1	8	9	3	8	8	-	-	45
2	Colin	-	12	7	5	8	-	12	-	-	44
3=	Mags	4	-	12	12	12	-	-	-	-	40
3=	Peter L	4	10	-	-	10	9	7	-	-	40
5	Dick	8	6	10	7	1	4	-	-	-	35
6=	Gillian	6	-	10	8	10	-	-	-	-	34
6=	Pete O	9	-	2	2	4	10	9	-	-	34
6=	Mo	10	5	4	3	7	7	5	-	-	34
9	Lucy	7	2	6	4	5	5	10	-	-	33
10	Martin	-	8	1	6	2	12	4	-	-	32
11	Terry	-	9	-	10	6	-	6	-	-	31
12=	Philomena	-	-	5	-	-	7	-	-	-	12
12=	Steve	5	7	-	-	-	-	-	-	-	12
14	Richard D	-	3	4	-	1	-	-	-	-	8
15=	Pete H	-	4	-	-	-	-	-	-	-	4
15=	Debbie	-	-	-	-	1	3	-	-	-	4
17=	Stephen	-	-	-	-	1	-	-	-	-	1
17=	Richard C	-	-	-	-	-	-	1	-	-	1
17=	Dave R	-	-	-	-	-	-	1	-	-	1

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

Mo

Links of interest this month:

<http://www.timeoutdoors.com/> this link can always be found under the 'Running Resources' link on our website and I think it's worth a regular visit as it covers a wide range of subjects and lists plenty of events..

Just in case you want to investigate those niggling injuries then another link (also in the links section of our website) is a good starting point: <http://www.sportsinjuryclinic.net>

My article this month:

Eat and Run to improve your energy and performance

Unfortunately there are no magic diets, supplements or sports drinks etc that enable you to reach your peak performance for race day, but there are a few dietary tweaks that can give can give runners an extra edge. Just as you adjust your training program as race day approaches, you can also adjust your diet to make sure your body is fuelled to capacity.

Your dietary "taper" should start about the same time you start to taper your mileage before a race or long run ... approximately seven days for a marathon and four days for 10K races or less. You will still need to eat plenty of carbohydrates such as pasta, potatoes, and bread; low fat and moderate protein as well, but as you reduce your mileage, you will need to reduce your calorie intake as well. For most runners, this means eating about 100 calories less per day for every mile that you drop.

Carbo-loading:

This is carbo-loading time so it is important to build up your energy reserves to their maximum, but don't overdo the process. Some elite runners, for example, race hard about seven days before the target race to deplete glycogen stores and then train normally for three or four days, eating mostly fats and protein to keep glycogen low. Then in the last few days before the race, they pack as many carbohydrates into their system as they possibly can. The theory is that their muscles are so starved for glycogen that they will soak up even more carbohydrate than they normally would, so providing extra energy for the race. This method is not recommended for the normal mainstream runner - certainly not without the oversight of a dietician as it could backfire and leave you out of energy midway through the race.

The general recommendation is to follow your normal balanced diet and add in some extra carbohydrates during the week before a race. Fruit juices and sports drinks are good carbohydrate supplements if you're having trouble eating too much pasta! You should try not to miss meals, but also avoid overeating. Balance and consistency are particularly important as race day approaches. It is not a time to sample new cuisines or even a new sports drink. Eat foods that you know agree with you.

About two days before a race, particularly for longer runs, start loading up on fluids. Sports drinks can kill two birds with one stone by letting you carbo-load at the same time. If possible, stay away from alcohol since it not only dehydrates but also interferes with proper storage of glycogen and reduces your carbo-loading ability.

In the last 48 hours, avoid high-fibre foods like beans, bran cereals, lettuce and broccoli to reduce the chance of upset stomach or other gastrointestinal discomfort during your run. Avoid hard-to-digest foods such as peanut butter and your favourite fry-up and if possible, cut back on dairy products too as the strenuous effort can cause the body to rebel against the lactose in the milk so causing gas and bloating.

By the end of the day before the run, your carbo-loading diet should have topped up your glycogen stores so you should snack moderately and frequently on familiar, mild foods and drink water and juice constantly. For your final meal that night, eat moderately and go for food that contains plenty of carbohydrates and only a small amount of fat. Skip the beer or wine, go to bed early and get plenty of sleep.

Race day:

Have a light breakfast; a bagel and some fruit juice are ideal. Don't eat any solid food for three hours before the run, just water (a good rule of thumb for any run when you really plan to push yourself).

During the race, staying hydrated is very important so make sure you drink some fluid at least every 20 minutes. For races over an hour, you should plan to snack along the way to keep your energy up (about 25 grams of carbohydrates every thirty minutes). Try to stick with a sports drink or easily digested foods like sports bars or gels, bananas, orange slices. Whatever you eat, be sure you have tried it before during a practice run. Everyone's stomach reacts differently to different foods, and a race is not the best time to discover that a new sports bar doesn't agree with you.

After the race, drink plenty of water and get some food down as soon as possible. Carbo-reloading is as important as the carbo-loading before a race, particularly for runs over an hour. Try to have a bagel, a cup of soup or a sports bar in the fifteen minutes after you stop running. It's in this window of time that your muscles will absorb the glycogen most readily. If your run was over 90 minutes, be sure to snack frequently on high-carbohydrate foods for the next 24 hours, as it will take a while to restore depleted reserves. By the end of the next day you should be back to normal and ready to ramp up for the next big race or training run.

Listing of forthcoming Events – see Website Events Calendar for more detail:

Sun Oct 9, 2011	Hanney 5, Wantage, Oxfordshire, UK Swindon Half Marathon - Piper's Way, Swindon, SN3 1TA
Sun Oct 16, 2011	Frieth Hilly 10k - Frieth, Oxfordshire Abingdon Marathon - Tilsley Park, Abingdon OX14 1PU
Sat Oct 22, 2011	Beachy Head Marathon - St Bedes School, Dukes Drive, Eastbourne, East Sussex, BN20 7XL
Sat Nov 5, 2011	jAR! 10km cross country - 51.280495,-0.70879
Sat Nov 12, 2011	The 10k Mo Run Greenwich Park London - Greenwich, London SE10 8QY
Sun Nov 13, 2011	The 10k Mo Run Milton Keynes 2011 - Eco Park, Milton Keynes, MK15 0DT
Sun Nov 20, 2011	Rugged Radnage 10k - HP14 4DF Gosport Half Marathon - Bay House School, 18 Gomer Lane, Alverstoke, Gosport, Hampshire PO12 2QP. BBO Annual X-C Championships - Swinley Forest, Bracknell. SL5 8AX Swindon 10K - 51.504362,-1.791801 The Avebury8 - Avebury, Wiltshire
Mon Nov 21, 2011	Berkshire Athletics AGM - 51.401026,-0.748208
Sat Nov 26, 2011	The 10k Muddy MoRun - The Lookout, Swinley Forest, RG12 7QW