

THE HARRIERS HERALD

No. 211, September 2010

Editor: Sue Francis

Contents, features, reports, results

- Thursday night schedules for September and October
- Running makes your brain grow!
- Race results: Cirencester Park Half – Sus and Phil get paid for a training run!; Chipping Norton Mota-vation race – Richard reports on his first race since joining the Harriers; Hooky 6 – Richard recommends an enjoyable race; Salisbury 30K – four Harriers with top-30 placings; Burnham Beeches Half – a poorly Lucy still runs well; Pewsey Half – Sus sets a course record
- Handicap Race – Dan is first home, while Philomena wins on handicap
- Webmaster’s article – Mo features tips for avoiding injury, and fuelling your body for optimum performance; also forthcoming races of interest
- Thanks to Sus, Richard, Mo and Lucy for this month’s contributions
- Copy date for September’s Harriers Herald – 30th September

Thursday night schedule for September

Thurs 2nd Gillian to lead
Thurs 9th Sarah to lead
Thurs 16th Terry to lead
Thurs 23rd Steve Gosling to lead
Thurs 30th Handicap Race

Thursday night schedule for October

Thurs 7th Pete H to lead
Thurs 14th Tom to lead
Thurs 21st Lucy to lead
Thurs 28th Handicap Race

Correspondence received

Correspondence received		
Sender	Subject matter	Action
English Road Running Association	‘Beyond the Limitations’ races (Gloucestershire) Nov 2010-Jan 2011: 10K, 5M, Marathon, 50K	Events Diary

Running makes your brain grow!

(From a short article published in the Civil Service Sports Council magazine)

Neuroscientists at Cambridge University have shown that running stimulates the brain to produce new brain cells in a region of the brain that is linked to formation of memories. Just a few days of running led to the growth of hundreds of thousands of new brain cells, improving the ability to recall memories without confusing them. Thus, running can have a big impact on memory and learning, and can potentially slow down the deterioration of mental ability that occurs with increasing age.

(Maybe this is why Compton Harriers used to win the Ilsley Swan pub quiz every week?)

Race reports and results

Cirencester Park Half Marathon, 1st August

Sus

This half marathon took place in the picturesque Cirencester Park, and I am surprised that this is the first time that I have run a race in these beautiful surroundings as it seemed to be able to cater for it easily. At the start Phil and I were informed that the route would be slightly longer than half marathon but I did not mind as this was going to be a training run and I planned to continue after crossing the finish line with a further couple of miles.

As I got closer to the finish, going these extra miles seemed such a daunting task so I made a pact with myself after spotting a girl ahead of me about 600 yards before the finish, that if I could catch her and cross the line before her, my reward would be that I could relax and did not have to continue. I ran as fast as I have ever done before, feeling every muscle in my legs was about to burst.... and according to my reckoning I did NOT manage to grab her – so the added miles were unavoidable, I had to punish myself and continue a further 2 miles or so.

I just managed to get back and meet up with Phil as she came in. We decided to stay for the prize-giving and, to my surprise, I got the 3rd lady prize, a fat £20 note, I had actually beaten the girl I used as a carrot by less than a second! Phil also did really well earning £20 by taking the first lady over 50 and with the comment “you do not look over 35” as she collected her money! So Dick, sometimes it pays to throw good money to a race you are just using as a training run as we both had £8 in the bank when we drove home!

1st Man, Paul Jequ 1:21:03

1st Lady, Kate Wright 1:32:08

Sus 1:36:20

Phil 1:48:22

243 finished the race

Mota-vation Series Race 4 - Chipping Norton, 5th August

Richard

This is my third year competing in this series. It consists of 5 evening races run at different locations in Oxfordshire on the first Thursday of the month, May through to September. Chipping Norton is the fourth race in the series after races at Charlton-on-Otmoor, Bletchington and Combe. The final race in September is run at Marston on the outskirts of Oxford.

Each race is approximately four miles and very competitive with 24 men’s teams and 30 women’s teams in the standings after the 3rd race.

The race at Chipping Norton was measured at 4 miles and 402 yards and was a slightly undulating triangular course starting and finishing at the Rugby Ground. As usual in this series, the race set off at a very brisk pace but, having already run the first three races this year, I had several runners to use as performance markers and I managed to finish roughly where I hoped to, given that being the holiday season a few runners were missing. My time of 27 minutes and 39 seconds gave me an 87th placed finish out of the field of 276 runners. I won’t manage the September race but as it is the best 4 races of the 5 to count in the competition I will just manage an official finish placing at the end of the series.

Race winners:

Men Mathew Ashton, Aldershot, Farnham & District 20:57

First Men’s Team after 3 races: Abingdon A

Women Jennifer McBain, Alcester Running Club 25:54

First Women’s team after 3 races: Alcester Running Club

Hooky 6 – Hook Norton, 8th August

Richard

This was my first visit to this race and I was very impressed by the facilities, course and organisation. It was also a lovely day!

Being only 4 miles from Chipping Norton there were several familiar faces from Thursday night with which I could measure myself. The course is two laps of a mildly undulating 3-mile loop run over a mainly rural route with a short section through the village, and with a nice gradual downhill section of about a mile at the end of each lap.

Sponsored by the brewery, the organisers had managed to arrange a brewer's dray horse alongside the first pub on the route which gave an old time feel to the race and reminded me of the Adnams 10k I ran last November in Southwold, Suffolk.

After settling into the pace in the first half of the first lap I ran a fairly steady race, finishing immediately behind a runner who finished quite a way ahead of me on Thursday, but 2 places behind a runner I had finished well in front of in the same race! It's funny how things can be turned around in such a short period of time and over a slightly different distance of course. I finished 48th in 40:28.

As it was the 25th running of the race everyone received a high quality black and silver T-shirt at the finish together with a generous goody bag. This was an enjoyable race and I would definitely recommend it.

Race winners:

Men	Paul Fernandez	Abingdon Amblers	32:15	(he had been 5 th man on Thursday)
Women	Jennifer McBain	Alcester Running Club	37:44	(repeating her Thursday win)

Salisbury 30K, 8th August

Four Harriers did well in the 30K race of this good event, which offers a variety of distances.

Sus	2:24:27	5 th overall, 1 st lady.
Ryan	2:31:07	12 th overall
Peter H	2:47:40	25 th overall
Phil	2:50:26	28 th overall

116 finished the race.

Burnham Beeches Half Marathon, 22nd August

Lucy

I went ahead and ran this race despite feeling the most rubbish I have ever felt. This is because Burnham Beeches is one of the best organised road events in the area, although it consists of two loops 'the first flat, the second hilly!' As I envisaged, the temptation to drop out at the half-way point came and went, as the 'stable door' instinct cut in, and I found myself chasing after some of the older runners, who usefully had 'V50' and 'V60' labels on their backs. There was a finish in the fields of an elegant prep. school, where I completely failed to produce a sprint finish, so I was quite pleased that I managed 1:38:23 and 2nd position in the FV45 category (prizes were for age 40 unfortunately, and two FV50s also beat me!). The school also boasts an outdoor swimming pool, which runners can use. The only possible drawback to the race is the 1-mile walk from the car park, but no problem to a runner!

1 st male	Barnes Alan	M30	Herne Hill Harriers	1:12:40
1 st female	Gee Sarah	F45	Reading Road Runners	1:16:
Me –	Gettins Lucy	F45	Compton Harriers	1:38:23
Last -		M75	Serpentine	3:19:25

Pewsey Half Marathon, 29th August

Despite treating this as a training run for the Berlin marathon later this month, both Sus and Philomena ran very well. Sus was 2nd lady and set a new FV45 course record of 1:29:01, while Phil finished in 1:45:09.

Handicap Race

Sue

August's Handicap Race was held around the off-road course. In Jan's absence, Gillian and Alison (who are recovering from injury and still injured, respectively) did an excellent job with the starting and time-keeping. For the race, eight regular Harriers were joined by Kirsty, making a welcome return to running with us, and Dan and Richard who have recently joined. Following a light rain shower before our warm-up, there was a gap in the clouds and we thought we would be able to race in the dry. How wrong we were! Half way through the race, the heavens opened. The off-road sections rapidly became very slippery, and there were big puddles all across the concrete road. Dan exceeded all expectations and won the race with a 40-second margin to claim the trophy, and Kirsty also surprised herself to take a good second spot. Both have now established start times for the next race. Fastest on handicap, and in third place, was Philomena who therefore gets the 7 championship points. Terry took 4th. Steve G just held off Sue, while a fast-finishing Richard passed Dick at the end. Lucy and Mo were next home with Martin, once again forced to take it easy, completing the field.

The next Handicap Race will be around the off-road route on 30th September.

Finish Position	Position on handicap	Name	Start time	Finish time	Actual time	Handicap Beaten?
1	-	Dan	3:32	17:51	14:19	New Runner
2	-	Kirsty	0:47	18:31	17:44	New Runner
3	1	Philomena	2:36	18:40	16:04	-0:20
4	2	Terry	4:49	18:55	14:06	-0:05
5	3	Steve G	3:01	19:06	16:05	+0:06
6	4	Sue	5:22	19:07	13:45	+0:07
7	-	Richard	5:22	19:12	13:50	New Runner
8	5	Dick	4:51	19:14	14:23	+0:14
9	7	Lucy	5:19	19:36	14:22	+0:36
10	6	Mo	0:10	21:15	21:05	+0:15
11	8	Martin	6:42	21:49	15:07	+2:49

Mo retains his place at the top of the Handicap Championship table, but Terry is closing in, with Sue clear in third spot. Remember, at the end of the series in December, it is your best five scores which will count. So, if you've run more than five of the races, you can begin to drop your lower scores.

Pos.	Name	Race points									Total (best 5)
		Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	
1	Mo	6	7	6	7	1	2	-	-	-	29 (28)
2	Terry	-	3	5	6	3	6	-	-	-	23
3	Sue	5	1	3	1	7	4	-	-	-	21 (20)
4	Steve G	-	1	-	3	6	5	-	-	-	15
5=	Meena	-	-	2	1	4	7	-	-	-	14
5=	Alison	-	6	7	1	-	-	-	-	-	14
7=	Pete O	4	1	-	5	3	-	-	-	-	13
7=	Dick	3	1	-	1	5	3	-	-	-	13
9	Lucy	7	-	-	2	-	1	-	-	-	10
10	Pete H	-	5	-	4	-	-	-	-	-	9
11=	Peter L	-	-	5	-	-	-	-	-	-	5
11=	Gillian	-	4	-	1	-	-	-	-	-	5
13	Martin	-	2	-	-	1	1	-	-	-	4
14	Francis	2	-	-	-	-	-	-	-	-	2
15=	Sarah	-	-	1	-	-	-	-	-	-	1
15=	Bethan	-	-	-	1	-	-	-	-	-	1
15=	Steve S	-	-	-	-	1	-	-	-	-	1
15=	Dan	-	-	-	-	1	-	-	-	-	1
15=	Kirsty	-	-	-	-	1	-	-	-	-	1
15=	Richard	-	-	-	-	1	-	-	-	-	1

Links of interest this month:

Avoiding injury is a full-time job for runners. Experiencing stiffness, soreness and tightness is normal during training, but these should subside after about 10 minutes. Severe tightness or sharp pains that persist throughout the workout and after you finish could indicate something a little more serious, so if you experience this, decrease the intensity and distance and stop to do a full body stretch. To read about more tips on avoiding injury, just follow the link to a Runner's World article by GB sprinter Harry Aikines-Aryeetey ... <http://tinyurl.com/38hxatj> --

Fuel your body for optimum performance:

Try starting your day off by eating one of these following well-balanced high-powered breakfasts:

- ▶ seasonal fruits with yogurt and a slice or two of whole grain bread;
- ▶ peanut butter on an English muffin;
- ▶ egg whites, whole grain toast and a banana.

It's also important to eat small portions of healthy foods every 2-4 hours to keep your body adequately fuelled for performance. Lunch should include some lean protein and complex carbohydrates.

Here are some simple tips for optimal performance:

- ▶ Even if you workout first thing in the morning, eat something small like a banana or a bowl of cereal before you head out.
- ▶ Keep a bag of almonds or nuts mixed with dried fruit nearby to snack on during the day. High protein snacks like nuts will help you ward off hunger and the inevitable sugar crashes that are caused by consuming only simple carbohydrates.
- ▶ Give yourself at least 30 minutes to digest your snack prior to your next workout. If you have a sensitive stomach you may need more time to let your stomach settle.
- ▶ Keep a water bottle alongside you throughout the day and properly hydrate. Drop in some powdered sports drink mix in the bottle every few hours to keep your electrolytes replenished and balanced.
- ▶ Try to maintain a diet of whole foods like beans, nuts, lean meat, whole grain pasta and breads instead of processed foods such as commercial frozen dinners that contain high amounts of sugars, sodium and preservatives.
- ▶ Although you need healthy foods to properly fuel your body for your workouts, don't be afraid to reward yourself once in awhile with chocolate and other small luxuries!
- ▶ Keep a food log as well as a training log. Review the log from time to time to see how different foods impact on performance and calories consumed

Forthcoming Events for Sept & Oct 2010 as listed on the Events Calendar:

Date	Time	Event	Type
02Sept	6:15 pm	Gillian to lead	Club Event
04Sept	9:00 am	Reading parkrun - Weekly Free 5km Timed Run	Sports Event
	10:00 am	Chalfont St Giles 10K Multi-Terrain Run	Sports Event
05Sept	10:00 am	Swallowfield 10K Plus: 3k Fun Run	Sports Event
	10:30 am	Peppard 10K Plus: 7K Walk	Sports Event
	10:30 am	The Beast 2010 The Kraken on the Coast	Sports Event
	11:00 am	Little Aston 5 mile road race (& 2m fun run)	Sports Event
07Sept	6:30 pm	Tuesday Session	Club Event
09Sept	6:15 pm	Sarah to lead	Club Event
12Sept	9:30 am	High Ways and Sky Ways	Sports Event
	10:30 am	12 th ERIDGE PARK 10 TRAIL CHALLENGE	Sports Event
	10:30 am	The 4 th Peasemore Festival 5 Mile Challenge	Sports Event
	10:30 am	Pangbourne multi-terrain 10k	Sports Event
	11:00 am	Bramshill Forest 10K	Sports Event
	11:00 am	United World Colleges Aldbourne 10K	Sports Event
14Sept	6:30 pm	Tuesday Session	Club Event
16Sept	6:30 pm	Terry to lead	Club Event
18Sept	11:00 am	ISLE OF WIGHT FELL RUNNING SERIES 2010	Sports Event
19Sept	10:00 am	Medmenham 10 Plus: 3.5 mile fun run	Sports Event
	10:00 am	The Basildon Burn Run	Sports Event
	10:30 am	ISLE OF WIGHT FELL RUNNING SERIES 2010	Sports Event
21Sept	6:30 pm	Tuesday Session - Meena Leading	Club Event
23Sept	6:15 pm	Steve Gosling to lead	Club Event
26Sept	10:30 am	The Kidmore End 10k Run	Sports Event
30Sept	6:15 pm	Handicap Race	Club Event
03Oct	10:30 am	Cricklade Half-Marathon	Sports Event
	10:30 am	The Great Clarendon Marathon Plus: Clarendon Relay Marathon Plus: Clarendon	Sports Event
	11:00 am	SEAA 10K Road Race Championships	Sports Event
10Oct	10:00 am	The Eden Project Marathon Plus: One Mile Fun Run Plus: Half Marathon	Sports Event
	10:00 am	29th Ridgeway Race (Approx 15K)	Sports Event
	11:00 am	Swindon ½ Marathon	Sports Event
17Oct	9:00 am	ABINGDON MARATHON	Sports Event
23Oct	9:00 am	Beachy Head Marathon	Sports Event

Mo; Sept 2010