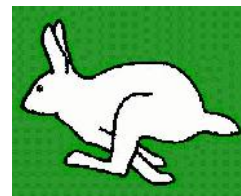


THE HARRIERS HERALD

No. 223, September 2011

Editor: Sue Francis



Contents, features, reports, results

- Thursday night schedules for September and October
- Correspondence received
- Race results: *Sturminster Half* – a fantastic PB for Philomena; *Salisbury 54321* – Good performances from four Harriers; *Bearbrook 10K and Burnham Beeches Half* – Lucy and Martin enjoy good races; *Pewsey Half* - Meena, Sus and Colin do well; *Englefield 10K* – Lucy and Martin collect V50 prizes
- Handicap Race – Martin wins the sixth race on a cool and damp evening
- Running Life series – Martin tells what keeps him running, including his recent 50-mile challenge
- Webmaster's article – Mo features advice on all-round training and how to beat the cramp, and lists forthcoming races
- Thanks to Mo, Martin, and Sus for this month's contributions
- Copy date for next Harriers Herald – 1st October

Thursday night schedule for September

(note rearrangements since schedule given in last HH)

Thurs 1st Gillian to lead

Thurs 8th Peter L to lead

Thurs 15th Richard to lead

Thurs 22nd Pete O to lead

Thurs 29th Compton-based run to include various distance options for beginners and potential new members from IAH – possibly using Handicap route and incorporating Handicap Race (TBC)

Thursday night schedule for October

Thurs 6th Sue to lead (or Handicap Race?)

Thurs 13th Ryan to lead

Thurs 20th Meena to lead

Thurs 27th Terry to lead

Correspondence received		
Sender	Subject matter	Action
Go Beyond Ultra	'Mud & Mayhem' duathlon & 10K, Bracknell Forest (09-10-11)	Events Diary & notice board
SEAA	SEAA Road Relays, Aldershot (24 & 25-09-11) More details of SEAA AGM	File
SEAA	X-C relays, Biggleswade (01-10-11) ladies 3x3K, men 4x5K	Let me know if interested
Run Cheltenham	Events Nov 2011-Sept 2012: Various including 5 miles, half marathon, 35.2 miles (multi-terrain, trail, and road)	Events Diary & notice board

Race Reports & Results

Sturminster Half, 7th August

Sus

“Dr. Juke” kindly took us to the event. On our way we spoke about our different goals; Phil wanted to see the finish line, now we know what that means Phil! (more about that later); Ryan who had suffered heat stroke a few days earlier just wanted to run with me; and myself, well at my last race the Dorney Dash, I didn’t feel I was in a race mood due to a nasty cold so I was keen to prove to myself that this was all over. Not knowing the course, around 1:29 would be acceptable. I ran with Ryan all the way and, as the tradition will have it from previous races we had run together, he always has to announce loud to me upon reaching the last five miler mark “just 5 miles to go Sus”. But he made it sound so easy and I had a difficult time to keep up with him, so in my mind I said to myself “oh shut up Ryan, at least you can make it sound as if you are working hard as well!”

The route itself is lovely and undulating with no major climbs and a nice downhill finish. Upon finishing, Ryan and I thought we would treat ourselves to a massage. As we lay there Phil came with a big grin on her face. I didn’t think anything of it as she often has a smile on her face. It was only later when we met at the car that our little Phil announced that she had made a PB! One thing you need to learn Phil is that you shout it loud and clear to everyone as soon as you cross that line!!

Apart from the usual insufficient amount of toilets, this is a fine event which deserves to be pencilled down in next year’s calendar.

1 st Man, Stuart Fox	1:11:42
1 st Lady, Emma Dennis	1:26:17
Sus	1:29:40
Ryan	1:29:47
Philomena	1:38:33 (PB)

Salisbury 54321, 14th August

This multi-terrain event has a choice of distances. Ryan completed the full marathon in 3:24:37. Sus, Philomena and Lee all took part in the 30K, finishing in 2:31:26, 2:40:45, and 2:40:54 respectively.

Bearbrook 10K, 14th August

Martin and Lucy took part in this popular 10K near Aylesbury. Martin finished in 38:39 (36th) and Lucy in 44:39 (149th).

Burnham Beeches Half, 21st August

Lucy completed the race in 1:38:46 (163rd) from a field of 749 runners.

Pewsey Half, 28th August

Sus finished in 1:28:13 (38th), Meena in 1:41:37 (94th) and Colin in 1:49:32 (150th). There were 291 finishers.

Englefield 10K, 28th August

Lucy and Martin competed in this scenic local multi-terrain 10K, now in its second year. Both had very good races and were rewarded with wins in their respective V50 categories. In a field of 150 runners, Martin finished 8th overall (42:09), but was unable to catch old ‘adversary’ Dave Wright of Newbury. Lucy was 24th overall in 46:11. What’s more, they recruited two ‘Comptonites’ who are keen to join the Harriers.

Handicap Race

Sue

After a day of heavy rain, which deterred some of the regular handicappers from turning out (despite the lure of fish 'n chips!), the weather improved a little for our evening race. But it was still rather cool, with light drizzle and some big puddles on the route, and those who ran in shoes without good grip found it rather slippery. Jan sensibly did the timing from the warmth of her carefully positioned car.

It was a good race for the finish, with five runners still in contention in the last quarter mile. However, Martin demonstrated a good return to form as he worked through the field from last place to claim victory and the evening's fastest time. Pete O, Peter L and Sue finished in close succession, all beating their predicted times. Meena, Mo, Lucy, Dick and Debbie also performed well for the conditions. Well done Martin, and thanks to Jan for timing. The next Handicap Race (our final off-road one for this season) is scheduled for either 29th September or 6th October (see note on page 1).

Finish Position	Position on handicap	Name	Start time	Finish time	Actual time	Handicap Beaten?
1	1	Martin	5:53	18:47	12:54	-0:13
2	2	Pete O	4:13	18:54	14:41	-0:06
3	3	Peter L	4:54	18:58	14:04	-0:02
4	4	Sue	5:46	18:59	13:13	-0:01
5	5=	Philomena	3:02	19:08	16:06	+0:08
6	7	Lucy	4:58	19:18	14:20	+0:18
7	8	Dick	5:01	19:50	14:49	+0:50
8	9	Debbie	2:54	20:00	17:06	+1:00
9	5=	Mo	0:02	21:08	21:06	+0:08

After six races, Mags and I are vying for top place in the Championship, with Dick in third and several others in contention. Remember, at the end of the series in December, it is your best five scores which will count. So, once you've run more than five of the races (as Dick, Mo, Lucy and I have), you can drop your lower 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=	Mags	4	-	12	12	12	-	-	-	-	40
1=	Sue	12	1	8	9	3	8	-	-	-	40
3	Dick	8	6	10	7	1	4	-	-	-	35
4	Gillian	6	-	10	8	10	-	-	-	-	34
5=	Peter L	4	10	-	-	10	9	-	-	-	33
5=	Mo	10	5	4	3	7	7	-	-	-	33
7	Colin	-	12	7	5	8	-	-	-	-	32
8	Martin	-	8	1	6	2	12	-	-	-	29
9=	Pete O	9	-	2	2	4	10	-	-	-	27
9=	Lucy	7	2	6	4	5	5	-	-	-	27
11	Terry	-	9	-	10	6	-	-	-	-	25
12=	Philomena	-	-	5	-	-	7	-	-	-	12
12=	Steve	5	7	-	-	-	-	-	-	-	12
14	Richard	-	3	4	-	1	-	-	-	-	8
15=	Pete H	-	4	-	-	-	-	-	-	-	4
15=	Debbie	-	-	-	-	1	3	-	-	-	4
17	Stephen	-	-	-	-	1	-	-	-	-	1

Running Life Series no. 7
A life in the day of Martin Fray

A while ago Sue asked me to write an article about why I started running. Well that's simple, it was to get fit for other sports like rugby and in particular squash, but as time passed by the running displaced the other activities. Mainly because it is less time dependent, not so injury prone and you don't often end up with fat blokes sitting on your face. So I guess the real question is why do I keep running? This I think is the nub of the matter.

The reason why I keep running has changed little over the years, come rain or shine it just makes me feel well. I have always been fortunate enough to have access to open country and this has contributed enormously to the release I get from running. Running off road allows me to engage with the natural world and feel part of the cycle of life as the seasons change. This feeling has always been particularly acute whilst running through woodland or passing a water course. As a general rule I do not try to race time but attempt to get into a comfortable but business like rhythm and cover the ground with a bit of purpose. Tackling the rough terrain that you encounter off road provides sufficient challenge and with a satisfying end point e.g. getting to the top of a hill after testing the capacity of my legs and lungs. And it is remarkable how quickly the body recovers so you can press on with ease after a few deep breaths. I don't believe you can get the same release when running against time, the clock will always get you in the end. For this reason I don't favour racing too frequently. I find it all gets too serious with all that stressing before the start, the unrealistic expectations placed on myself, which invariably means I knock myself about trying to realise them. It is true when I put in a good performance (by my standards) and maybe bag a good time I can be rather toady (I won this month's handicap race don't you know) but this is not why I run. That's just native conceit.



Martin in the Cardington Cracker, 2008

As the years have rolled by I have come to appreciate another aspect of running, which is the vitality and inclusive nature of the activity. It is actually great fun helping out with races. A little bit of marshalling here, some applauding there is good for the soul. You see folks putting a bit of effort into their running and trying to achieve their own goals and the nice thing is it does not matter what shape, age or sex they are, they are all having a go and it's great to see. This inclusive nature of running will be very evident to those who have taken part in the Oxford Mail Cross Country league. Yes, there is a race involved and I get all hot and bothered but an entire spectrum of runners turn out, from very juniors to very seniors all having a go for little reason other than they are alive and can do it. This also makes me feel well. As did seeing athletes from 3 to 75 take part in this year's Compton Canter; long may it continue.

As folks will know I have been struggling with a few niggling injuries over the last year or so which have hindered my running. Although I have been able to get out and about I have felt very uncomfortable, heavy legged, sluggish and generally a bit rubbish. The only reason I kept going was, you guessed it, because it always made me feel well.

During this injury prone period, I have been fortunate in that, although I have not been able to cover the ground with ease, I have been able to keep going. Lucy has made it so. One of the races Lucy entered me in recently was the Ultra Tour of the Lake District (UTLD). Fortunately, she took pity on me and on the 30th July we were bussed over to Dalemain Estate and lined up for the start of the 50 mile fun run. The other option was a 100 mile jaunt around the Lake District. The UTLD 50 follows a meandering route from the Northern aspect of Cumbria to Coniston in the South and takes advantage of some challenging but attractive Lakeland passes. Without going into the fine details Lucy and I ran as a team and made a day of it getting back to Coniston at midnight after spending 11 hours and 42 minutes trotting along and eating whatever moved slower than we did. Lucy was second lady overall, we were second team and crossed the line joint 32 out of 496 finishers. What is more, we managed to get a shout for the glorious Compton Harriers at the prize the following day. Although it was nice to be recognised for our efforts and this event provided ample opportunities for toadiness this is not why we do these things. We do them because it makes us feel well.

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

Mo

Links of interest this month:

<http://www.runnersworld.co.uk/n172/news-complete> follow this link to the Runner's World article that covers training to become the complete athlete as described by Tony Minichiello who coaches Jess Ennis ... it describes a good approach to all-round training ... not just for heptathletes.

For those of you who tend to suffer from cramp, this link may give you some respite ...

<http://www.runnersworld.co.uk/racing/five-ways-to-beat-cramp/6739.html>

A busy running month is coming up with the Isle of Wight series almost here ... good luck to all taking part.

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

- | | |
|------------|--|
| Sun Sep 11 | ▶ Peasemore Festival 5 Mile Challenge - Peasemore, Berkshire |
| | ▶ Pangbourne 10k - multi-terrain - Pangbourne, Berks |
| | ▶ Aldbourne 10k - Aldbourne, Wilts |
| Sat Sep 17 | ▶ Isle of Wight Fell Race Series 2011 - Shore Hill, Ventnor, Isle of Wight, PO38 1 |
| | ▶ Woodstock 12 - Blenheim Park, Woodstock, Oxon. |
| Sun Sep 18 | ▶ Isle of Wight Fell Race Series 2011 - Shore Hill, Ventnor, Isle of Wight, PO38 1 |
| | ▶ The Boneshaker Duathlon – Ardington, Wantage, Oxfordshire |
| | ▶ Farnham Pilgrim Marathon & Half Marathon - Sands Village, Farnham, GU10 1NE |
| Sat Sep 24 | ▶ Running4Women Windsor 8k - Windsor Great Park, Berks |
| Sun Sep 25 | ▶ Ashridge 5 Mile Trail Race - Bridgewater Monument, Moneybury Hill, Ringshall, Hertfordshire, HP4 1LT |
| Sun Oct 2 | ▶ Basingstoke Half Marathon - Basingstoke, Hants, UK |
| | ▶ Loch Ness Marathon, 10k & 5k - Loch Ness, Scotland |
| Sun Oct 9 | ▶ Swindon Half Marathon - Piper's Way, Swindon, SN3 1TA |
| | ▶ Mud and Mayhem Duathlon & 10k, Swinley Forest, Vicarage Lane, Bagshot, GU19 5EP |
| Sun Oct 16 | ▶ Abingdon Marathon - Tilsley Park, Abingdon OX14 1PU |
| | ▶ Frieth Hilly 10k - Frieth, Oxfordshire |
| Sat Oct 22 | ▶ Beachy Head Marathon - St Bedes School, Dukes Drive, Eastbourne, East Sussex, BN20 7XL |
| Sun Nov 20 | ▶ The Avebury 8 - Avebury, Wiltshire |