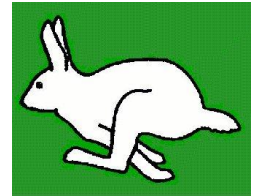


# THE HARRIERS HERALD

No. 235, September 2012

Editor: Sue Francis



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

- Thursday night schedules for September and October
- Correspondence received
- Race results: **Beale Park 10K** – Sus recommends a nice local race; **Burnham Beeches half** – Lucy secures a category win; **Stansted Park Half** – Sus turns a training race into a winning race
- Running Life series – Colin Price: living proof that ‘Running Life’ can begin at 50!
- Handicap Race – Richard D wins the Olympic event
- Webmaster’s article – Mo features the merits of active relaxation, and sports & remedial massage
- Thanks to Colin, Sus and Mo for this month’s contributions
- Copy date for next Harriers Herald – 30<sup>th</sup> September

### Thursday night schedule for September

Thurs 6<sup>th</sup> Nick / Colin to lead run with Team Kennet  
Thurs 13<sup>th</sup> Aaron to lead  
Thurs 20<sup>th</sup> Lucy to lead  
Thurs 27<sup>th</sup> Pete H to lead

### Thursday night schedule for October

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

Correspondence received		
Sender	Subject matter	Action
SEAA	Notice of AGM	File

## Harriers Christmas Meal 2012

With our Club membership continuing to grow, we will need to book a venue for our Christmas meal well in advance again this year (though I haven’t spotted any Christmas menus yet!). Traditionally, the meal is on a Friday or Saturday evening at a pub within a 10-mile radius of Compton, and partners are invited along too. If you have any thoughts about potential venues, bring your ideas along to discuss on a Club night. ‘The Ilsley Swan’ did us an excellent meal last year. I also note that ‘The Bull’ at Streatley (which does good meals, with friendly service) advertise that they can cater for parties of up to 30.

## Race Reports & Results

### Beale Park 10K, Wednesday 15<sup>th</sup> August

**Sus**

I drove to the parking area and sat in my little van thinking “What on earth am I doing here; I do *not* feel like racing”. I was actually thinking of turning the car around and driving home but that would mean I would have to drive against the flow of the incoming cars causing a bit of a stir so that option was a no no. Surely they must need a marshal then; but no, several teenage boys in fluorescent bibs suddenly turned up everywhere. There just seemed to be no way around it. Well then take it as an ‘easy’ jog I thought, I had never been to the park before – see what it has to offer, make the most of it, “after all you are here now” I thought, trying to pep myself.

The organizers had gone to huge effort with the course, marking with spray paint the tiniest little pitfall on the off-road route and marshals at every bend and corner. All the profits went to cancer research so all for a good cause

and, despite my lack of enthusiastic approach, it is a very good race, so please don't let me keep you back from doing it next year – and if I know myself my name will be almost guaranteed be on that entry list again.

1<sup>st</sup> Man Jack Gregory, Reading AC      35:32  
1<sup>st</sup> Lady Sus                                      42:59  
404 runners finished the race.

### *Burnham Beeches Half, 19<sup>th</sup> August*

Lucy collected the prize for first FV50 (1:46:08, 187<sup>th</sup> overall) while Martin finished 57<sup>th</sup> in 1:33:02.

### *Stansted Park, Rowlands Castle Half Marathon, 2<sup>nd</sup> September*

**Sus**

This is a very small race with just over 100 runners. I do not understand why, as it is a very scenic and hilly trail, virtually all off-road, and starting from a Castle did not make it less appealing. At the start I stood next to a male runner, a good runner as far as I could tell. I asked him if he knew something I didn't, looking down on the very light road racer shoes he wore. "No, it is an off-road race" he said "I just don't have any trail shoes, but you made the right choice wearing yours". Should I tell him that the choice wasn't as straightforward as he might think; I had to choose between 70+ shoes – no, I thought, I'd better not!

As I feel I am not very good in off-road races, my plan was to do it as an easy training run and enjoy the scenery. Martin once told me that it is a good idea during training not to take on board any sugar, so you train your body to use fat as fuel, but have a gel with you in case you should start feel a bit la-la. I thought this was a great opportunity to try it since I would not attempt it on my own. However, around mile 8 I heard one of the Raynet people say "second lady just passing". At this point I really didn't have any idea how small the race was so I found it a bit difficult to believe that I, at that point, was second but this meant I decided to throw plan A to one side and take a gel – this one with 100mg caffeine which gave me wings; and rightly so I caught up with the 1<sup>st</sup> lady and overtook her and finished first.

When I finished I could smell something baking, and in the courtyard of the castle the local farm shop offered wood fire baked pizza so what else can you ask for, apart from perhaps a home made cake. But, for a £9 entry, you cannot go far wrong, so if you do not do it next year you are missing out big time! Oh and did I tell you that the guy in the flat road racers finished before me!

1<sup>st</sup> Man, Julian Manning, Denmead Striders      1:26:19 (6 min ahead of everybody else)!  
1<sup>st</sup> Lady, Sus    1:50:21  
145 runners finished the race (+one had to go to A&E with a very nasty fall)

### *Running Life Series no. 15*

**Colin Price**

Please don't expect a Ricky size contribution: my running life has been short (especially for someone so old).

With the exception of playing rugby for a few years at the start of senior school I definitely don't remember organized exercise featuring too much in my early life. The sports teachers did try to get us to do 'cross-country' running those first few years but as this was an out-and-back route we used to walk, until the lead runners were on their way back, then turn around and walk back – several of us never made it anywhere near the turning point. College came and went without any connection to sport, which is amusing considering I was at Loughborough, albeit studying engineering.

The first attempt at running (jogging) for pleasure came at about the age of 22 when Jan and I decided to go for a jog. We got about 100m from the house when our neighbours stopped and asked if we would like a lift – this must have had some deep psychological effect as neither of us did anything for another 20 years. Through all this

time we always enjoyed walking but I had never managed to run. Running definitely appealed to me but I thought I was genetically incapable of it.

At the age of 42 we joined Pinnacle (which became Cannons and is now Nuffield Health) at the racecourse. I used various pieces of equipment - rowing machine, cycles, stepper - and tried to go about three times a week. One evening when it was quiet I tried the running machine and managed 176m before hopping onto the bars at the side - it was set to about 10km/h!

The next development came when my younger son was in Speenhamland and ran in the primary schools cross-country followed shortly after by the Sport Relief mile in Southampton. He then tried both Newbury clubs and settled on Team Kennet. The track events didn't appeal, as being lapped in the 1500m didn't go down too well, but the Oxford Mail Cross Country kept him happy for a few years. At the age of 15 he started to lose interest and so I joined the club to see if I could encourage him a bit longer. At the age of 50 this was a huge step for me and my goal was a one-off Sport Relief mile.

Once a week through the summer I went to the Monday training sessions at Park House School doing sprints with the juniors then, when winter came, we moved to hill training at Wash Common. Just before Christmas 2006, I asked if I could run in the next cross-country event which was being held at Radley College. Not having run any distance up until this point I set off along the canal and managed about 4km before needing a break, and then managing to jog back. My expectations of the cross-country race were not great. I didn't mind coming last, I just didn't want to keep people waiting while I finished half an hour after everyone else. The result exceeded my every expectation; I was 266<sup>th</sup> out of 272 runners, with a hard fought finish fending off the 267<sup>th</sup> placed runner.

I have run in every one of the Oxford Mail races since then and have taken on the responsibility for organizing the cross-country events for the club. My preference is definitely for off-road running. For the first few years my training runs were along the canal towards Kintbury. About three years ago, when business was going through a bad patch and we had to take enforced holiday, I started running with a friend from Newbury Athletic Club who greatly increased my choice of training routes. The next big development came when I joined Compton Harriers. I knew Sue and Dick slightly from the Oxford Mail cross-country events, but it has been a very rewarding experience getting to know the rest of you. Particularly appealing is the post-run food and drink.

My most memorable race to date was my first half-marathon, the White Horse Half April 2008. I had done the Maidenhead 10 and this was my next step up. For some reason the half-marathon seemed a much bigger challenge than 10 miles. My target time was 2 hours. When I drew back the curtains on the day of the race I was greeted by the sight of 2" of snow on the ground. A quick check on the WHH web page showed the race was still on for anyone who could get there. The run was lovely with blue skies and cool crisp air. I was pleased enough with a time of 1:50:00. Since then I have done a fair number of races trying to do about two per month. I still stand on the start line wondering if I can actually complete the race, and my finish times seem totally unrelated to how I feel at the start of the race. I really enjoy running, the social side as well as the challenge, and hope I can continue for many years to come.

Things I have learnt:

- If life starts to lose its wonder and excitement, try working with 7 - 13 year olds.
- If someone in their 20s sprints past you at the end of a race, let them.
- Run-backs are an excellent way to organize long runs for people who run at different speeds.
- Many people run into their 70s (one 70 year old had the theory that you don't stop running because you get old, but rather you get old when you stop running).
- I am especially grateful to Stan, Nick and the other athletes at Team Kennet for their tolerance and encouragement during the early days.

I still haven't managed the Sport Relief Mile, one year.....

*Next month: Mags Topham*

## Handicap Race

### Sue

On the day that Usain Bolt became 200m Olympic Champion and David Rudisha broke the 800m World Record, ten Harriers “O limpy ones” faced the starter for August’s Handicap Race around the IAH relay route. Amongst them were defending champion Ricky, ‘new boy’ Jonathan, Mags returning to the fold after a period of absence, and Compton’s own Mo F; but there was no obvious pre-race favourite. The race was very close at the front as Jonathan, an unknown entity over this distance, worked to reel in Richard D. Both recorded excellent times and crossed the finish line together. In the absence of photo finish apparatus, adjudicator Jan awarded the win to Richard. Ricky finished 3<sup>rd</sup> and recorded the evening’s fastest time. Behind him, Colin recorded a PB, Sue just passed Pete O, Dick edged past Aaron, and Mo and Mags established good performances. Mo resisted the urge to kneel down and kiss the path, mainly because he would not have been able to get up again. The trophy was presented to Richard – his first ever win of the Handicap Race. We should have asked him to stand on the bus stop seat while we all sang the National Anthem. There will be no Handicap Race in September; the next one is scheduled for 4<sup>th</sup> October. It’s getting exciting in the Handicap Championship! Debbie is holding her lead, but Colin, Dick and Mo are all in equal second place, just one point behind her.

Finish Position	Position on handicap	Name	Start time	Finish time	Actual time	Handicap Beaten?
1	1	Richard D	3:02	12:54	9:52	-1:06
2	-	Jonathan	3:10	12:54	9:44	New Runner
3	2	Ricky	3:40	13:08	9:28	-0:52
4	3	Colin	2:49	13:33	10:44	-0:27
5	5	Sue	4:16	13:50	9:34	-0:10
6	6	Pete O	3:10	13:52	10:42	-0:08
7	7	Dick	3:25	14:02	10:37	+0:02
8	8	Aaron	2:28	14:05	11:37	+0:05
9	4	Mo	0:25	15:46	15:21	-0:14
10	-	Mags	1:35	16:20	14:45	New Runner

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	Debbie	9	5	10	7	8	-	-	-	-	39
2=	Colin	8	7	7	(5)	7	9	-	-	-	38
2=	Dick	10	-	6	8	9	5	-	-	-	38
2=	Mo	12	12	-	3	3	8	-	-	-	38
5	Ricky	1	-	-	12	12	10	-	-	-	35
6	Sue	7	6	8	(4)	5	7	-	-	-	33
7	Richard	-	3	9	-	6	12	-	-	-	30
8	Philomena	-	4	12	-	4	-	-	-	-	20
9	Pete O	6	-	-	6	-	6	-	-	-	18
10	Martin	5	8	-	-	-	-	-	-	-	13
11	Gillian	3	-	-	9	-	-	-	-	-	12
12=	Jeremy	1	10	-	-	-	-	-	-	-	11
12=	Fernando	-	-	1	10	-	-	-	-	-	11
12=	Tapani	-	-	-	1	10	-	-	-	-	11
15	Pete H	-	9	-	-	-	-	-	-	-	9
16	Aaron	-	-	-	-	2	4	-	-	-	6
17	Lucy	4	-	-	-	-	-	-	-	-	4
18=	Neil	-	-	-	1	-	-	-	-	-	1
18=	Alex	-	-	-	1	-	-	-	-	-	1
18=	Dina	-	-	-	-	1	-	-	-	-	1
18=	Dave	-	-	-	-	1	-	-	-	-	1
18=	Mags	-	-	-	-	-	1	-	-	-	1
18=	Jonathan	-	-	-	-	-	1	-	-	-	1

Mo

***Links of interest this month:***

This month's suggested link is [www.sports-solutions.net](http://www.sports-solutions.net) which is all about sports and remedial massage. Now you may wonder what that is all about ... well, in the words of the professional who knows: 'As a regular addition to a training plan, massage techniques will help restore balance to tired muscles. This allows them to work more efficiently as well as recover more swiftly from training efforts. The techniques will "flush through" your muscles - drawing in the goodness which the body's own systems supply, and removing the waste deposits that naturally build up as part of a challenging training routine'. Some of you may already know that the professional to whom I am referring is none other than Jeremy Waite who is a fellow Compton Harrier. Jeremy helped recently at the Goring checkpoint on the Ridgeway Challenge route and has pledged to run with us again when work and family commitments allow.

***This month's article covers the merits of including Active Relaxation in your training plans:***

Active relaxation can not only lower stress levels; it can also lead to improved health and be effective in boosting the immune system. So what exactly is Active Relaxation? It is a means by which muscle tension caused by intense activity can be reduced to accelerate the recovery process. This in turn improves flexibility and can allow you to continue training hard.

There are many different techniques that can be used such as:

- ❖ Progressive Muscle Relaxation (PMR), also known as Progressive Relaxation, in which you relax parts of the body by first tensing individual muscle groups, and then releasing the tension.
- ❖ Autogenic training where participants repeat statements to themselves about the type of relaxation effect they wish to feel. This usually focuses on sensations of warmth and/or heaviness. For example, "My legs feel heavy and warm" begins the feeling of relaxation. This is then repeated for all the other parts of the body.
- ❖ Imagery techniques are used by professional sportspeople as a relaxation technique. This involves thinking of a relaxing scene (beach, beautiful garden). The participant then imagines a positive training or competitive scene and links this with the sense of deep relaxation.
- ❖ Meditation and massage are also very good for relaxation, although they tend to require more detailed training or expert assistance.
- ❖ Breathing; this is probably the easiest and one of the most effective techniques to use. Not many of us consciously breathe from the diaphragm (most breathe from the chest), but doing so can be taught easily, and can significantly reduce tension. The technique is widely used in yoga and it involves the following steps:
  - First, take a long, slow deep breath. The diaphragm moves downwards, which helps to draw air into the lower part of the lungs.
  - The centre of the lungs begins to inflate and the abdominal area expands as a result.
  - Finally, the chest expands, filling the lungs completely.
  - Exhalation should follow the same steps; slowly empty the abdominal area, then the middle of the lungs and finally the chest and upper area.
  - These steps should be conducted slowly and deliberately; draw in breath and exhale without rushing. By doing this, the body is able to absorb all of the inhaled oxygen while relaxing at the same time. This means more oxygen is delivered to your muscles.
  - Executing this technique before and after training and competition ... and even, if possible, during competition will help you to become more energised and relaxed.

I look forward to seeing many relaxed Harriers in the very near future! (Martin?)

***Forthcoming Local Events – see Website Events Calendar for full Listing***