



This Issue:

- Have you got your London 2004 entry in yet?
- Some Results
- Handicap & Tour write ups
- stuff to get you drinking more
- some races to get you out of Xmas shopping!



Daron Fincham –
plenty to smile about
at Lake Vyrnwy !

Results:

Phil Gray	1.28.30,
Andrew Davies	1.28.39,
Mark Griffiths	1.28.50,
Daron Fincham	1.36.43,
Paul Franks	1.36.44,
Andrew Doggett	1.40.04,
David Cooke	1.43.50,
Glyn Jones	1.58.06,
Davina Ward	1.59.39,
Teresa Reynolds	2.01.07,
Cynthia Lewis	2.06.20,
Karen Bailey	2:31:05.

Dates for your Diaries:

October 18th - North Staffs Cross Country League Race 1 Wye Rd Newcastle

October 25th – North Staffs Cross Country League Race 2 TBA

November 1st – Birmingham League Cross Country, Birmingham Senneleys Park

November 15th – North Staffs Cross Country League Race 3 Stafford Common

December 6th – North Staffs Cross Country League Race 4 Westwood High school, Leek

December 13th – Harriers Christmas 'Do' & Presentation Evening, Phoenix School , Dawley.

Remember: We have Men & Ladies teams in the North Staffs – please come & support us (...taking part would be even nicer). The Birmingham League is, sadly, men only. The Xmas do is, as ever, for Men AND Ladies....entry form enclosed later..



Nellie - she likes Wales, because last month at the Cardiff Krup 10k both she and John Sanders recorded PBs with 39.23 and 34.52 respectively.

Other results: 7000 finishers inspired Grace Hough to a 1.49.37 finish at the Robin Hood half marathon. Never mind Paula Radcliffe - Steve Watkins (1.46), & Glyn Jones (2.10) both had a good day at the Great North Run. As for Paul Franks.....he gets a special page of his own !

Drip – some research you might find interesting. From San Diego USA in 1990. 23 marathoners, 18 males & 5 females, with times from 2.21 - 3.48 and an age range of 21-47 were tested with and without water loading. With water loading every one of them did better marathon times, recovered faster & felt better. The improvement was measured for a three hour marathon runner as NINE MINUTES, or 20 seconds a mile (!!!)

The procedure used was:

1. Start drinking water for two days before the race.
2. Then, between four hours and one hour before the race, drink an 8oz glass of water every 15 mins.
3. Drink another two glasses between 30 & 20 min before the race then urinate.

Drink nothing during the 20 minutes before the start. Do not worry about the possibility of urination during the race, with heavy exercise the kidneys almost shut down urine production.

Water loading on race day is a vital factor.

In the 4 hours prior to competition an athlete can drink 80-100oz of water. Of this amount 40-60oz will be lost via urine leaving a net prehydration of around 40 oz.

Carbo loading will yield 46oz (of water) and water loading 40 oz, hence the athlete will have at least 86oz of extra water available for sweating.

4. Bodyweight losses of 5-6% have been recorded in marathoners who drank frequently in the race. a common sweat rate is about 6oz/mile - about 160 oz for the distance. Subtract the 40 oz drunk while running and you have a 120 oz deficit to battle with, hence the build up in 3 above.

There is however some evidence that the above procedure before 10k and lesser distances is detrimental to performance.

Results – we need them for the papers, we like to publicise the club. Please help us !!

Email them to : jeff@telfordharriers.co.uk or gareth@telfordharriers.co.uk or alanj@telfordharriers.co.uk

Phone us on (01952) 593033 (Jeff) 256484 (Gareth) 249801 (alan)

Terry Davies South Shropshire Round

Great achievements deserve a little recognition, and I'm sure Terry will not mind us spreading the word about his successful completion of a South Shropshire Round recently. Terry is the first person to complete this round (to our knowledge) which was specially devised for him as an alternative to the classic mountain rounds of Wales and The Lakes, the route started at The Ragleth Pub in Little Stretton and followed the checkpoints of the Longmynd Hike as far as Corndon then picking up the Shropshire Way at Rock House near the Stiperstones, The Shropshire Way was then followed anti clockwise via Ludlow and the Cleve Hills, onto Wenlock Edge before returning to Little Stretton using The Jack Mytton Way. A distance of 85 miles and 12,000 feet ascent with a target time of under 24 hours.

Kit Stuff

Steve Harris is ready to take your orders (sj.harris@blueyonder.co.uk or phone him on 419787).

We have a number of Club vests still in stock and will be getting the usual kit for winter (vests, tracksters, reflective bibs etc) – please see Steve for details or complete the form on the Club notice board. Also if you have any ideas for new kit items Steve would like to hear from you.

STAVES OFF PAIN

Sports Injury Clinic

LISA STAVES MHFST
ADVANCED SPORTS THERAPIST



Castle Clinic, 23 St. Mary's St. Bridgnorth 01746 768886
Mobile 07817 888834. Home visits available.
Email: lisa@yeomans-staves.freeserve.co.uk

Therapist for Bridgnorth Rugby Club

Speed Work Sessions

The dark nights are back and we're back too, on Halesfield. There will be the usual Tuesday session and **John Strange** also intends to hold a 'beginners' session each Thursday. Bring your Bibs !!

Drink UP

Drinking a cup of coffee before taking exercise can increase stamina while helping to promote weight loss.

Tests in Australia on athletes who took small quantities of caffeine showed that they could exercise up to 30% longer than those without the stimulant and perform up to 3.5% beyond their normal capacity.

Normally the body uses carbohydrates, stored as glycogen in the liver, as the preferred fuel for exercise. Only when these stores become depleted, usually around 60-90

minutes of continual exercise, is fat used as a source of energy, which results in weight loss. But Aussie researchers found that substances in caffeine triggered the muscles to use fat to fuel exercise instead of the carbo stores. The fat-metabolising effect was discovered during research on sports performance. Researchers found that cyclists who sipped flat cola or coffee while riding were able to keep pedalling for longer and faster than those who drank water.

Concerns that caffeine also promotes dehydration are also attacked in a new study. Scientists now claim that people should have no qualms about drinking tea & coffee instead of water to maintain a healthy fluid balance. To boost fat metabolism, 1 or 2 cups before training is probably sufficient. but beware..

No research has shown that coffee on its own does the trick. Exercise plus caffeine is the recipe for fat-burning.

(the Times, 08/03)

Harriers Club Handicap

2003

The Final Results



This year's top results:

- 1 **Dave Riley** 73(5)
- 2 Caroline Deacon 68(4)
- 3 Sam Hugh 65(5)
- 3 Jo Jarvis 65(4)
- 5 Dave Jones 64(4)
- 6 Steve Watkins 63(5)

- The figures in brackets, are the number of races completed by each person.

Top Series times:

Pete Taylor	9.42	John Sanders	10.01
Steve Jones	9.54	John Sanders	10.03
Steve Needs	9.55	Steve J	10.05
John Sanders	9.56	Steve J	10.07
Pete Taylor	9.56	John S	10.14
Steve Needs	9.58	Andy Smith	10.14
John Sanders	9.59	Sam Hugh	10.14

7 times under 10 minutes; **29** sub-11 minutes; **81** sub-12 minutes. Top time = **9.42**, slowest time = 18.53 for 3090m course.

69 individuals took part in the series and **4** (Daron Fincham, Alan Bain, Graham Machin, Jeff Wright) have 6/6 for the series

Many thanks go to all who took part and especially Brenda Bellamy and Mick Owen for the hard work they put in over the series. Once again we broke all box-office records with over 200 total entries for the series.

If you want a full set of results either check out the Club Website (www.telfordharriers.co.uk) or see Alan on Club nights.

- Train hard, and look forward to doing battle again in 2004 ! – Alan J.



Mike Sprason (pictured at TH Handicap race #2) had a cracking Derby Triathlon. He completed the 400m swim/18k bike / 5k run in 1.21.40.

Grace Hough recorded an excellent time of 4 hours 25.34 at the Berlin Marathon, placing her 166th overall in her age category. Well done Grace.

Up & Coming Races:

Sunday 7th December 2003 Cardington Cracker 9m
Venue:Cardington. 11:00am start. 9 mile hill race.

Sunday 21st December 2003 Telford 10K Road Race
Venue:Telford Town Park. 10:30am start.

Thursday 1st January 2004 Hortonwood 5k Lungbuster
Venue: Hortonwood 33 Industrial Estate, Telford. 12:00 start
Fast flat course. Enter on day only, price £2.50. For further information phone Telford 503314 or 502894.

HARRIERS XMAS 'DO'

Limited places available at the 2003 XMAS-DO. Price £20 (£24 non members, this includes an excellent meal, and all you can drink). Please see Jeff Wright a.s.a.p. – a £10 deposit secures your place. (Entry form at the end of the newsletter)

Grizzly 2004 – Just a note to say that if you are interested in taking part in this world – famous 20 (ish) mile off road event , in Devon next March – entry forms out now on the www at [www. Axevalleyrunners.org.uk](http://www.Axevalleyrunners.org.uk)

Happy Birthday (don't worry we wont mention your ages) to : Davina Ward, John Sanders, Julie Robertson, Dave Riley, Jonathon Pierce, Dave Lane, Pete Hudson, Steve Harris, Lindsey Bray (& congrats on the birth of your baby too!), John Box & Karen Bailey.

Sad to report that the bar at Stirchley Recreation Centre is now closed. The latest news is that T&W Council are planning to redevelop the bar area as a gym. Club members now meet socially after training at the Rose & Crown, Stirchley.

Tour of Telford '03

What's the Tour?

- It's a bit like the Tour de France. 5 stages in 5 days, over a variety of distances and terrain. The times for the 5 stages are added together and the winner is the person who completes the total course in the shortest time. But along the way, there are many other battles to fight !!!

This year's story :-

Stage 1 Report – The Jeff Wright Memorial Sting in the Tail 5k

An undulating multi-terrain 5k course in Telford's Town Park...

The sun was high, the sky royal blue and the birds of prey were hovering...Jeff was busy putting the finishing touches to the course, in the woods, in his old overcoat. The group of about 20 set off at pace with the first four runners going the wrong way at the foot of the hill - but this was put right with some shouts from the back-markers!! John put the hammer down early & was never really threatened but a storming performance from the Mach makes him a real contender..Nellie kept in touch with the leading men most of the way round. Further down the field Alan decided to stop for a drink (thanks Mick) but he never offered John Strange one, even though he did try and get him lost in the woods! Good performances all round, especially Kevin & Mike who had just come straight from the Wenlock triathlon earlier in the day.

Stage 2 Report – The Wrekin Steeple Fell Race

An ascent and descent of Shropshire's oldest mountain....

Hottest day of the year so far at 30 degrees; we were worried it might be too hot! But it was breezy and cooler at the top. Several new starters joined the Tour on this day, also several people who had never done the Wrekin before.

John Sanders continued to dominate the Tour, with Graham Machin safe for the moment in second - how will he fare on the flatter stages? Hill specialist Andrew Davies had a good day which takes him up to 3rd overall; but its not enough to dislodge Gareth from the King of the Mountains.

Some good runs all the way down the field, of note was the way in which Steve Watkins flew down the hill to pick up several places. There will be some sore legs tomorrow after this one !!!

Stage 3 – The Stirchley Railway Mile

A flat and fast point – to point 1 mile race

It was very humid again; if anything a bit hotter than yesterday, even though the stage was not as long. Story of the night was Alan's return to form over the short distances with a few sprint points and 3rd overall (of the Tour runners). It was another good night for Rob Rushton who continues to impress; and an excellent performance from John Littley taking him up to 4th in the overall standings. An excellent nights running with every finisher coming in inside 9 minutes for a mile, which presented the timekeepers with a problem when they had to deal with a lot finishing at once!

Graham looks secure as the points winner now, as does John as the overall winner. Only the KOTM is up for grabs.

Stage 4 – The Wonderland 5k

A tough out & back 5k course in Telford Town Park.

The most humid of nights so far; just before the thunder storms. This stage of the Tour is just as tough as the rest. John Sanders set a cracking pace down to the turning point and was soon out of sight. Early efforts were made by John Littley and Graham to keep in touch, but John paid the price at the turn as he was caught by first Gareth and Nel, then Daron who put his bad 2 days behind him with an excellent return to form. The close battle between Rob, Jeff and Steve continues with just 35 seconds separating the three of them going into the last day. Jill and Mary also continue their close battle but the gap may be too much for Mary to make up (Mary has already run the last day 3k)

Our selection of occasional Tour visitors was boosted tonight by 3 Black Country Tri people who all seemed to smile through the pain!

Unfortunately Colin May had to retire from the race due to ill health, hope you're better soon

Colin.

Stage 5 – The Last Day 5k

A two lap 3k race based around the Harriers' Handicap Course

At last! It was all over. Unfortunately the rain came down by the bucket load and we all got very wet indeed. The overall placing was already settled but that didn't stop John from putting in an excellent performance, the conditions just stopping him from beating the 10 minutes barrier. A real stormer from Steve Harris underlines how competitive he would have been on the Tour. Daron's motivational speech did nothing to help his placing as first Dave Cooke then Gareth showed him a clean pair of heels - but what an improvement on last year! Rob Rushton crowned an excellent first Tour by seeing off an exhausted Alan to squeeze in front of Steve Watkins by just 5 seconds overall. Fantastic performances all the way down the field - special mention for Jeff's 5 PBs...brilliant.

This year we livened up the competition (as if that was *really* necessary) by putting in points races for the King of the Mountains and the Sprint Jersey. It was all a bit confusing - but good fun anyway. We also published the results each day, changing everybody's 'team name' just to show how well (or badly) they were doing at the time. It made us chuckle through the pain, wearing our 'Tourist' t-shirts.

Overall results:

1. John Sanders (Team Comfortably First) 1 hr 11.23
2. Graham Machin (Team Ready for his Hols (again)) 1.17.38
3. Andrew Davies (Team Tired Telford Toddlers) 1.20.30

KOTM – Gareth Bellamy (Team A Shed too far)

Sprint Award – Graham Machin

Hope you all enjoyed the 2003 race, we welcome your ideas, help & suggestions for 2004 and look forward to seeing you on the start line.



Ok..we couldn't let it go without mentioning **Paul 'Noddy' Franks** and his 1.48 at the 2003 **Great North Run**.

Where's PC Plod then?

Also at the **GNR** – a big well done to Jo Jarvis and Jo Owen with an excellent 2.32.37

Some other races: **Crown Classic 10k**:
Steve Harris 41.02, Andrew Davies 42.10,
Daron Fincham 42.44 (No legs)
Rob Harding 52.49

Staffs Knot 5 mile: John Sanders 28.07
Nellie 32.16, Steve Harris 32.32

Invitation

TELFORD HARRIERS

CHRISTMAS PRESENTATION & DISCO 2003

This year's Harriers do is being held at Phoenix school on 13th December. The night will be the usual format. Food will be served at 7.30pm so be there by 7.00pm. Presentation will then take place followed by the raffle then disco till 12 midnight.

Prices are all inclusive. Food, drink & disco. Fully paid up members £20, second claim members £22, partners & guests £24. A £10 Deposit each is required ASAP.

Name _____

Partner or Guest _____

To help with the buying of drinks for the night we would appreciate if you could provide us with your drink preference.

Lager	Real Ale	White wine	Red Wine
Non alcoholic wine	Fruit Juice	Lemonade	Coke

Please circle your drinks preferences. Return this form to Jeff, Gareth, Brenda or Jo Jones by any means at your disposal E-mail, Club nights or phone to reserve your place.
