



RUNNING SHORTS

- the Newsletter of Harlow Running Club

Number 9

February 2009

Editorial

January was a busy month, with the AGM and a new Committee. Most subscriptions expired at the AGM, so I hope that you will renew your membership and pay your fee to Wendy Spring straight away.

New Members

Six newcomers this month - a big welcome to Heather Graham, Jamie Jephcott, Craig Holleyman, Pamela Holleyman, Stacy Bird and Denise Goodchild.

AGM Report, 22nd January

30 members were present.

The new Committee members are:

Chairman – Colin Moody

Treasurer – Linda Selby

Membership – Wendy Spring

Men's Captain – Rick Ricketts

Men's Vice Captain – Roy Steven

Ladies' Captain – Karen Moir

Ladies' Vice Captain – Vicky Steadman

Publicity – John Tennant

Race Promotions – David Ayling

Recruitment – Katie Herrington

Child Protection – Dionne Jones

Webmaster – Jon Steadman

That leaves the posts of Secretary and Social Secretary unfilled. If anyone is interested in taking on either of these roles, please contact me.

The other main decisions were

- subscription rates would be unchanged (for the third year)
- the qualifying date for membership of the Club for the London Marathon draw was changed to prior to the 1st January before the draw
- the Club would donate £1,000 surplus from the 2008 Harlow 10 to St. Clare Hospice
- in future the Club will donate 50% of any Harlow 10 surplus to a local charity/charities
- this year the nominated charity is St. Clare Hospice.

Club Handicap 2009

Vicky Steadman volunteered to organise the Club Handicap this year and the format will remain the same, although the 2.1 mile course will be replaced by the 2.2 mile loop of Howard Way, Edinburgh Way, Fifth

Avenue and First Avenue if work on the cycle track is completed before it starts.

Mark Hall Sport Centre

At a meeting on 19th January with June Tulloch, Harlow Athletic Club and Disability Sports, the Club raised their concerns over their use of the Centre. Although much more was covered, the main immediate points for members to note are:

- Registration numbers of cars not parked in a bay/parked in disabled bays are being noted and passed to the Police
- June hopes to extend the car park and open the school car park on weekday evenings with access directly to the Sport Centre
- Members should show their membership cards on entry to the Centre, to stop misuse of facilities.

January Men's Report

In January we saw the conclusion of the Run-In league and predictably Ware Joggers won everything for the 2nd year running. We came 3rd which is an improvement on last year and more importantly we revived our spirit for these races which was lacking the previous year.

There were other XC races that we were represented at, like the Essex Seniors and Southern Counties Champs which were both long gruelling affairs, and we have maintained a top ten place in division 2 of the Met league.

The month also included two 15-mile races. In the Folksworth 15 Colin Moody won yet another Vet 55 trophy and in the Benfleet 15, which

is off-road, Roy Steven narrowly missed matching that achievement by less than 2 minutes.

Nonetheless a very promising start to the year.

HRC Men - January

10th - Essex Senior Champs,

Basildon

153rd Matt Jones

11th - Run-in XC, Newport

6 Justin Revell

7 Alan Broughton

12 Steve Mackenzie

18 Roy Steven

21 Alan Wise

25 John Evans

29 David Ayling

39 Pasquale Pellechia

42 John Bull

55 Paul Bailey

63 Martin McColgan

64 Graham Pugh

69 Alan Cootes

78 Ron Newton

81 Matt Jones

Overall Team Race

	Points	Scores
Ware	16	360
Saffron Striders	11	452
Harlow	7	686
Bishops Stortford	6	792

17th - Met XC League, Stevenage; (8k)

146 R Ricketts 33.42

152 J Evans 33.52

173 S Meinen 34.47

227 M McColgan 38.24

229 M Jones 38.34

240 A Cootes 39.38

18th - Folksworth 15

39th 01:41:44 Colin Moody 1st

Vet 55

94th 01:49:05 Rick Ricketts

24th - Southern Counties XC Champs, Uxbridge

Under 17 men (6k)

121st Julian Tamplin 24.52

(180 Total runners)

Senior Men (15 k)

386th 01:11:48 Sven Meinen

408th 01:12:49 Rick Ricketts

489th 01:16:34 Jon Evans

534th 01:18:52 David Ayling

571st 01:21:57 Matthew Jones

601st 01:24:32 Graham Pugh

657th 01:36:29 Geoff Tamplin

(672 total runners).

25th - Benfleet 15

11th 1:41:49 Alan Broughton

34th 1:48:37 Steve Mackenzie

37th 1:49:13 Roy Steven

Healthy Living, 24th January

Harlow Running Club tried to attract new runners at the Healthy Living Day at the Harlow Library. Dionne, John and Alison Bull, Sharon, Roy all helped. Unfortunately, we had little interest. People who came were more interested in adult education and healthy eating. John came up with an idea with trying the sports shops in the town to see if they would help to try and promote our club. JD Sports were happy to do so. Sports World put leaflets in their staff room. John also got a good response from Holland and Barrett, where they displayed them at the till. We hope we can get some response from them. My main concern is that we lacked attractive publicity to raise interest in the club and I was not convinced it was the right venue for the Club.

Dionne

Howard Williams Trophy for the Best Road Race in Essex

The members voted for the Great Bentley Half Marathon (9 votes) as

first choice and the Tiptree 10 (1 vote) as second.

Essex Road Championships 2009

If you wish to score in this, you must enter the races prior to the day. The races are:

- Great Bentley Half Marathon – 8th February
- Essex 20 (Great Bromley) – 1st March
- Halsted Marathon – 10th May
- Thrift Green 10k – 19th July
- Tiptree 10 - October

Essex 20, 1st March

Rick is co-ordinating entries for this with a Club entry. The fee is £5 in advance (or £7 on the day) The pre-entries close on 19th February, so if you want to enter, contact Rick before then.

Club Championship 2009

The format will be the same as last year, with the best four scores (on an age-related basis) from 7 races to count. The qualifying races are:

- Great Bentley Half Marathon (8th February)
- 5k - for Men – (17th May), for Ladies (19th May)
- Tilty Hilly 5 (provisionally 7th June)
- Felsted 10k (provisionally 12th July)
- Tiptree 10 (October)
- 20 Miles (any)
- Marathon (any)

Silverstone Half Marathon, 15th March

Once again, the Club has been invited to staff the Lucozade station at 9 miles, a task that has been enjoyed in the past. All get a free

jacket and a packed lunch. A free coach will leave from Hammarskjold Road at 8am and arrive back in Harlow at about 6pm.

The Club also receives £250 for its services.

If you or your friends or family wish to help, please sign the notice on the board at Mark Hall or let me, know.

First Aid Training

The Club is paying the British Red Cross to hold First Aid training for members on Friday 13th March at 7pm for two hours at Mark Hall.

- If you are interested, please contact Wendy Stevens.

Midweek League 2009

The dates for 2009 are:

14th May – Bishop's Stortford

4th June – Royston

17th June – Harlow

1st July – Welwyn Garden City

15th July – Trent Park

We had a wonderful number of runners taking part last year – up to 40 in one race, so let's try to beat that this year. The distances are between 5 miles and 10k.

If you don't want to run, we'll need at least 30 people to help put on the run that we host, so please step forward to help.

Athletics Challenge for Disabled People 2009

This event for disabled athletes is taking place at Mark Hall Sport Centre on Saturday 25th April from

9.30-4.00. If you are interested in helping for part or all of the day by recording scores or marshalling, please contact Helen Offord helen.offord@harlow.gov.uk or (01279 446417).

Dates for Your Diary

27th February - 20th Anniversary Dinner & Dance

13th March – First Aid Training

5th May – Ladies 5k Series, Race 1

19th May – Ladies 5k Series, Race 2

2nd June – Ladies 5k Series, Race 3

17th June – Harlow Midweek League

26th July - Harlow 10

Contributions

Articles on running topics are welcome. Please send them to the Editor, Colin Moody (cam_harlow@yahoo.co.uk), preferably in a Word Document by 28th February for inclusion in the March issue.

Club Web Site

www.thehrc.org.uk