



# RUNNING SHORTS

## - the Newsletter of Harlow Running Club

Number 13

June 2009

### Editorial

With this issue, "Running Shorts" celebrates its first birthday.

Originally, I had planned that each copy would be two pages long, but the amount of news seems to be growing, so this is a bumper five pages.

Many thanks to all of you who have contributed in the past year. I've received more articles in recent months, so please keep them coming, especially if you wish to contribute to the series of members' profiles.

I hope that you enjoy this anniversary issue.

### Delivery

If you are receiving this by post, I can send you a copy more easily (for me), quicker (for you) and cheaper (for the Club) by e-mail, but to do so I need your e-mail address. If you would like to receive it by this method, please contact me at the address on the last page.

### Midweek League

The first race at Bishop's Stortford saw an excellent 47 runners from the Club take part. Overall, we finished 4<sup>th</sup> team, but only 0.5 points behind the host Club.

The second race at Royston saw another great turn out, 44 runners (19 women and 25 men). Dionne Jones came an amazing 3<sup>rd</sup> and there was a welcome return for Bel Waters. For the men, Jared Bethel (also a returning member) made the top 10. Adrian Fell had a good debut. At the time of writing, the full results are not yet available, but in all probability, we have improved our team position over the first race.

We are hosting the next race on 17<sup>th</sup> June and the Club Captains will select the Club's runners for this race. The Club still needs at least 50 helpers to marshal, keep time, organise car parking etc. If you are willing to help, please volunteer. We will also need to supply refreshments after the race. Anyone else who wishes to run can do so, provided you supply someone to help the organisation of the race.

The remaining dates are:

17<sup>th</sup> June – Harlow

1<sup>st</sup> July – Welwyn Garden City

15<sup>th</sup> July – Trent Park

*Rick Ricketts*

### **Ladies 5k Series**

There were 59 runners in the second race and 64 in the last. Despite recording a PB in the series, Dionne Jones was narrowly beaten in the V35 section and Harlow lost out to Orion in the Team category. During the series, there were a host of PB for the Club.

It was very pleasing to see such a large number of runners competing this year, easily a record since the series began in 2002.

### **Hatfield Broad Oak, Club Records**

40 Club runners took part and many achieved PBs. In addition, three new Club Records were set. Harry Woodward (MV80) 1.08.21, Linda Selby (FV60) 52.40 and Julian Tamplin (MU20) 38.11.

### **Harlow 10, 26<sup>th</sup> July**

We need helpers to marshal, keep time, etc. This race generates a large income for the Club and goes a long way towards keeping our fees at a low level. So, if you can help, please volunteer.

The Club Captains will select the Club's runners for this race. Anyone else who wishes to run can do so, provided you supply someone to help the organisation of the race.

### **Club Championship**

After the 5k races, the gap in the Ladies' section narrowed after a fine run by Dionne Jones, while Colin

Moody increased his lead in the Men's section.

The remaining race dates are:

- Tilty (7<sup>th</sup> June)
- Felsted 10k (12<sup>th</sup> July)
- Tiptree 10 (11<sup>th</sup> October)
- 20 Miles (any)
- Marathon (any)

### **In Profile – Dougie Gray**

I have only recently joined Harlow Runners but I cannot be described as a “novice” – I have been running for more years than I care to count but, over recent years, I tend to avoid “road” racing and prefer “off-road” events. Some time ago, I started doing long-range navigational type events, primarily in the mountains (Lake District, Brecons etc), and below is an article I wrote about one particular event a few years ago. I hope you enjoy the poor attempt at humour.

“Karrimor International Mountain Marathon (KIMM) this year was held in the Lake District, near Penrith, on 29<sup>th</sup> / 30<sup>th</sup> October, with about 3000+ people taking part. To explain what KIMM is, here is an extract from the KIMM website: - ‘The formula remains a challenging 2-day Mountain event (the Elite course being 2 sequential marathon lengths) where a team of two navigate their way around a 2-day course, in mountainous terrain, in a new location each year, carrying all food stove tent and equipment for an overnight camp. The event is split into 7 categories, Elite, A, B, C and 3 score classes, Long 7+ 6 hours, medium 6+ 5 and short 5+ 4. The Elite distance varies between 75-85km (effectively 2 consecutive marathons) according to the

terrain/year and height gain can be up to 3,000m. The score class is a points-based competition along a route choice probably unique to you and within the stated time limits, which gives more challenging navigation. All teams are fully self-supporting. There is no team support and GPS and mobile phones are not allowed. The map and course are unseen until the whistle blows. Any team not arriving into camp on Saturday evening is deemed to have camped overnight en route or have made their own way to safety.'

This year my partner was Tony from Hardley Runners, whom I contacted thru the KIMM website "Partner Required" section – Well, you know how it is - "Young healthy male seeks partner for outdoor adventure, sleeping under the stars, cosy nights cuddling up in the tent, etc. I have to be honest and state that Tony was not the 6-foot stunner I was hoping to attract – he may be 6 foot, but his grey beard, gender and uncanny resemblance to Scott of the Antarctic, were not high on my checklist of pre-requisites. As it turns out, we were very closely matched in terms of speed, endurance and navigation skills, but I'm convinced I would have settled for a really slow Jordan look-alike to share my tent with – there's always next year. In a manly attempt to make me feel better, one of my mates christened Tony as my "Hardley bitch".

On the Friday night before the event, Tony and I shared out the "common kit" (tent, stove, fuel), which meant our rucksacks were about 15lbs each. I reckon I could get this down to around 12lbs at absolute minimum, but there are lessons to be

learned from each event about what kit should you carry or not, and decisions taken on what "luxuries" you want to carry. For the gurlies, of course, this often involves hairdryers, curling tongs, full length mirror, most expensive perfume, industrial tub of mousse, cheeky wee "off the shoulder" black number for the Saturday evening, and the "never to be without" lippie. For me, the luxury items were a 3/4 length Thermarest, and a warmer (heavier) sleeping bag.

Saturday morning arrived, and I wasn't feeling great – by 9am, I had made a dozen trips to the toilet, and was feeling rather drained. Perhaps the Friday night Madras washed down with 6 pints of Guinness was not such a good idea after all (part of my event post mortem). Anyway, 9:26am was the official start time, we get our "Long Score" map, and head off in the direction of our first CP (Check Point, or Control Point), code was "CU", described as "Stream Bend" and was worth 20 points. We find it 25 minutes later, then we're off in the direction of the next one (DS, Covered Reservoir, 10 pts), and so on, and so on. After a couple of hours of collecting points, I'm realising that I'm lagging behind Tony and slowing – this was unexpected, as I had always been the "stronger" runner on all of our training outings. Also, another "unplanned" visit to the deep bracken on my own reminded me that all was not well with the body. That, with the many steep inclines were taking their toll on our overall speed, and we realised we needed to head towards the mid-camp (18 kms away) or we risked going over the 7 hour time

limit for Long Score Day 1. More climbs ahead, followed by marshy, boggy ground for the next 3 hours lay ahead. Our final river crossing of the day was truly memorable. As I waded across it, I looked left and saw two blokes laughing at us as they skipped their way across the sturdy wooden bridge carefully located (hiding) in a wooded area, only 50 metres downstream - I did question the whereabouts of their fathers as I waved back. We reached the finish area (mid camp) after 7 hours and 19 minutes, which would earn us a 38-point deduction penalty (2 points per minute) from our total points for the day.

The mid camp was decidedly sparse of tents, which told me that a lot of teams had yet to arrive, as our mid camp area was for Elite, A, B and LS classes (C, MS and SS classes were at a different mid camp location). We found a fluffy grassy area and, one quick erection later, the tent was up. Change of clothes, in the sleeping bag, brew on, food down the gob, another brew, and I was fighting off the sleep fairy – it was only 6:30pm after all. I managed to stay awake until 8pm, then it was a case of: earplugs in, hat pulled down, purring for Scotland until 6 am the next day. I woke up once, only to witness one of those superb unscripted moments in life: A girl was returning from the latrines to her tent, but was struggling to find which tent was hers (in the pitch black) in amongst the 600 or so tents, so she's trying to whisper "Andrew.... Andrew" quietly, but it's not really quietly (if you know what I mean). Next thing, from some of the tents, voices are calling "Andrew, my darling, where are

you??", "Ooooh Andrew my sweet", "Andrew, I'm coming to get you.." etc. Much guffawing ensues and the girl has stopped calling out. Next thing, from one tent comes the shout "I'm Andrew !!", followed seconds later by "No, I'm Andrew !!" (Spartacus style), and so it went on and on across the campsite, each shout more Spartacus like than the previous.

Morning arrives, and we find we are lying in 120<sup>th</sup> place out of 244 starters on the Long Score course, on 192 points, with the leaders on 560 points which, in my opinion, must have been helicopter assisted. The weather has turned fairly foul by now, and after a couple of hours we decide to cut the Sunday short in order to ensure we get back to the main camp in one piece – the wind and rain in the exposed ridges were making conditions dangerous. We had seen one guy, just in front of us, slide thirty metres down a steep gully into a fast flowing river – he was ok, but that was the signal to head home. We collected some points, but not enough to hold our position. We finished 170<sup>th</sup> overall, on 302 points, with the winners on 982 points (an obscene total).

Over 50% of the field on the fixed courses failed to finish, which was testament to the terrain, distance, and weather conditions over the two days. Prior to the race, I had two training weekends in the Brecon's, and one in the Lake District, and I thought I had trained fairly well, but not well enough as it turned out. Navigation wasn't a real issue at any stage – a couple of times we slightly overshot a CP, but quickly re-

located, and only really lost a few minutes in time.

I look forward to next year, when I plan to do more MM type events such as Lowe Alpine MM (LAMM, June), Saunders Lakeland MM (SLMM, July), Capricorn (July), Great Lakeland 3 Day (April) and, of course, KIMM (October), which is to be run under the new name of Original MM (OMM).”

*Dougie Gray*

### **Russell Maddams**

Many will remember Russell who joined Harlow Running Club when he was a young lad of seventeen. He won many Essex vests while representing the Club and since has gone from strength to strength in many distances, including a London Marathon with a time of 2.29.00 in 58<sup>th</sup> position. He still holds the club Senior 10 and 15 miles records. Since moving to Cumbria and joining Horwich RMI he has gained a love of fell and distance running.

Russell is now 35 years old and on 17<sup>th</sup> May, he ran the Boddington 50K (31 miles) road race. This was the second race of two for the British Championships, having finished forth in the first race. He ran a very tough race over eight laps and won in a time of 3.06.59, the fastest UK time this year. In winning, he goes forward to the world Ultra Championships in Gibraltar wearing

a British Vest in November. The Club wish him well.

As a footnote for Marathon runners, he passed the marathon point approximately in a time of 2.37.00.  
*Alan Stevens*

### **Dates for Your Diary**

17<sup>th</sup> June – Harlow Midweek League  
26<sup>th</sup> 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 30<sup>th</sup> June for inclusion in the July issue.

### **Club Web Site**

[www.thehrc.org.uk](http://www.thehrc.org.uk)