



RUNNING SHORTS

- the Newsletter of Harlow Running Club

Number 11

April 2009

Editorial

A busy month just gone, with the 2009 Club Handicap starting; many members either running or handing out Lucozade at the Silverstone Half Marathon; new Club Records and the second in our series of members' profiles.

New Members

A big welcome to three new members this month: Keeley Andrews, Susie Morley and Daniel Stoten.

Alan Wise goes north

This month the Club bids a fond farewell to one of its most successful runners. Alan's running has improved greatly over the 5 years that he has been a member, the past eighteen months bringing him a string of PBs. Unfortunately, work is taking him north to Scotland. He will be making his final appearance for the Club in the London Marathon later this month and is aiming to set yet another PB. I am sure that all members will join in wishing Elaine

and Alan a successful and happy future in Scotland.

London Marathon, 26th April

The Club is organising a coach to take runners, supporters and spectators to the London Marathon. It will leave from Harlow Sportcentre in Hammarskjold Road at 7am and leave from near Trafalgar Square at about 4.15 pm. The cost is £10 per person. If you would like to travel on the coach, please sign the notice on the Club board at Mark Hall.

New Club Records

There were a total of three this month; two at the St. Clare 10k, by Dean Harvey (Male Wheelchair) in 48.06 and Wendy Stevens (FV65) in 1.00.20, breaking the 11 year old record by almost 15 minutes and finally by Linda Selby (FV60) in the Malta Half Marathon in 1.54.28.

Club Championship 2009

After the Finchley and Oakley 20s, the early frontrunners, Linda Selby and Colin Moody extended their lead

in the Championship. The remaining qualifying races are:

- 5k - for Men – (17th May), for Ladies (19th May)
- Tilty Hilly 5 (7th June)
- Felsted 10k (12th July)
- Tiptree 10 (11th October)
- 20 Miles (any)
- Marathon (any)

Club Handicap 2009

The first race took place on 31st March over 2.2 miles and feature 16 Ladies and 15 Men. The winners were Clare Williams and Jason Haigh. The format is the same as in 2008, with your best 4 races of the 6 counting towards the final score, but at least one race must be at each distance. All races start at 7.30pm.

The remaining race dates are:

Tuesday 21st April – 5k

Tuesday 9th June – 5 miles

Tuesday 21st July – 5k

Tuesday 18th August – 5 miles

Tuesday 22nd September – 2.2 miles

The later dates may be changed when other local races are announced.

Ladies 5k Series

4 or 5 volunteers are still needed to marshal, keep times, record finishing positions etc. The dates are: 5th May, 19th May and 2nd June. All races start at 7.30pm. If you can help at any or all, please sign the list on the Mark Hall noticeboard.

16 Years On !!!! - Malta Half Marathon

Here I am in Mdina the old Capital of Malta and also known as the 'silent city'. It's far from silent this morning as over 700 competitors of all nationalities mill about before the

start of the Malta Half Marathon on Sunday 1st March 2009.

We are 200 metres above sea level and the view across Malta is quite spectacular.

Time to get the kit bags on the trucks (as the race finishes in the popular resort of Sliema.)

I line up with my husband and son who is doing his first race ever !

They say the route is all downhill and I must admit it was 16 years ago!!!!

But it said in the information that the route had been changed slightly so we will see.

We are off, to the sound of the local band playing, through the narrow streets of Rabat and out into the countryside. It's a bit overcast, but not cold.

I soon settle into a steady pace and yes it is downhill!!!! There are not many spectators but each junction is well marshalled. Plenty of water stations and 2 Powerade stations, there was even a fruit station dishing out pieces of oranges!

Somewhere in the middle we ran along flyovers which created mini hills but no problems, on I ran and then as we approached Valletta, a hill!!!! I know this road and I thought surely we are not running to the top. But just when I thought my legs could take no more they turned us down to Floriana.

This was quite a steep stretch and cruel on the legs. At long last we were at sea level and on the homeward straight. We zig zagged among the boats in Msida on our way to Sliema.

I could hear the finish but couldn't see it and I'm thinking how much further when a voice on the side shouted 'Come on Harlow' it was

Steff from Woodford & Essex Ladies. That spurred me on and I finished in a time of 1.54.28. No comparison to 16 years ago (1.39.24) but nevertheless I am pleased with the run.

Linda Selby

This time is a new Club Record (V60) – Ed.

Silverstone Half Marathon, 15th

March

Once again, Harlow Running Club staffed the Lucozade Sport Station at 9 miles at the Silverstone Half Marathon. The day started early with the coach leaving Harlow at 8 am, and after dropping our runners off at the start, we went off to the drink station to set up. We were pleased to find it was bottles this year, not pouches, which meant we got a lot less sticky! The free Hi-Viz yellow running jackets we were given will certainly be useful come next winter's dark evenings. The bottles were quite tricky to open...until Alan Moir demonstrated his 'wallop it on the table' technique, which worked fantastically! After opening hundreds of bottles, we had our tasty free lunch and then sat on the edge of the F1 track to watch the start and cheer on our runners...we managed to spot most of them! Some great fancy dress outfits got quite a cheer from us too...giant trainers, bottles, bananas, and rhinos among them. It wasn't long until the front wheelchairs and runners came through, with Alan Wise not far behind! The runners started coming thick and fast and we were soon engulfed by thousands of thirsty runners wanting their drinks, which we delivered to every last one. Our

Harlow runners all got a good cheer as they came through. Soon enough the last runners came through. After loading the coach with the excess Lucozade, we headed back to St. Clare Hospice to drop most of it off for their 10K run, then headed home ourselves with enough Lucozade to keep everyone on a sugar high for quite a while!

Photos of the day's fun are at <http://www.thehrc.org.uk/photos.htm>
Vicky Steadman

Profile on – Joanne Chung

I joined Harlow running club in May 2008, having just had my third child, I was eager to get fit and lose weight. My brother was already a member and encouraged me to come along. I had relatively little experience of running, so started in the beginners group on Tuesday evenings, after a few weeks I moved up to the main group on Tuesday and Thursdays. I was almost scared off though in that first week by a five mile handicap and seven mile cross-country run! However I did return the next week and haven't looked back since.

Over the past 10 months my fitness has improved more than I could ever have expected. I have gone from struggling to complete a 5K run to entering 10k, 10 mile and half marathon races. All of which I finished in times better than expected. I guess you could say I really have caught the running bug, something I couldn't have done without the support of the club and its many members, and also a very understanding husband. Thank you Gavin!

Joanne Chung

If anyone else wishes to write their own profile, there will be space available in future editions. – ED.

Kit Spring Sale

All items are in Club colours and are £3 each:

Red shorts – Extra large (2 pairs)
 Large (1 pair)
 Medium (1 pair)

Long sleeve tops (5 items)

Ladies' T Shirts – Size 14 (2 items)
 Size 12 (3 items)
 Size 10 (6 items)

T Shirts – Extra large (2 items)

Please order items from Karen Moir.

St. Clare Hospice Donation

The Club has received a certificate and letter of thanks for its donation of £1,000 to the Hospice. The certificate is displayed on the Club's noticeboard at Mark Hall.

London Marathon 2010

If you are thinking of entering, applications open on Monday 27th April at 9am. There are 120,000 ballot places.

Once again, all applications are online at
www.virginlondonmarathon.com

Halstead Marathon, 10th May

Halstead Running Club is looking for marshals, water station helpers etc. If you are willing to help, please contact Don Wilson (020 7282 3704) or (07798 934647) or e-mail donald.wilson@orr.gsi.gov.uk

Level 1 Officials Training

Lee Valley Athletics Centre is hosting a Level1 Officials Course on Monday 20th April from 7pm–10pm. The cost is £10. If you wish to

attend, please contact Dave Hewer (020 8344 7230) or e-mail dhewer@leevalleypark.org.uk

I think that the Club would be willing to pay the fee if you are interested – Ed.

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

5th May – Ladies 5k Series, Race 1

17th May – Men's 5k Club

Championship

19th May – Ladies 5k Series, Race 2
(including the Club Championship)

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 31st April for inclusion in the May issue.

Club Web Site

www.thehrc.org.uk

