



RUNNING SHORTS

- the Newsletter of Harlow Running Club

Number 3

August 2008

Editorial

This issue features a number of articles written by Club members. More are needed for next time.

Club Records Broken

Once again, Joanne Mills broke another Club V60 record. This time in the 10k at Felsted, with a time of 54.27, more than a 2 minute improvement on her time of a week earlier, when she had broken the previous record by 4 minutes. In the same race, Dean Harvey set a first record for a Wheelchair racer at the distance with a time of 48.34.

Fairlands Valley Relays

We entered 3 teams; 2 Men's, (Senior and Vet) and one Senior Ladies' team.

In the Ladies' race (3 runners), we came 19th out of 53 teams. In the Men's race (5 runners) out of 61 teams, the Seniors came 25th and the Vet team was 43rd.

Results: Senior Ladies; Sharon Gilbey 12:34, Vicky Steadman 13:24, Katie Herrington 13:26. Senior Men; Alan Wise 10:49, Dave

Ayling 11:08, Andy Terrell 11:10, John Evans 11:12, Jon Steadman 11:50.

Vet Men; Roy Steven 11:10, Steve Ambrose 11:34, Grahame Thomas 11:41, Matt Jones 12:36, Graham Pugh 12:50.

Harlow 10

On a humid day, many runners found the heat difficult to cope with. 428 runners completed the race. Justin Revell (1.05.46), Vicky Steadman (1.18.16) and Katie Herrington (1.30.20) all overcame the conditions to record PBs. A big thank you to all who helped to make the race such a success.

Try a Different Sport!

Dionne has arranged a rounders day at Mark Hall Sportcentre on Sunday 17th August from 11am to 2pm. Bring your family and friends and a picnic. Contact Dionne for more details.

Harlow Show

The Club have taken a spot in the Active Harlow tent at the Show on Sunday 31st August. It would be

good to have a mixture of members of all ages and running experience on the stand. If you would like to help for part of the day, please contact Martin McColgan or Rick Ricketts.

Midweek League

The Mob Match saw 15 runners from Harlow competing in a field of just over 300 through Trent Park. At the presentations afterwards, Roy Steven and John Tennant collected the first and second V50 prizes and the Men's Vet team came second in Division 2.

Club Championship

There were 27 Club members running in the Felsted 10k, leading to 9 PBs and two Club Records. Vicky Steadman still leads the Ladies, but Colin Moody now leads the Men. Future races and dates are:
10th August – Basildon 5k;
9th November – Stebbing 10; and
any marathon and any 20 mile race.

London to Paris – by bike

As quite a lot of you know, I was training for the London to Paris bike ride. I probably did all your heads in talking about it, (sorry). The challenge started on 2nd July. It was 300 miles from Blackheath to the Eiffel Tower. It was wet, sunny and hilly. For me it was sore, I mean very SORE; emotional probably because I'm a girl and the most challenging thing I have done in my life so far. It was not all doom and gloom, the views were fantastic. I met some fantastic people of all ages, we all kept each other going and it was a great sense of achievement when I reached the Eiffel Tower.

Now my bike is in the garage. I do pop in and look at it now and then, but from now on, my feet are staying firmly on the ground.

I'd like to say a big thank you to all who sponsored me
DIONNE

Film stars

On Friday 25th July Anne Wafula Strike and I were filmed and interviewed for a DVD Schools production for Key Stage 3 year 8B 'Going for Gold'. It consists of an interview of a Paralympics athlete and coach. We had to be at Picketts Lock Centre from 11.00am until 5.00pm and we had a very nice Director and cameraman who put us at ease throughout a very interesting day. The DVD will be on school shelves with relevant textbooks beyond 2012 and be seen by over 500,000 children.
Steve Stevens.

Handicap

The remaining races are:
16th September (5 miles);
28th October (2.1miles).
Wendy Spring and John Bull still lead the series. A reminder of the rules: the best 4 races to count, 1 of which must be at each distance; scoring – 1 point for 1st place, 2 points for 2nd and so on, the lowest score being the winner.

Contributions

Articles are welcome. Please send them to the Editor, Colin Moody (cam_harlow@yahoo.co.uk), preferably in a Word Document by 31st August for inclusion in the September issue.

Club Web Site

www.thehrc.org.uk

