



RUNNING SHORTS

- the Newsletter of Harlow Running Club

Number 7

December 2008

Editorial

A very happy Christmas to all of you runners – and also to all those who support you in your sport.

New Member

A big welcome to Linda Hawkins.

Harlow's Cross Country League Race

This is on Sunday 4th January. Volunteers are needed to marshal and help with other duties on the day to make this race a success. If you are willing and able to help, please sign the sheet on the Mark Hall Sport Centre noticeboard. Remember also that we need you to supply food, preferably sandwiches, for the refreshments for all after the race.

AGM 2009

This will be on Thursday 22nd January at Mark Hall Sport Centre. Notice of the meeting and a provisional agenda are included with this newsletter. Any items for the agenda must be submitted by 1st January and nominations for Committee positions by 8th January

to Martin McColgan. Several of the current Committee do not wish to stand for re-election, so do consider whether you can contribute to the Club by serving on the Committee.

20th Anniversary Dinner & Dance

This will be on Friday 27th February at the Churchgate at 7.30pm and the cost is £25 per person. The Club has booked a minimum of 75 places. Reserve your place(s) now with Linda Selby, with a £10 non-refundable deposit.

London Marathon, 2009

Congratulations to the winners of the draw for the three Club places that took place on 20th November. They were John Bull, Ron Newton and Grahame Thomas.

The two reserves are Caroline Bore and Sean Flynn if any of the three have to withdraw.

Quiz Night

Friday 21st November saw some club members leave their running gear at home and gather for an enjoyable quiz evening at the sports centre.

Colin the quizmaster fielded a range of questions including sport, geography, general knowledge and a Harlow round which all teams seemed to excel at. Our team, 'Bud-no-wiser' soon regretted playing our 'joker' on the music round with a disappointing 4 out of 10 points. (What was Bono's real name again...?). Still, it mattered not as 'No idea', despite an early lead from 'The Young Ones', soon had a commanding lead and went on to take first place, with 'Barbeque Pizza' in second spot. A good time was had by all, with money being raised for the club through the raffle, which had various prizes on offer. Many thanks to Dionne and Colin for arranging a successful evening.

John Evans

The Quiz raised £102, which will be divided between the Harlow runners raising money for charities in the 2009 London Marathon.

Ed.

Christmas Dinner

Harlow Running Club's pre-Christmas meal social event was held on Friday 28th December at the John Barleycorn Pub. Once people got used to the idea of Christmas in November with crackers and party hats, a good time was had by all that attended.

The evening got off to a good start with drinks around the bar. The only problem was recognising some of the people who were not in running gear. It was also good to meet some of the 'non running' other halves. The food was very good and the portions generous. The only criticism was that the raspberry meringue was a little 'tart', which was very

unfortunate for Matt, since he actually ordered profiteroles.

As the evening went on, the drinks consumed were taking their toll and the numbers of people still wearing their party hats was dwindling. Finding the toilets was an issue for some as they were through a red door, in a red wall, without a sign on. To compound things, the handle was much lower than you would have expected.

At the end of the evening, only two members were still in party mode, complete with hats. On arriving at their respective homes, they strangely felt the need to text photos of themselves to each other in order to prove that they still had their hats on in bed. I am not sure either party wanted to see the other in bed, but this author can confirm that he lost. Happy Christmas and roll on next year!

Jon Steadman

Club Person of the Year 2008

This is your chance to vote for this award to be presented at the 20th Anniversary Dinner and Dance on 27th February.

There is a voting slip at the foot of this newsletter. Please complete the form and put it in the voting box on a training night at Mark Hall. If you can't get to Mark Hall, please e-mail your choice to Martin (martin.mccolgan@virgin.net).

The closing date to vote is the AGM on 22nd January.

Reflective Bibs

Looking for a late Christmas present? Buy a reflective bib. They are £5.00 each. They weigh next to nothing and have adjustable side

straps. On dark evenings, for your own safety, you should wear one when you're running.

Club Championship 2009

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

- Great Bentley Half Marathon (8th February)
- 5k - for Ladies, one race in the 5k series; for Men - our own race organised on one Sunday or evening (May/June)
- Tilty Hilly 5 (June)
- Felsted 10k (July)
- Tiptree 10 (October)
- 20 Miles (any)
- Marathon (any)

First Aid Training

The Club is planning some First Aid training. The British Red Cross can run a basic two-hour course at Mark Hall if we can get a minimum of 8 trainees. It could be either on a Saturday or on an evening. The Club will pay the fees.

If you are interested, sign the sheet on the Mark Hall Sport Centre noticeboard.

Training Grants

There are two opportunities to apply for training grants if you wish to take up some training as a volunteer, are working in or looking to work in sport. One grant is from activeharlow for 50% of the cost or £200 whichever is lower and must be applied for by 20th

February. The other is from sportessex for 75% of the cost or £300 whichever is lower and the deadline for applications is 2nd February.

Courses supported must have started by 31st March.

The Club is also willing to consider contributing towards anyone interested in following a course. If you want more details, please contact Martin.

Harlow 10, 2009

This will be on Sunday 26th July.

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 December for inclusion in the January issue.

Club Web Site

www.thehrc.org.uk

Club Person of the Year 2008

Voting Slip

My nomination for Club Person of the Year is: