



# RUNNING SHORTS

## - the Newsletter of Harlow Running Club

Number 2

July 2008

### Editorial

12<sup>th</sup> January 2009 sees the 20<sup>th</sup> anniversary of the founding of the Club. If you have any good ideas on how to celebrate this, please don't keep it to yourself, tell one of the Committee members. If you would prefer to receive this newsletter by e-mail, please let me know.

### New Members

Welcome to the Club's newest members, David Croly, David Malt, Kate Herrington, Joanne Chung and Geoff Tamplin. Most have already taken part in the Club Handicap or the Midweek League.

### Harlow 10

This is on Sunday 27<sup>th</sup> July at 9.30am and volunteers are still needed to help on the day. We need about 65 people to help organise the race successfully and so far, only have about 45. If you can also recruit family or friends, please do.

The Club Captains have selected teams to represent the Club. If you

can help please tell Karen Moir or Linda Selby as soon as possible, or sign the sheet on the noticeboard at Mark Hall Sportcentre. Remember that it is our biggest source of income and helps to keep our membership fees at the current reasonable level.

### Fairlands Valley Relays

These are on Tuesday 22<sup>nd</sup> July at 7.30pm in Stevenage. The race is over 3 kms and each Ladies' team needs 3 runners and each Men's team needs 5. If you ran the last midweek League, the course goes around the park and the lake in the mid-section of that race. It's always an enjoyable evening and refreshments are provided afterwards. If you want to take part, please sign the sheet on the Club's noticeboard at the Mark Hall Sportcentre.

### Midweek League

The two races in June were notable for the Club.

At Welwyn for the 5 Mile race, the turnout dipped to 30. However, there

were no fewer than 18 PBs set on the night, the most notable being by Justin Revell (3 minutes better), Vicky Steadman (2 minutes better), Anne Somerville and Janice Forth (both 1½ minutes better). Noel Thatcher set a new Club Record in the V40 category.

In the final race at Stevenage, the Club had an unprecedented 40 runners (more than 1/3<sup>rd</sup> of the Club membership). It was fantastic to see the numbers and the support shown for all the finishers by those who had run faster. The Men's Vet team finished 1<sup>st</sup>.

At the end of the League, the Club finished in 4<sup>th</sup> position, the Men's and Ladies' teams both finishing 4<sup>th</sup>, the Men's Vet team were 2<sup>nd</sup> and the Ladies' Vet team were 5<sup>th</sup>. This was a large improvement on 2007 and I feel sure that much of this was down to the number of runners that the Club fielded in each race.

The Mob Match date is 16<sup>th</sup> July (Trent Park), starting at 7.45pm. This is the when you get a chance to run against the Division 1 Clubs as well. The race is about 9 kms on trails through the park. It does not count towards the final League position, but there are presentations and refreshments after the race.

### **Club Championship**

After a keenly contested race at the Tilty Hilly 5 in June, Vicky Steadman and Alan Wise continue to lead the Championship

Future races and dates are:

13<sup>th</sup> July – Felsted 10k;

10<sup>th</sup> August – Havens Hospice 5k (Basildon);

9<sup>th</sup> November – Stebbing 10; and any marathon and any 20 mile race.

### **Handicap**

The remaining races are:

8<sup>th</sup> July (5.1k);

16<sup>th</sup> September (5 miles);

28<sup>th</sup> October (2.1miles).

At the halfway point in the series, Wendy Spring and John Bull lead.

The remaining races will have revised handicap times.

Volunteers are still needed to record the times and positions for these races.

### **Coaching**

Alan Stevens organises coaching sessions on the track every Monday and Wednesday, starting at 5.45pm and finishing at 7.15pm. Any Club member is welcome to attend and draw on Steve's long and successful experience. To take part, you need to pay a track fee of £1.00 on each occasion.

Alan is also willing to advise any member about their training, even if you are unable to attend the track sessions.

If you would like more information, please contact Alan: by e-mail: [alanstevens@peckshill27.freeserve.com](mailto:alanstevens@peckshill27.freeserve.com)

By telephone: 01992 892009.

### **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)

