



RUNNING SHORTS

- the Newsletter of Harlow Running Club

Number 1

June 2008

Editorial

Welcome to the first edition of the Club's newsletter. The aim is to publish it in the middle of each month.

I hope that you will write some of the articles for the future editions. If you are willing to do so, please send them to me at the contact details at the end of the newsletter.

If you have received this in the post, but would prefer to receive it quicker by e-mail, please let me know your e-mail address.

New Committee Members

A big welcome to the new Ladies' Team Vice Captain, Vicky Steadman and the new Publicity Officer, Jackie Westgate. This follows the resignations of Kathy Saunders and Steve Page who worked valuably in these roles for the Club over a number of years.

Handicap

Dates for the remaining races are
17th June (5 miles),
8th July (5.1k),
September (5) miles,

October (2.1miles).

The last two dates have yet to be confirmed.

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

Ladies 5k Series

There was an excellent entry of 45 runners for the first race and 41 for the second.

The date of the last race is 3rd June, starting at 7.30pm. If you are not competing, please can you help at the race? Please let Colin Moody know or sign the form on the Mark Hall noticeboard.

Club Championship

Future races and dates are:

1st June – Tilty Hilly 5;

13th July – Felsted 10k;

9th November – Stebbing 10;

and any marathon and any 20 mile race. The 5k race has yet to be decided.

Midweek League

There was the best ever turn out for Harlow in the first race at Bishop's

Stortford. This is the sixth year that the Club has run in the League, and we have never had as many as 35 runners in one of the races. Let's keep up or improve on this number in the rest of the races.

The remaining dates for this are:

29th May (Stevenage),

11th June (Welwyn Garden City),

25th June (Stevenage),

16th July (Trent Park),

starting at 7.45pm. Race distances vary between 5 miles and 10k.

Refreshments are provided after each race.

If you haven't run in the series previously, do join in, as we need enough runners to field a team (12 men and 6 ladies) in each race. Also, if we have more than enough runners for team scoring, you can still disadvantage other teams by finishing in front of their runners.

Social Events

Audley End. Picnic in the Park –
Dionne Jones

Rounders afternoon. – *Dionne Jones*
Training weekend away – *Karen Moir*

Track Training

Steve Stevens

Harlow 10

This is on Sunday 27th July at 9.30am. Please sign the list on the Club noticeboard if you can help on the day. If you can also recruit family or friends, so much the better. We

need about 65 people to help organise the race successfully. Remember that it is our biggest source of income and helps to keep our membership fees at the current reasonable level.

Because of the road works on First Avenue, there will be a new course.

Coaching

Steve 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 athletics experience. To take part, you need to pay a track fee of £1.00 on each occasion.

Steve is also willing to advise any member about their training, even if they are unable to attend the above sessions.

If you would like more information, please contact Steve:

by e-mail:

alanstevens@peckshill27.freemove.com

by telephone: 01992 892009

Contributions

Articles by Club members on running topics are welcome. Please send them to the Editor, Colin Moody (cam_harlow@yahoo.co.uk), preferably in a Word Document by 30th June for inclusion in the July issue.

Club Web Site

www.thehrc.org.uk