



RUNNING SHORTS

- the Newsletter of Harlow Running Club

Number 10

March 2009

Editorial

February saw a superb Dinner & Dance at the Churchgate Hotel to celebrate the Club's 20th anniversary. Many congratulations must go to Dionne, Karen and Linda for their organisation of the evening.

New Members

Two newcomers this month - a big welcome to Dougie Gray and Clare Williams.

20th Anniversary Dinner & Dance

This very successful evening was held at the Churchgate on 27th February. It was wonderful to see over 100 Club members past and present, together with family and friends, many of whom have helped the Club over the years. The food was excellent, followed by a couple of speeches to celebrate the occasion, including some reminiscences of the early days of the Club from Mike Armsworth. Then it was on to the presentation of Club awards for 2008, (winners are listed below) and then dancing and more talk.

Once again, the Club owes a debt of thanks to Dionne, Karen and Linda for all their hard work in making the evening run so smoothly.

Club Awards 2008

Female Road Runner –
Vicky Steadman
Male Road Runner – Alan Wise
Female Cross Country –
Katie Herrington
Male Cross Country –
Steve Mackenzie
Consistent Female – Dionne Jones
Consistent Male – Dave Ayling
Most Improved Female – Alison Bull
Most Improved Male –
Jon Steadman
Female Senior – Sharon wright
Male Senior – Justin Revell
Female V35 – Ann Sommerville
Male V40 – Alan Broughton
Female V55 – Joanne Mills
Male V50 – Roy Steven
Handicap Female Winner –
Wendy Spring
Male Handicap Winner –
Jon Steadman
Club Championship Female Winner
– Linda Selby

Club Championship Male Winner –
Roy Steven
Club Person of the Year –
Karen Moir

Runner's Profiles

HRC would like to include some profiles of club runners on the website and to feature in Running Shorts, to let potential members know that there is a range of people who run for HRC, from beginners to age group winners! By sharing your stories of why you joined the club and how you have benefited from it, it might encourage others of all abilities from complete beginners to serious runners to come along. Please submit your stories to vicky_steadman@yahoo.co.uk or just speak to me on a club night. As an example I have included my own story:

I joined HRC in 2006. I had been running on my own since 2000, and generally entered a half marathon every year. In 2006 I ran the London Marathon for St Clare Hospice, and HRC were very helpful with offering advice and allowing us to share their transport to the Silverstone HM and the Marathon. My husband and I then decided to join HRC, even though it wasn't our local club, as they had been so welcoming. As a couple, training with HRC allows us to run at our different paces and still have company without me holding my husband back! Since joining HRC I have got PBs at every distance and have improved my HM time by 14 mins and my marathon time by 26 mins. I am also a regular at club social events, and particularly enjoy the summer pub runs!

Vicky Steadman

Club Championship 2009

After two races, the Great Bentley Half Marathon and the Essex 20, the early leaders are Linda Selby and Colin Moody. The remaining qualifying races are:

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

Club Handicap 2009

Vicky Steadman is organising the Club Handicap this year and the format will remain the same, with your best 4 races of the 6 counting towards the final score, but at least one race must be at each distance. The 5k and 5 mile courses are the same as last year, but the 2.1 mile course will be replaced by the 2.2 mile loop of Howard Way, Edinburgh Way, Fifth Avenue and First Avenue. All races start at 7.30pm.

The race dates are:

Tuesday 31st March – 2.2 miles
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

Volunteer are 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.

Midweek League 2009

The revised dates are:

13th May – Bishop's Stortford

4th June – Royston

17th June – Harlow

1st July – Welwyn Garden City

15th July – Trent Park

Silverstone Half Marathon, 15th March

The Club has been invited to staff the Lucozade station at 9 miles, a task that has been enjoyed in the past. All get a free jacket and a packed lunch. A free coach will leave from Hammarskjold Road at 8am and arrive back in Harlow at about 6pm.

The Club also receives £250 for its services.

If you or your friends or family wish to help, please sign the notice on the board at Mark Hall.

First Aid Training

The Club is paying the British Red Cross to hold First Aid training for members on Friday 13th March at 7pm for two hours at Mark Hall.

- If you are interested, please come along.

New Club Record

Once gain this month, Linda Selby lowered the V60 Half Marathon record to 1.54.28, four weeks after setting the previous one at Great Bentley.

London Marathon Coach

The Club will organise a coach to take runners, supporters and

spectators to the London Marathon. As yet, details haven't been finalised, but it will probably leave fro Harlow Sportcentre in Hammarskjold Road at 7am and leave from near Trafalgar Square at about 4.15pm. Last year the cost was £10 per person, although this may alter this year, depending on the hire fee. If you would like to travel on the coach, please sign the notice on the Club board at Mark Hall.

St. Clare Hospice Donation

The Club made its presentation of a cheque for £1,000 to Tracy Meale, who accepted it on behalf of the Hospice, before training on 6th March. Many thanks to all who turned up in their Club colours for the evening. This sum was 50% of the surplus from last year's Harlow 10. The Club has agreed a similar donation of 50% of any surplus from this year's race to the Hospice. Remember that the popular Hospice 10k takes place on 5th April.

Harlow 10 History

I wish to update this part of the web site. To do this, it would help me immensely if anyone has copies of the results for all or any of the following years: 1990-1994, 1998, 2001-2002, 2004-2006.

If you could let me have a look at them, I promise to return them to you.

Howard Williams Trophy for the Best Road Race in Essex

The Great Bentley Half Marathon won the inaugural trophy.

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).

Join Children Today's London Bupa 10k Team

Children Today are looking for volunteers to take part in the London Bupa 10k Run on Monday 29th May. The race starts at Birdcage Walk and follows an anti-clockwise route around the City of Westminster and the City of London, passing many famous sights including the Houses of Parliament and Big Ben.

Children Today provide important specialised equipment for disabled children and young people up to the age of 25 throughout the UK. These specially adapted pieces of equipment are life enhancing and they enable greater freedom and independence to help children to achieve their full potential.

If you would like to take part in this popular event, all we ask is that you raise a minimum sponsorship of £500, please contact Ceri on 01244 335622 or ceri@childrentoday.org.uk for further details.

Dates for Your Diary

13th March – First Aid Training
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 March for inclusion in the April issue.

Club Web Site

www.thehrc.org.uk