



# RUNNING SHORTS

## - the Newsletter of Harlow Running Club

Number 12

May 2009

### Editorial

Summer seems to be here and everyone's running, so there's plenty to report: new Club Records, the London Marathon, more Club Championship and Handicap scores and the third in our series of members' profiles.

### New Members

An extremely encouraging 10 new members this month! Welcome to Nina Wood, Ruth O'Connor, Georgina Spenceley, Marcus Gibbs, Donna Williams, Kelly Horsman, Vicky Bassett, Roger Folan, Richard Chiassaro and Nigel Wyatt. Is this the effect of the London Marathon?

### Congratulations

Many congratulations to Sharon Wright on the birth of her daughter, Faryl Jean on 8<sup>th</sup> April, a very healthy 7lb 1oz baby.

### Midweek League

The first two races are on 13<sup>th</sup> May at Bishop's Stortford (5+ miles) and 4<sup>th</sup> June at Royston (10k). Last year we had 40 runners competing in the

last race of the series and it would be great to repeat that number in races this year. The first 12 men and 6 ladies for each Club count for scoring, but even later runners can contribute by finishing ahead of other teams' scoring runners. So please make an effort to take part to see if we can improve on last year's 4<sup>th</sup> place. This year, all competitors get a £5 voucher from Sweatshop. We are hosting one of the races on 17<sup>th</sup> June and the Club Captains will select the Club's runners for this race. The Club will need at least 50 helpers to marshal, keep time, organise car parking etc. If you are willing to help, please volunteer. We will also need to supply refreshments after the race. Anyone else who wishes to run can do so, provided you supply someone to help the organisation of the race.

### London Marathon, Club Records

A warmer than expected day saw some excellent runs. Most notably, two new Club Records for Wendy Stevens (V65) in 5.17.19, taking over 71 minutes off the previous record

that had stood for 11 years and for Linda Selby (V60) in 4.24.37, taking over 38 minutes off Wendy's previous record.

There were marathon debuts for Justin Revell (3.00.51), Dave Burne (3.42.38) and John Bull (3.50.54) and his first for the Club by Will Shoults (3.53.38).

### **In Profile - David Croly**

I joined Harlow running club a year ago, after moving from London. Previously I would run on London roads (dodging traffic) and along canals (dodging push bikes), not very pleasant experiences. I was running alone, twice a week up to 50 minutes, whenever the mood took. When I joined HRC, I was running with a club for the first time ever and unsure if I could reach an acceptable standard. Having struggled doing a 10k in 2007, I found the encouragement from Club members and Steve the coach made me want to run more on a regular basis, run further, and improve. It does help to dig deep when encouraged, and feeling, it's not just for me but for the club also. My running has improved so much, after finishing 2 half marathons this year, I would love to try a marathon. My only regret is, I should have been doing this years ago. I really look forward to weekly training sessions, and Sunday morning long runs. My sons have seen how much my life has changed for the better, (health and fitness) they now both run, with my youngest a new club member. Moving from London, it's also nice to find out, where are the best pubs to run from and the HRC have also

solved that problem. Thank you, HRC.

*David Croly*

### **Club Championship**

By running the London Marathon, Linda Selby and Colin Moody stretched their leads in the Championship. The remaining qualifying races are:

- 5k - for Men – (17<sup>th</sup> May), for Ladies (19<sup>th</sup> May)
- Tilty Hilly 5 (7<sup>th</sup> June)
- Felsted 10k (12<sup>th</sup> July)
- Tiptree 10 (11<sup>th</sup> October)
- 20 Miles (any)
- Marathon (any)

### **Club Handicap**

The second race over 3.15 miles took place on 21<sup>st</sup> April. 29 runners, 17 male and 12 female competed. Well done to the men's and ladies' winners, Simon Barnes and Linda Hawkins.

After two races, the men are led by Jamie Jephcott, followed by Dan Chapman and David Croly. The ladies are led (convincingly!) by Linda Hawkins, followed by Katie Syme and Joanne Chung.

The next handicap race is over 5 miles on the 9<sup>th</sup> June.

### **Ladies 5k Series**

The first race on 5<sup>th</sup> May saw a record 64 runners. 19 runners were from HRC and there were 12 PBs, with many making their debut over this distance. Dionne Jones was first in the V35 category and the Club was narrowly pipped to first place in the team category by 1 point by Ford Fitness (Tri Sport).

If anyone who has not volunteered yet, can help with the second race on 19<sup>th</sup> May, please let me know. If you are racing or helping on the 19<sup>th</sup>, please park in Mark Hall School car park, to leave room for runners from other Clubs. There was a parking problem at the first race. Just prior to the race, Esporta agreed to donate a prize of one month's free membership to each category winner.  
*Colin Moody*

### **Trial Race**

The Club's runners have been asked if they would like to take part in a trial race on Wansted Flats on 3<sup>rd</sup> May next year.

It is being organised for a charity that helps drug addicts become clean and the homeless. They have to do a trial in 2010 of a 1000 runners to make sure the event in 2011 runs smoothly. Any runner who takes part in 2010 will get a discounted entry rate for the run in 2011. It's on grass and road, free of charge and licensed.

If you think that you may take part in 2010, please let me know by the end of May, so that I can co-ordinate a reply to the organiser.

*Colin Moody*

### **Race, Training & Offer Details**

More and more, the Club is receiving entry forms, race information, training opportunities and special offers by e-mail. Not all of these details are noted in the Fixture List or "Running Shorts".

If you would like all these details sent on to you, you can register on the Club web site. Click on the "register" link, enter your name and e-mail

address. You can deregister at any time.

*Colin Moody*

### **Looking for a Different Challenge?**

I am organising an orienteering event at Hainault Forest on Saturday 30<sup>th</sup> May as part of National Family Week. For those that don't know, orienteering is running (or walking), usually through forests (but can also be in moor, rural and city locations) where you must navigate to checkpoints marked on a map.

This event is aimed at children and novices; however there will be courses for experienced orienteers too. Courses will vary from an easy 2km to a hard 6km, but there is an easy 5km course for first time adults. The easy courses will involve mainly running on tracks and bridlepaths, the harder ones mean picking a route, which may be 'off piste.'

Details can be found at the CHIG website [www.chig.org.uk](http://www.chig.org.uk) (under featured event) or feel free to speak to me at the club or on 07789 013167. There will be picnic tables after the event, so you can come just for the run or make a family day of it.  
*Jason Haigh*

### **Esporta Offer**

Esporta have offered an open weekend on 30<sup>th</sup> and 31<sup>st</sup> May at their centre where members of the Running Club and their families can use the club free of charge. To take advantage of this offer, you need to produce your Running Club membership card.

### **Charities Page on the Website**

As you all know, Harlow Running Club donated £1000 (half of the surplus from the 2008 Harlow 10) to St Clare Hospice, and has pledged to give half the surplus from the 2009 race.

Many individual club members run races and raise sponsorship for other charities. We would like to set up a charity page on the club website, where we would detail who has raised money for charity, and which charities have benefited. Members who are currently raising money for charities could have their 'Justgiving' website link displayed on the page, to help with their fundraising.

So, if you have raised money for a charity through running in 2008 or 2009, then please let me know which charity you ran for, and how much you raised. We can keep a tally of the total amount raised by Club members. You can email me at [Vicky\\_Steadman@yahoo.co.uk](mailto:Vicky_Steadman@yahoo.co.uk) or speak to me at a Club night.

Having our contribution to St Clare on the front page of the website has already benefited the club, by attracting a sponsor for the Harlow 10. A number of us do raise money for charities every year, displaying this can only be good for the image of the club!

*Vicky Steadman*

### **Training Opportunities**

Sportsex has announced that the East Links: Leading the Field project is now open for applicants to register their expression of interest in courses available to volunteers. East Links: Leading the Field provides fully funded training courses for

individuals who regularly volunteer in sport.

The project provides the chance to access a range of sport qualifications that are 100% funded including:

Level one, two and three coaching and officiating qualifications.

If anyone is interested, have a look at their web site

[www.sportsex.com](http://www.sportsex.com)

### **Kit Sale Still on**

All items are in Club colours and are £3 each:

Red shorts – Extra large (2 pairs)  
Large (1 pair)  
Medium (1 pair)

Long sleeve tops (5 items)

Ladies' T Shirts – Size 14 (2 items)  
Size 12 (3 items)  
Size 10 (6 items)

T Shirts – Extra large (1 item)

Please order items from Karen Moir.

### **Dates for Your Diary**

17<sup>th</sup> May – Men's 5k Club

Championship

19<sup>th</sup> May – Ladies 5k Series, Race 2  
(including the Club Championship)

2<sup>nd</sup> June – Ladies 5k Series, Race 3

17<sup>th</sup> June – Harlow Midweek League

26<sup>th</sup> July - Harlow 10

### **Contributions**

Articles on running topics are welcome. Please send them to the Editor, Colin Moody ([cam\\_harlow@yahoo.co.uk](mailto:cam_harlow@yahoo.co.uk)), preferably in a Word Document by 31<sup>st</sup> May for inclusion in the June issue.

### **Club Web Site**

[www.thehrc.org.uk](http://www.thehrc.org.uk)

