



RUNNING SHORTS

- the Newsletter of Harlow Running Club

Number 6

November 2008

Editorial

A busy month with a close finish to the Club's Handicap and changes in the Club's Championship positions

New Members

Welcome to three newcomers: Andy Presland, Sven Meinen and Debbie Coombes.

Club Championship

The Stebbing 10 results saw new leaders in Linda Selby and Roy Steven. There's still a chance for changes as you can still run any marathon and any 20 mile race by the end of the year to count.

Handicap

The final race took place on a wet and windy evening. Wendy Spring held off the challenge of Linda Selby to win the Ladies' prize by 4 points. The Men's title was even closer. Jon Steadman and John Bull finished level on points and so their head-to-head handicap times on their three qualifying races were added together, which meant that Jon won by 1 minute and 4 seconds.

Some questions about next year's Handicap – do you think this year's format was successful? If not, what suggestions for improvement would you make? Would someone like to take over the organisation for 2009?

Bowling Night

On 8th October, 11 members of the Running Club had a highly entertaining evening of ten-pin bowling in Bishop's Stortford. Some fast, precise (and not so precise) bowling and a bit of competitiveness made for a good night of fun and laughs.

Thanks to Dionne for organising the evening and I'm sure we are all looking forward to the next social event, if Dionne could let me know what this will be so I can get some practice in.

John Bull

Next social event - See the Quiz Night details below – Ed.

Amsterdam Marathon 2008

My marathon experience is limited to two overseas big city events (Dublin and Berlin), I really enjoyed the

atmosphere of these events and having missed out getting a place for London decided to look for alternative. I chose Amsterdam, which is famous for its flat, fast course and has great potential for a PB. Its reputation is for being friendly and well organised but not having much support from the locals during the race. By big city standards it is relatively small, with only 8,000 runners (there is also a half marathon run on the same day which has far more participants) but still attracts a number of elite Kenyan and Ethiopian runners as well as many from UK running clubs. We started in the art-deco 1928 Olympic Stadium in warm sunshine with a small, enthusiastic crowd cheering us on our way. The first loop of 7km takes the runners through the old part of the city, past the Rijksmuseum, through Vondel Park and back past the start. The second, of 35km, snakes through suburbs and out into the countryside along the Amstel River (and past the obligatory windmill), through the industrial area and finishes in the Stadium.

I was enjoying the run and feeling fine until around 35K when I hit the dreaded wall and really suffered in the last few miles. My hopes of a PB faded along with my energy levels. Relatively few water stops in the last miles did nothing to lift my spirits. I did finish inside 4hrs so didn't feel too despondent and consoled myself with the thought that there is always next year and another city.

Sean Flynn

New Club Records

Linda Selby claimed new V60

Records in the Run to the Beat Half Marathon and Stebbing 10.

Quiz Night

This is on Friday 21st November at Mark Hall at 7.30 pm. Bring your own refreshments. It is £3 per person. If you have any donations for raffle prizes, please contact Dionne.

Club Draw for the London

Marathon

The date for this is Thursday 20th November. The Club has 3 places and if you wish to enter the draw you must pass your rejection letter to Martin McColgan.

Christmas Dinner

Karen is taking the bookings for Friday 28th November at the John Barleycorn, £24.95 per person.

AGM 2009

This will be on 22nd January.

20th Anniversary Dinner

On Friday 27th February 2009 at the Churchgate Hotel, 7.30pm for 8.00pm. Tickets are £25 per person. For more details, contact Dionne.

Howard Williams Trophy for the Best Road Race in Essex

The Committee has nominated the Harlow 10, the Great Bentley Half Marathon and the Tiptree 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 30th November for inclusion in the December issue.

Club Web Site

www.thehrc.org.uk

