



RUNNING SHORTS

- the Newsletter of Harlow Running Club

Number 5

October 2008

Editorial

There is much to report this month. So without further ado – read on!

New Members

Welcome to Ian Gibson, Jane Carey, Susan Dwen, Joanne Lewis, Faye Strand, Alan Clucas and Dave Burne.

Safety

On dark evenings, all members should run wearing a reflective safety bib. They are £5.00 each. They weigh next to nothing and have adjustable side straps. Please ask me to sell you one.

Colin Moody.

Cotswolds Running Weekend

Friday 26th September to Sunday 28th saw 13 members of the club, 3 ladies and 10 men, enjoy a Purple Patch Running Weekend based in the Youth Hostel in the picturesque town of Stow-on-the-Wold.

The main purpose was to benefit from training and coaching tips. It consisted of running and coaching sessions and evening pub sessions!

All running sessions were done in groups based on individual abilities, the coaching and pub sessions were en mass. Everything was optional. There was an easy run on the Friday evening for those who wanted to (or hadn't wasted an hour or so touring around Oxford, so arrived late!) or go to the pub.

Saturday morning started with an early morning pre-breakfast easy run, followed by a hill session, speed session and finishing with a stretching clinic – yes, three runs in one day! The intervals between runs were filled with coaching sessions relevant to the runs we were about to do. All of these were very interesting and informative.

Sunday morning there was a long post-breakfast run, again done in groups, distances ranging between 8 to 14 miles, on and off-road around the rambling hills.

All the Purple Patch coaching staff were very friendly, knowledgeable and willing to help in any way possible. They also provided all of the healthy, wholesome and home cooked food

All found it a very informative and enjoyable weekend and thought we should do it again next year. The Purple Patch team are planning a hotel based break in future, which means it can only get better. It would be good to see more people involved next time.

Despite the fact that the runs were not timed, one individual did achieve a PB over the weekend by fitting his 'pink' duvet cover in sub 20 minutes.
Alan Moir.

Quiz Night

This is on Friday 21st November at Mark Hall. It will start at 7.30 pm promptly, and finish by 10.00 pm. Bring your own refreshments. The price is £3 per person and any surplus divided equally between Club runners raising money for charity in the 2009 London Marathon. If you have any donations or raffle prizes, or wish to buy a ticket, please contact Dionne.

20th Anniversary Dinner

This will be on Friday 27th February 2009 at the Churchgate at 7.30pm and the cost is £25 per person. The Club has booked a minimum of 75 places. Reserve your place(s) now with Linda Selby, with a £10 non-refundable deposit.

Handicap

After September's race, the final result is still in doubt. In the Ladies' section, Wendy Spring still leads from Linda Selby, but Joanne Mills could still pip them both. In the Men's section, there are joint leaders, Jon Steadman and Sean Flynn, but another six runners could still win. If there are equal leaders after the last

race, the handicap times of their head-to-head qualifying races will be added together and the runner with the fastest total time will be the winner.

The final race is on 28th October (2.1 miles).

London Marathon, 2009

If your application has been unsuccessful, you need to pass your rejection slip to Martin McColgan to enter the draw for Club places on 20th November.

St. Clare Hospice has a limited number of Gold Bond places, with a minimum sponsorship of £1,500. The Hospice also has some places for the London 10,000 in May 2009. Contact Tracey Meale (01279 773758) for further details.

First Aid Training

The Club is planning some First Aid training. The British Red Cross can run a basic two-hour course at Mark Hall if we can get a minimum of 8 trainees. It could be either on a Saturday or on an evening. The Club will pay the fees. If you are interested in taking part, please contact Wendy Stevens.

AGM 2009

This will be on 22nd January.

Harlow 10, 2009

This will be on 26th July.

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 October for inclusion in the November issue.

Club Web Site

www.thehrc.org.uk

