



RUNNING SHORTS

- the Newsletter of Harlow Running Club

Number 4

September 2008

Editorial

It's been a quiet time for racing since last month's Running Shorts. In this bumper issue, we look forward to a busy autumn of races and hopefully fine weather (except for those of you running cross country – I know that you prefer thick, thick mud and pouring rain!).

New Members

A big welcome to newly joined members, Dan Chapman, Mark Goodger, Ruth Guy, Kuzna Jackson and Jennette Levy.

Harlow 10 charity contribution

As many of you will know Harlow running club regularly assist St. Clare's hospice with their fund-raising events, and we've also assisted in some Race for Life events in the past.

However, the committee has discussed making a one-off contribution to a charity based on money generated from the Harlow 10 road race.

The charity hasn't been decided yet, nor the amount. If anyone can think

of a charity they think is deserving of a contribution and why then please let a committee member know.

Rick Ricketts

London Marathon entry

The London Marathon 2009 entry was an on-line entry this year. The entry was in 2 phases; there was a window to enter just after the 2008 race and then another window was open about 2 weeks later. Then it closed. Now anyone who doesn't have access to the internet (or was still recovering from the 2008 race) would have missed that window. The upshot of this is that there is no autumn opportunity to enter the London, like there has been for the previous 28 years. Perhaps this may not have dawned on everyone. If anyone had had a thought about doing next year's race from last May onwards *it's already too late*-too late to even get a rejection slip, in order to have a chance of a club place. Did anyone think about that? And how does that affect the stipulations for entering the draw for the club

places? I'd like to hear any views on that.

If I'm the only person who is now thinking about doing London 2009 (but hadn't thought about it in April) then fair enough. It's just that this would be the first time in 28 years that a prospective marathon candidate has to decide no later than 2 weeks after this year's race that he/she wants to enter for next year.

Rick Ricketts

Club draw for the London Marathon

The provisional date for this is Thursday 20th November. As yet, the Club doesn't know who many places it has. The entry criteria are:

1. Have an original London Marathon rejection slip from the ballot, and
2. Been a member of the Club for 1 calendar year prior to the draw, and
- 3a. Raced twice within the relevant calendar year for the Club in the Club Championship, Midweek League or cross country races or
- 3a. Having marshalled in one event in the calendar year for the Club from the Ladies 5K series, Midweek League, Harlow 10, or cross country.

Club Championship & new Club Record

Only two members, Linda Selby and Karen Moir ran in the Havens Hospice 5k at Basildon in August. Linda set a new V60 record for the Club in her first race in this age category.

The remaining races are on the 9th November – Stebbing 10;

and any marathon and any 20 mile race.

Handicap

The remaining races are:

16th September (5 miles);

28th October (2.1 miles).

Volunteers are needed to record the results, as your Editor would like to run in these two races.

Harlow Town Show

Sunday 31st August saw the annual Town Show, which gave us the opportunity to attract and encourage new members to our Club.

Our team for the day consisted of Colin, Dionne, Andy, Grahame, Karen, Martin, Rick, Roy and myself, who throughout the day covered the stand that was located in the Leisure Service tent along with other local sports groups.

The day started slowly with not many people approaching our stand, but eventually with our friendliness and charm, we got individuals, young and old, interested.

One problem we came across was that a lot of parents and children were interested as the children had some talent for long distance running, but because of age restrictions, we missed out to the Athletics Club.

Overall, the day turned out to be quite a success. We spoke to many people who sounded keen to have a go, others who thought that family, friends might benefit from joining the Club, and then those who would love to join but had difficulties fitting into their lifestyles.

Well, we have now shown our enthusiasm and love for running to

others, we can only wait and see if these qualities have rubbed off.

Sharon Wright

(Four runners came to the Beginners' session on the next Tuesday after talking to us at the Show – Ed.)

Bowling night

Dionne is arranging a Bowling Night in Bishops' Stortford in the week beginning 6th October. Please look at the Mark Hall noticeboard for further information.

Quiz night

A Club Quiz is to be held at Mark Hall on Friday 21st November. More details from Dionne next month.

20th Anniversary Dinner

The date for this is Friday 27th February 2009 at the Churchgate Hotel at 7.30pm for 8.00pm. The Club has reserved a minimum of 75 places and will make a subsidised payment towards the cost. More details to follow from Dionne.

Cross Country 2008/2009

Yes, it's time again to start thinking about mud, hills and bracing weather as the cross country season starts soon. For those of you new to the club or if you haven't competed in cross country events in the past, we would like to encourage you to take part this winter as it can be great fun. Cross country is terrific for building strength if you're training for a marathon or other longer races, it is easier on the joints and provides variety to your training as well as interesting and scenic courses. It is also a very friendly sport as all events are team-based and

everyone has the chance to influence the team's score and position. Our Sunday League races are followed by a buffet where you can socialise, and importantly there are no entry fees for any of the races.

Tips for Cross Country

- Hill work is the ideal practice for the cross country season
- Cross country is less about times, more about positions, as conditions are extremely variable and course measurements less precise.
- Pace yourself differently from road running to minimise fatigue - go slower!
- Wear appropriate footwear – road trainers are only really suitable if the course is firm and dry. Trail and studded shoes are good for most events unless extremely muddy. Spikes have the best grip, but not everyone can get along with them. They should be worn when there are heavy conditions and the course has no tarmac or concrete sections.

The Main Events

- **The Sunday League** – a friendly but competitive league between ourselves, Stortford, Ware Joggers and Saffron Striders on Sundays. Provisional dates and venues.
 - 30th November – Ware
 - 14th December – Bishops Stortford
 - 4th January – Harlow
 - 11th January – Newport (Saffron Striders)
- **Metropolitan League** – held on Saturdays with over 20 clubs in North London and surrounding areas. Separate races for men and

women with larger fields. 2008-2009 races

- 11th October – Claybury (Woodford)
- 8 November – Wormwood Scrubs
- 29 November – Ruislip
- 17th January – St Albans
- 14th February – Perivale
- **Essex League** – Our junior runners compete in this League.
- **County and other major events** –
 - 6th December – Essex Veterans – Claybury
 - 10th January – Essex Seniors – Basildon
 - 24th January – Southern Championships – Hillingdon
 - 21st February – National Championships – Parliament Hill

Howard Williams Trophy for the Best Road Race in Essex

In February 2009, the Essex Road Running Forum will be awarding a trophy for the best road race in the county as voted by the clubs. The award will be made regardless of the distance of the race, but races will be discounted if they do not have a UKA license or an accredited measurement certificate. Valid races will have taken place between 1st December 2007 – 30th November 2008.

The process to follow for nominations and final voting is as follows:-

1. By 30th November, each Club may nominate up to three races and can nominate their own Club's race.

Nominations should be based on the following organisational criteria, rather than the quality of the scenery or goody bag.

- Entry process. Car parking
- Start arrangements. Changing facilities, inc toilets
- Marshalling/signage. Course safety
- Finish. Adequate water stations
- Results accuracy. Medical support
- Presentations

2. The Essex Road Race Forum sub-committee will discuss the nominations received and agree a short list.

3. The shortlist will be sent to clubs along with a voting form. Clubs will be asked to rank in order what they consider the first three best races on the shortlist. However, clubs cannot vote for their own race. 4. Complete and return the voting form by January 20th. Presentation of the trophy will take place at the Great Bentley Half Marathon on 8th February 2009.

If anyone wishes to make any nominations, please pass them to any Committee member by 16th November.

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 September for inclusion in the October issue.

Club Web Site

www.thehrc.org.uk