



RUNNING SHORTS

- the Newsletter of Harlow Running Club

Number 16

September 2009

Editorial

August was a quiet month on the racing scene.

If you have received this by post, but have an e-mail address and are would prefer to receive an electronic copy, please send me you e-mail address. It's quicker and easier for me to send this by e-mail.

I haven't received any member profiles for a couple of months, so if you're willing to write one, or any other article, please get in touch.

New Members

There are seven new members to welcome this month – Jackie Allen, Laurie Gonzalez, Elena Morris, Donna Whitehead, Katie Woodhouse, Louise Brass and Victoria Barnett.

Club Handicap

In August's 4.89miles handicap race, 26 people started, although unfortunately 3 were disqualified for going the wrong way and one DNF. Adrian Fell won the men's race, followed by new member Ryan

Johnston in 2nd and Dougie Gray in 3rd.

The ladies' race was won by new member Fiona Wood, followed by Linda Hawkins in 2nd and another new member Susie Morley in 3rd. Well done to all of them, and to all the competitors.

The series leaders are still Linda Hawkins and Simon Barnes, with one more race remaining in the series.

The final race is on 22nd September, over 2.33 miles. Hope to see you all there!

Vicky Steadman

Harlow Show, 6th September

The Club had a stand to try to interest runners or people that would like to take up running, to join our club. It was a slow start but we did have a few people that did seem generally interested so hopefully they will build up the courage to show their faces with a view to joining. So when they do come along, please make them welcome.

I would like to thank the people that helped on the day; it was a great day to advertise our Club.

Ps. - If anyone has any other ideas to recruit new runners, please let one of the committee know - we are open to any ideas.

Dionne Jones

Reflective Vests for Winter

For your own safety in the autumn and winter, you should be wearing a reflective vest when you go out running, because the evenings are dark. These vests make you much more visible and drivers can see you. If you have one already, please make sure you use it.

I am willing to collect a bulk order for the Club if anyone wants a vest.

They cost £5.25 each and are one size only, with side ties to adjust to your size.

If you would like me to order one for you, please let me know. I would like to place an order as soon as possible.

Colin Moody

Injuries

If, unfortunately, you are injured and need to consult a local physiotherapist, the Club is willing to pay for the first half hour consultation.

The procedure for claiming this was discussed at the September Committee meeting. If you need to take advantage of this offer, you will need to pay the fee, obtain a receipt and then with this, reclaim the money from the Club Treasurer. For more details, please see the Club's

'Information for New Members' notes.

Christmas Meal

The date for this is provisionally Friday 4th December. Further information will be announced soon.

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

4th December (provisional date) – Christmas meal
21st January 2010 – Club AGM

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