



RUNNING SHORTS

- the Newsletter of Harlow Running Club

Number 23

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Editorial

Firstly and most importantly, good luck to all those who are entering a spring marathon over the next few weeks, starting with Brighton on 18th April and of course London on the 25th. I hope the weather stays cool and all that hard winter's training is rewarded with some good times and enjoyable experiences. Please contact me with your marathon stories for next month's newsletter. For the rest of us it's time to get down to some serious speed work for the Midweek League and Ladies 5k Series.

New Members

Spring must definitely be in the air, as we've twelve new members this month. So a big welcome to Harriet Radmore, Stacey Chivers, Liam Croly, Kirsty Warby, Emma Wadding, Katie Hammond, Robert Harlow, Carolyn Kramer, Katie Simmons, Lauren Tibbles, Elaine Turner and Stuart Glynn.

New Membership Secretary

Congratulations to Dan Chapman who has joined the club committee as its new membership secretary.

London Marathon Coach

As usual, the Club is organising a coach to transport runners and spectators to the start and home again afterwards. The coach will leave Harlow Sportcentre in Hammarskjold Road at 7am promptly on 25th April. The return will leave from near Trafalgar Square at about 4pm. The cost is £10 per person, whether you travel in both directions or only one. Please sign the form on the Club noticeboard if you wish to travel on the coach.

Club Records

In a month of new Club Records, Dionne Jones broke yet another in the Essex 20 at Great Bromley. As well as setting a new PB by over 10 minutes in 2.32.29, she lowered the existing record by over 11 minutes, a time that had stood for 19 years. At the Silverstone Half Marathon, two first wheelchair records at the distance were set by Anne Strike in 1.25.53 and Dean Harvey in 1.39.14. At the Orion 15, John Tennant set the first record in the V60 category with 1.57.06.

Finally, at the St.Clare Hospice 10k, Richard Chiassaro set a new Wheelchair record of 31.09.

Other Top Performances

At Silverstone, Jared Bethell finished 9th overall in a field of over 5500, although the Adidas website is bizarrely reporting him as 2nd woman! Gavin Brett put in a great run at the Aalborg "Brutal" marathon in Denmark on 4th April. His time of 3:47:26 is particularly impressive when you look at the pictures of the hills and learn that the winning time was only 2hrs 51mins. The men's team of Noel Thatcher, Jared and Roy Stevens took 1st prize at the St Clare Hospice 10k and Marc Lowers knocked 4 minutes of his 10-mile PB at the Maidenhead 10 on Good Friday.

Club Championship

As a result of races in March the lead has changed in both the Ladies' and Men's sections. In the Ladies' section, Dionne Jones took the lead by almost 10 points over Katie Herrington. In the Men's Section, the leading two swapped places, with John Bull overtaking the previous leader, David Ayling, to open up a 5 point gap.

Handicap

The first 2 legs of the handicap have already been run. Atrocious weather and multiple timing problems made managing the 2.2 miler on 23rd March particularly tricky. Well done to Vicky and others for getting it all right in the end. The 5.1k on April 12th went more smoothly, despite some competitors taking a small detour near Pets corner. The men's

series has a clear leader with Dan Chapman in 1st place. Stuart Glynn is second, with Dave Croly and Steve Edwards in joint 3rd. The ladies series is neck and neck, with Susie Morley, Harriet Radmore and Sharon Wright in joint first place, Linda Hawkins just one point behind. The next race is 5 miles on 11th May.

Midweek League Starts 20th May

For new members, this League is a team event for which no individual entry form or payment is needed. Results are based on the 1st 12 male and first 6 female finishers from each club, so the more runners a club has the better it can push back other teams. Great turnouts in 2009 meant we just missed promotion and it would be great to go one better this time.

Finalised dates are:

Thurs 20th May – Bishop's Stortford
Tuesday 1st June – Orion (Chingford)
Wednesday 16th June – Harlow
Wednesday 30th June – Welwyn
Wednesday 14th July – Trent Park (Mob Match)

The Club Captains will be selecting those who run in the race we are hosting. Others are encouraged to help to marshal and safely organise the race.

Ladies' 5k Series

This year's races are on 4th May, 18th May and 8th June. All are Tuesdays and the races start at 7.30pm. At least 20 people are needed to make sure that the races take place smoothly and safely. If you can help at any or all of them, please sign the volunteers form on the Club noticeboard at Mark Hall, or let me know.

Quiz raises over £700 for St Clare Hospice

Well done to Susie Morley and Jared Bethell who raised just over £700 marathon sponsorship for St Clare's by organising a well attended quiz at Ugley Village Hall. A good night was had by all with an Indian buffet thrown in. A team from the club was narrowly pipped for 1st place and for those of you who couldn't make it; Chad is the largest landlocked country in Africa!

Special Offers – (or “Freebies” as they are better know)

The Club has a number of items left over from previous Harlow 10s. There are medium T-shirts from 2009, extra large T-shirts from 2008; shoe bags; and 10cl drinks glasses. There are also so extra large T-shirts, caps and gloves from the Silverstone Half Marathon. If you would like any of them, please ask myself or one of the Committee members on a Club night.

Race for Life - Harlow

The organisers of this event are still very short of volunteers and have asked if the Club could help. If you are not running this race on 9th May, but are willing to help, please contact the

organisers: <http://www.raceforlife.org/support-race-for-life/volunteer.aspx>

They are willing for the Club to have a stand to recruit members if we can provide volunteers.

Colin Moody

Dates for Your Diary

4th May – Ladies 5k Series – Race 1
11th May – 5 mile Club Handicap
18th May – Ladies 5k Series – Race 2
20th May – MWL Bishops Stortford
23rd May – Great Baddow 10 miles (Club Championship)
31st May – Hatfield Broad Oak 10k (Club Championship)
1st June – MWL Orion (Chingford)
8th June – Ladies 5k Series – Race 3
6th June – Tilty Hilly 5 mile (Club Championship)
16th June – MWL Harlow
25th July – Harlow 10

Contributions

Articles on running topics are welcome. Please send them to the Martin McColgan (martin.mccolgan@virgin.net), preferably in a Word Document by 4th May for inclusion in the May issue.

Club Web Site

www.thehrc.org.uk