



RUNNING SHORTS

- the Newsletter of Harlow Running Club

Number 15

August 2009

Editorial

Catch up with the news you may have missed while on holiday.

New Members

There are five new members to welcome this month: Emma Steven, Paula Reynolds, Fiona Wood, Ryan Johnson and Howard Gaines.

Harlow Show, 6th September

The Club is taking a stand at the Show. Volunteers are still needed to help, talking to potential new members. Please let me know if you are willing to lend a hand.

Midweek League

After the last League race at Welwyn Garden City, Harlow finished in 3rd place overall, equalling our previous best final placing in 2003. We were only 3.5 points behind second place Royston, but well clear of Bishop's Stortford who finished fourth. In the race, Linda Selby set a new V60 Club Record.

In the Mob Match at Trent Park, the Club had 9 men and 6 women running in this non-scoring annual

conclusion to the Mid-week league season. The first Harlow runner was Roy Steven (35-31), closely followed by Rick Ricketts (35-38) and Jamie Jephcott (36-19). First Harlow lady was Katie Herrington (42-40), followed by Clare Williams (47-28) and Linda Selby (49-05).

In the final league standings, Dionne Jones won two awards, for 1st V35 and 2nd Female overall, a great achievement. For the men, Roy Steven and John Tennant were respectively 1st and 2nd V50 and the top 12 Harlow men won awards for 2nd team place. The awards were presented after the Mob Match.

Rick Ricketts

Harlow 10, 26th July

This was the 20th anniversary of the Harlow 10 Mile Road Race. There were 460 finishers, one of the larger fields on one of the cooler days in the history of the race. It was won by John Clarke of Newham & Essex Beagles (54-25) and 1st lady and 9th overall was Jennie Roberts of Colchester Harriers (61-02). Also participating were six members of

the local Territorial Army in support of the Help For Heroes charity who marched round the course wearing full army packs.

First Harlow runner to finish was Jared Bethel in 11th place in (61-30), followed by Justin Revell (62-13 PB). Andy Terrell finished with a PB (67-58).

Many thanks to all members, family and friends who helped with the race. If you haven't collected a T-shirt yet, there are still some available (small and medium only). Please contact Karen Moir to collect one.

In 2010, the race will take place on Sunday 25th July and incorporate the Essex County Championship.

Club Handicap

Simon Barnes, who is continually improving and took a minute off his previous 5K handicap time, won July's men's race. He is now in first place in the series, pushing Jamie Jephcott, who finished 2nd, into second place.

Wendy Spring won the ladies' race for the second time, with Linda Hawkins in second place and Susan Dwen in third. Linda Hawkins still leads the ladies overall, with an impressive score of only 10 points. Newcomer Emma Steven took part in her first race with the club.

Vicky Steadman

Club Championship

After the 10k race at Felsted, Linda Selby strengthened her lead in the Ladies' section. In the Men's section, Roy Steven now heads the table for the first time this year.

The remaining race dates are:

- Tiptree 10 (11th October)

- 20 Miles (any)
- Marathon (any)

Fairlands Valley Relays

Three men's teams and one ladies' team were fielded in these popular relays. The teams consist of 5 men and 3 ladies, each running 3kms. Sven Meinen, in his last outing for the club, fittingly ran the fastest leg out of the club's 4 teams. His time in the Harlow 'B' team was 10-33, though rapidly improving Jamie Jephcott ran 10-44 for the 'A' Team, then followed that up with another leg in 11-00. For the ladies, Vicky Steadman (13-20) Linda Selby (14-:51), Katie Herrington (13-02) all ran very well. The ladies' team was 23rd out of 51 teams and the 3 men's teams were 23rd, 28th and 35th out of 55 teams.

Rick Ricketts

Headphones

One of the comments after the Harlow 10 highlighted the wearing of headphones meaning users could not hear the instructions and encouragement of marshals. This reinforces the recent addition to the Code of Conduct that on training nights and when competing in races, runners should not wear headphones.

Dates for Your Diary

6th September – Harlow Town Show

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 August for inclusion in the September issue.

Club Web Site

www.thehrc.org.uk

