



# RUNNING SHORTS

## - the Newsletter of Harlow Running Club

Number 19

December 2009

### Editorial

A very happy Christmas and New Year to everyone.

### New Members

Only one new member this month, so a big welcome to Simon Kirk.

### Essex Sport Awards 2009

Richard Chiassaro narrowly missed out on winning the Paralympic Hopeful category. However, he was highly commended.

### Club Championship 2010

The Committee decided to revise the format for 2010 to try to increase participation.

Best percentage scores at 4 different distances will be counted.

There will be a choice of races to count:  
5 miles – Tilty (June) or Ingatestone (September)

10k – Hatfield Broad Oak (May) or Felstead (July)

10 miles – Baddow (May) or Stebbing (November)

Half Marathon – Great Bentley (February) or Stevenage (November).

Any race at 5k, 15 miles, 20 miles and marathon can be counted.

There will be a second place award for both ladies and men.

David Ayling and Jon Steadman are researching to see if they can find an alternative formula for calculating the percentage scores, which may be less harsh on younger runners.

### Club Person of the Year 2009

Vote for this award to be presented at the Dinner and Dance on 26<sup>th</sup> February. Please put your nomination in the voting box on a training night at Mark Hall. If you can't get to Mark Hall, please e-mail your choice to the Editor. The closing date is the AGM on 21<sup>st</sup> January.

### Cross Country

Hi "Running Shorts" fans, its me Andy T... I've been given the great honour of writing this week's club news, OMG..... I'll try to give you chums the details you want without sending you to sleep!!! Anyway, back to the news... 29th November was our Harlow Cross country 5 mile race. Once again we put on a top race, with a very tough course, next time I might run it in arm bands and flippers (I'm giving away all my secrets "whoops"). We had a great turn out for the club with a very strong men's and a good ladies' team.

Jared Bethell finished in 2nd place and only just missed out on winning. Justin Revell was 5th and John Evans got a

great 7th place. Adrian Fell ran his first cross country since school and finished in 19th place he said "I feel like rubble" - not the only one mate...!!!!

Dionne Jones finished first for the ladies in 9th place, followed by Katie Herrington in 10th and Vicky Steadman in 12th. Paula Reynolds, Claire Williams and Donna Whitehead did a fantastic job completing their first cross country races for the team and finished in 13th, 23rd and 24th places respectfully. Free mud packs were enjoyed by all.

Also, a special well done goes to Andy Simms who finished in 50th place...he nearly ended up doing a 'Zola Budd' after loosing one of his trainers in the mud, but managed to rescue it and keep running, well done.

I'd like to say thank you to all the many marshals and also to everyone who bought food for the day. Personally, I think my Iceland party size sausage rolls stole the show... Mmmmm...

Finally, I think a special mention is due for Sharon Wright's spotty wellies, they were the best on the course and definitely to die for...

*Andy Terrell*

### **London Marathon 2010**

The winners of the three Club places in the draw were Susan Dewen, Steve Mackenzie and Joanne Chung. The two reserves, in case of withdrawals are Jon Steadman and Martin Patch.

### **Christmas Meal**

A good time seemed to be had by all at the annual Christmas meal. Possibly with the exception of the poor couple sat in the corner hoping for a nice quiet meal before Harlow Running Club took over the restaurant!

It was lovely to see everyone dressed up for a change and the food and service was superb, hardly recognised some people without the lycra.

Cabaret was provided by Joanne and her 'blinged up' friends who came and did a twirl to show off their sequins and

Pat Butcher earrings however the back table held the hardcore party goers who were heading into Harlow afterwards to go clubbing. Andy was determined to join the crowd however after a few bottles of wine he was starting to flag and I wonder if he ever made it.....babies eh!

*Claire Williams*

### **Christmas and New Year Training**

Due to the opening times at Mark Hall, the last Club night before Christmas will be on Tuesday 22<sup>nd</sup> December and the next one at Mark Hall will be on Tuesday 5<sup>th</sup> January. On Tuesday 29<sup>th</sup> December, we will meet in the Car Park at Harlow Sportcentre, Hammarskjold Road at 7.30pm.

### **Christmas Present**

If you don't have a reflective vest for running at night, persuade someone to give you one for Christmas. I have them for sale at £5.25 each. They are one size only, with side ties to adjust to your size.

If you would like one, please ask.

### **Mark Hall Service Agreement**

The Club has signed an agreement with Mark Hall Sport Centre setting out the services to be provided and our use of them. The club is paying for the use of the facilities for training on Tuesday and Thursday evenings to include the Club Room, changing and showers. The track is also booked for the Club on Wednesday from 6.30-7.30. Use at this time is free. However, if you wish to use the track at other times, the fee is £2.50 per hour on production of your Club membership card or England Athletics Competition Licence. The fee rises to £4.50 if you don't show your card. If anyone wishes to see a copy of the agreement, please ask me.

### **Thursday Training**

Some concern has been expressed about Club members running back to

check on slower runners. This was discussed at length at the Committee meeting on 3<sup>rd</sup> December.

Over the years, there have been attempts to resolve trying to marry the needs of faster and slower runners, sometimes running in separate groups, sometimes together – none of which have been entirely satisfactory for one reason or another.

The Committee decided that in the interests of Club members' safety, it is preferable for the faster runners to continue to double back. The advantage is that it increases their mileage for the evening as well as giving them a harder session. However, the Committee would also encourage all runners to be aware of the safety of their fellow Club members.

#### **Presentation Dinner & Dance**

This will be at the Hunter's Meet, Hatfield Heath on Friday 26<sup>th</sup> February. You are very welcome to bring a guest. The cost is £30.00 per person. If you wish to book places, please sign the list on the Mark Hall noticeboard.

#### **Club Person of the Year 2009**

This is your chance to vote for this award to be presented at the Dinner and Dance on 26<sup>th</sup> February. Please put your nomination in the voting box on a training night at Mark Hall. If you can't get to Mark Hall, please e-mail your choice to the Editor. The closing date to vote is the AGM on 21<sup>st</sup> January.

#### **Harlow Ladies' 5k Series, 2010**

The dates for the Ladies 5k Series have been decided. They are 4<sup>th</sup> May – Race 1, 18<sup>th</sup> May – Race 2, 1<sup>st</sup> June – Race 3. All will start at 19.30.

#### **Harlow 10**

The 2010 race will include the County Championship. It will be run on Sunday 25<sup>th</sup> July. Note the date so that you can help on the day.

#### **St Clare Hospice Santa Run**

On Sunday 6<sup>th</sup> December, St Clare Hospice organised a 4k Santa Run/Walk in the Town Park and before it started, the Club presented a cheque for £750 to the Hospice, money raised from the Harlow 10.

There were about 20 members present for the presentation, about half of whom shortly later ran the race, all dressed as Santa. The runners were led home by our very own, Secret Santa nosed Jared Bethell. Others dispersed around the course to act as marshals and cheer the competitors on to the finish.

*Colin Moody*

*The Club received the following thanks from the Hospice the day after the run.*

Thank you so much once again for coming along yesterday to help with setting up and the marshalling at the Santa Run. Despite that horrible heavy rain first thing, it certainly did clear up into a beautiful morning for the run. You can see the photos at [www.photoboxgallery.com/stclarehospice](http://www.photoboxgallery.com/stclarehospice)

Lots of people have told us how much they enjoyed the run and we are definitely planning on making it an annual event for the Hospice. Thank you also to Harlow Running Club for the cheque presentation from your 10 mile run. We really appreciate all the support that the club gives us every year, especially at our 10k run. I have been in touch with the Star newspaper and asked them to include the cheque presentation, so we'll see what happens there.

*Tracy Meale*

#### **Malaria Consortium**

A child dies from malaria every 30 seconds. Please support us to help protect and save lives in the fight against malaria.

Malaria is both preventable and treatable and is the greatest health challenge facing people in most African countries. Reducing the burden of

malaria is crucial to improving lives and giving people the opportunity to lift themselves out of poverty. We work to improve and save the lives of some of the poorest and most vulnerable people in the world.

We rely on the generosity of our supporters. Even a small amount of money can make a BIG difference and help us to protect and save lives.

Your gift can transform lives.

[www.malariaconsortium.org](http://www.malariaconsortium.org)

If you would like to raise funds for this appeal, please contact Caroline Ash, Fundraising Manager, Malaria Consortium International, Development House, 56-64 Leonard Street, London EC2A 4LT (020 7549 0209)

*Caroline Ash*

### **Dates for Your Diary**

21<sup>st</sup> January 2010 – Club AGM

26<sup>th</sup> February – Award Presentation  
Dinner

4<sup>th</sup> May – Ladies 5k Series – Race 1

18<sup>th</sup> May – Ladies 5k Series – Race 2

1<sup>st</sup> June – Ladies 5k Series – Race 3

25<sup>th</sup> July – Harlow 10

### **Contributions**

Articles on running topics are welcome.

Please send them to the Editor, Colin Moody ([cam\\_harlow@yahoo.co.uk](mailto:cam_harlow@yahoo.co.uk)), preferably in a Word Document by 31<sup>st</sup> December for inclusion in the January issue.

### **Club Web Site**

[www.thehrc.org.uk](http://www.thehrc.org.uk)