



RUNNING SHORTS

- the Newsletter of Harlow Running Club

Number 21

February 2010

Editorial

I would like someone to take on the role of editing Running Shorts as I have found the amount of time that I have been devoting to the Club's business too much in the past few months.

So, if you would like to take over, please contact me as soon as possible. If no-one comes forward by the end of February, this will be the last Running Shorts.

New Members

Welcome to five new members this month. Matt Webster, Sarah Green, Sarah Packer, Claire Fowler and returning again, Gavin Brett.

New Club Records

The New Year started with some superb performances at the Folksworth and Benfleet 15 races. With 10 runners making their debuts at the distance, there were PBs all round. But most notably, Katie Herrington set a new Senior record of 1.41.25, to beat the old record, set in 1999, by over 7 minutes and became the fastest lady over the

distance for the Club ever. Not to be outrun, Dionne Jones set a new V40 record of 1.53.38, lowering the old record by over 21 minutes.

Presentation Dinner & Dance

This will be at the Hunter's Meet, Hatfield Heath on Friday 26th February. You are very welcome to bring a guest. The cost is £30.00 per person. There are still places available. 60 have reserved places, but there are 75 available, so if you wish to book places, please contact Karen Moir. Also, if you haven't paid yet, please do so as soon as possible.

New Committee

The new Committee elected at January's AGM is:
Chairman – Donna Whitehead
Treasurer – Linda Selby
Honorary Secretary – Colin Moody
Membership Secretary – Wendy Spring
Men's Team Captain – Rick Ricketts
Men's Vice Team Captain – Roy Steven

Ladies' Team Captain – Katie Herrington
Ladies' Vice Team Captain – Clare Williams
Publicity Officer – John Tennant
Social Secretary – Karen Moir
Race Promotions Secretary – David Ayling
Recruitment and Liaison Officer – Jamie Jephcott
Child Welfare Officer - Dionne Jones
Webmaster – Jon Steadman
All members are welcome to attend any Committee meeting.

Membership Renewal

The fee agreed at the AGM is £20 again for this year. Please renew your membership promptly with Wendy Spring. You can pay by cheque or cash (preferably with the correct money). If you haven't renewed your membership within one month, it will lapse.

Charity Choice

The AGM decided to support St. Clare Hospice this year by donating 50% of any surplus from the Harlow 10.

Race Help

The AGM overwhelmingly supported the motion that:

“Club members are expected to help in the organisation of hosted races. Team selection for these races will be made jointly by the Team Captains and Vice-Captains. Those that volunteer early for these tasks will be given the opportunity to run in the race if there are sufficient number of volunteers.”

Sunday Cross Country League

The January race, postponed because of ice at Newport, will now be run on 28th February.

Silverstone Half Marathon, 14th March

During a meeting in London in 2002 with the London Marathon Race Organisers for Gold Bond Sponsorship myself and Caroline talked with the Race Director and his team about a forthcoming Half Marathon which was being organised possibly the following year, during that discussion we offered HRC as potential volunteers to operate a feed station. In 2003 the first Silverstone Half took place and HRC were offered and we accepted the task to take control of the 9 mile Lucozade Feed Station and we have carried this out for the past 6 years. The Race Organisers have again asked us to operate the 9 mile Lucozade Feed Station. We require approximately 30 volunteers to smoothly run the feed station. More hands would be welcome but fewer hands makes the task more difficult. So please volunteer yourself, friends or family
A list for volunteers is on the noticeboard and providing we have enough marshals we shall offer limited spaces for any runners to come on the coach who wish to participate in the race. There have been ample places in the past. A 49 or 53 seat coach will be hired. We believe the same terms apply (but has to be verified). Each volunteer will given a packed lunch and running jacket. We are also given gloves and knives for preparing the tables. If you are not

stuck to the floor you will also be able to drink as much Lucozade as you wish.

The club in return receives a cheque for about £250 from the race organisers. We also carry back any left over Lucozade which we share with St Clare Hospice for their 10k and what remains is used for the Harlow 10.

We anticipate the coach leaving Hammar skjold Road at 8.30 and returning at 17.30. All this will be confirmed by Caroline over the next couple of weeks.

I hope you will try to come along - the more volunteers there are, the easier the running of the station. It's great for club camaraderie and team building and it's fun. It's certainly quite a unique experience to 'feed' so many runners in a race and to experience Silverstone from a different perspective. Finally both the Club and the Hospice benefit from the money and the Lucozades donated on the day.

Alan Bore

Club Championship 2010

The Committee has agreed that the Club Championship will feature a different selection of races for 2010, with the addition of the 15 miles distance.

There will be a male and a female winner and runner up.

The Championship will be held throughout the year, over a variety of distances, with a runner's best four performances at different distances out of the eight, on an aged graded basis, counting towards the final positions. Runners under the age of 30 will have their percentage scores calculated at the age of 29, to

eliminate some of the bias against younger runners in the formula. All calculations will be based on the official race results and the race must have an official course measurement.

The following races will count towards the Championship:

- 5k - (any)
- 5 miles - Tilty Hilly (June) or Ingatestone (September)
- 10k – Hatfield Broad Oak (31st May) or Felsted (11th July)
- 10 miles – Baddow (23rd May) or Stebbing (November)
- Half Marathon - Great Bentley (7th February) or Stevenage (November)
- 15 miles - (any)
- 20 Miles - (any)
- Marathon - (any)

After January's races over 15 miles at Benfleet and Folksworth Linda Selby and David Ayling are the leaders in their categories, closely followed by Dionne Jones and John Bull.

Essex 20

This race will be at Great Bromley on 7th March. There are an entry forms on the Mark Hall noticeboard, one for Ladies and one for Men. The Club will submit the entries. Your fee is £7. Rick Ricketts is co-ordinating entries, please pay him as soon as possible. Entry is £10 on the day, but you would not be eligible for the Essex Championship.

Have Fun – Let's Get Active

There is a Have Fun – Let's Get Active morning at Harlow Library on Thursday 18th February from 10.30 to 12.30. The Club will have a stand there. So far, Dionne Jones and

Katie Herrington have volunteered to be there. If anyone else wishes to help, please contact Dionne.

Essex County Championships

These are to be held the tracks at Thurrock on 3rd May, at Chelmsford 8th and 9th May, at Woodford Green 15th and 16th May and at Braintree 8th June. If anyone wishes to enter them, please contact me for further details.

Colin Moody

Ladies' 5k Series

The date for the last Ladies 5k race has been changed. They are now 4th May – Race 1, 18th May – Race 2, 8th 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 25th July. Note the date so that you can help on the day.

Epping Forest Sunday Mornings

As an old HRC runner in both senses can I mention how good it is to see a number of HRC runners coming over to the Forest on Sunday mornings. I have been running in the Forest most Sundays since the early months of HRC being formed. Any slow runners wishing to come along to compete with the fast boys and girls are more than welcome.... I am always at the back "Lamp Rouge", no Yellow Jersey for me. It will be good to get some company to run with again, so come on you slower runners why not come along and be part of team Lamp Rouge. Running in the Forest is much more fun that on the streets - it's fairly

traffic free and you can actually see the seasons come and go. Running in the snow along the bridleways this winter has been exhilarating and the autumn colours at the end of 2009 were wondrous.

Hope to see you there.

(Karen's round robin e-mail gives location and time).

Alan Bore

Wedding Bells

Very many congratulations to Club members, Jan Bliss and Sean Fowler who were married in January.

Dates for Your Diary

18th February – Have Fun – Let's Get Active (Harlow Library)

26th February – Award Presentation Dinner

4th May – Ladies 5k Series – Race 1

18th May – Ladies 5k Series – Race 2

8th June – Ladies 5k Series – Race 3

25th July – Harlow 10

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 28th February for inclusion in the March issue.

Club Web Site

www.thehrc.org.uk