



RUNNING SHORTS

- the Newsletter of Harlow Running Club

Number 20

January 2010

Editorial

After a quiet December, everyone should be looking forward to the new challenges that the New Year brings. Lace up those shoes and hit the road (or the mud for those that enjoy cross-country!).

The cancellation of training last Thursday and the Cross Country race on Sunday is the first time in the Club's history that I can remember this happening, so it must be a bad winter.

Club Records

Many congratulations to Dionne Jones on breaking the V40 Club Records in two 5k races at Stevenage in November and the Half Marathon Record at Stevenage in November and then again at Bedford in December.

Club AGM, 21st January

This will take place at Mark Hall at 8.15pm in the Club Room. The agenda is that same as I sent last month. Please bring a copy with you. There are still several Committee posts that have received no

nominations. They are Chairman, Honorary Secretary, Ladies Vice Team Captain and Race Promotions Officer, so please consider whether you can help the Club by volunteering for one of the unfilled posts. All other posts have had one nomination.

Membership Fee 2010

Although the level of fees is to be decided at the AGM, the Committee is recommending that they be kept the same as last year. If agreed, this will be at least four years of no change. Please renew your membership promptly at the AGM or shortly after. You can pay by cheque or cash (preferably with the correct money).

Club Person of the Year 2009

This is your chance to vote for this award to be presented at the Dinner and Dance on 26th 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 21st January.

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. If you wish to book places, please sign the list on the Mark Hall noticeboard.

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 Felsted (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. The next Committee meeting will decide if there is to be any change to this.

Essex 20

This race will be at Great Bromley on 7th March. I will put an entry forms on the Mark Hall noticeboard, one for Ladies and one for Men. The Club

will submit the entries. The fee is £7 (£10 on the day, but you would not be eligible for the Essex Championship).

Harlow Ladies' 5k Series, 2010

The dates for the Ladies 5k Series have been decided. They are 4th May – Race 1, 18th May – Race 2, 1st 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.

Dates for Your Diary

21st January 2010 – Club AGM

26th February – Award Presentation Dinner

4th May – Ladies 5k Series – Race 1

18th May – Ladies 5k Series – Race 2

1st 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 31st January for inclusion in the February issue.

Club Web Site

www.thehrc.org.uk