



# RUNNING SHORTS

## - the Newsletter of Harlow Running Club

Number 14

July 2009

### Editorial

Despite the hot weather, there has been plenty racing in the past few weeks. Please note the important news about the Harlow 10 and the next Club Handicap race as well as an invitation to France.

### New Members

There are two month's of new members to welcome - Lee Daniel, Adrian Fell, Amelia Palas, James Martin and some who have rejoined after a period away from the Club: Andy Sims, Ruth Barnes, Jared Bethell and Debbie Attridge. Most of whom have already represented the Club in races in the past month.

### Harlow 10, 26<sup>th</sup> July

Helpers are still needed to marshal, keep time, etc. This race generates a large income for the Club and goes a long way towards keeping our fees at a low level. So, if you can help, please volunteer.

Also, the Club would welcome any contributions of home-baked cakes or buns to sell at the refreshment stall on the day.

The Club Captains will select the Club's runners for this race. Anyone else who wishes to run can do so, provided you supply someone to help the organisation of the race.

### Midweek League

The second race at Royston saw 44 runners (19 ladies and 25 men) from the Club competing. We finished third team and improved our overall position to third from fourth after the first race.

Harlow's Midweek League Race went extremely well. Only 10 ladies and 21 men raced due to our organising commitments. A superb team performance saw the Mens team win. Individually, Dionne Jones and Noel Thatcher were both second and the Club came second overall to close the gap on the second team, Royston. After three races the Club is in with a chance of promotion (for the first time ever). Members were extremely generous with the food and Wendy had several Club Secretaries comment that all should be thanked for a generous spread of orange, tea, coffee, etc., and that it

was a very well organised race, the marshals very helpful and friendly. The final race at Welwyn saw another fine turn-out of runners, 16 ladies and 23 men. Although the official results were not available at the time of going to print, I suspect that we have just been pipped at the post for promotion. More news on this in the next issue.

*Alan Stevens & Colin Moody*

### **Club Championship**

The Tilty Hilly 5 saw Vicky Steadman, Roy Steven and Steve Mackenzie substantially close the gaps on the leaders. The remaining qualifying races are:

- Felsted 10k (12<sup>th</sup> July)
- Tiptree 10 (11<sup>th</sup> October)
- 20 Miles (any)
- Marathon (any)

### **Club Handicap**

The third race over 4.89 miles took place on 9<sup>th</sup> June. There were 32 finishers, 19 men and 13 women. All finished within 4 minutes, i.e. 2 minutes either side of the middle person, so not a bad spread over 5 miles!

The male and female winners were Simon Barnes and Wendy Spring. Well done to them both!

Linda Hawkins consolidated her lead in the series with another top 3 finish. The men's race is very close, with Simon Barnes and Jamie Jephcott sharing the top spot.

The date for the race (5k) has been brought forward to 7<sup>th</sup> July, as the original date clashes with the Fairlands Valley Relays.

*Vicky Steadman*

### **Harlow Show, 6<sup>th</sup> September**

The Club is taking a stand at the Show. If you would like to help, talking to potential new members, please let me know.

### **Headphones**

The Committee has agreed to the following addition to the recently circulated Code of Conduct for all members.

“10. On training nights and when competing in races for the Club, runners should not wear headphones, for safety and communication with others. “

This is because some have been unable to hear advice/instructions given by other Club members, when they were wearing headphones. Many races stipulate that these should not be worn and it is felt that they should not be worn on Club nights.

### **In profile - Rick Ricketts**

I first took up running back in 1986 when, after struggling to run for a bus, I decided it was time to get fit! I was 21.

For the next 5 years I ran on my own, taking on all the distances including the London and Harlow marathons. It was in 1991 that I finally joined Harlow Running club. I had the same trepidations as anyone else joining, that is “I wouldn't be good enough for a club”. Those thoughts were soon banished. I was welcomed by the likes of Pasquale, Graham Pugh, Alan and Wendy Stevens, as well as many others, and I was soon racing regularly in all distances and terrains.

Since then I've achieved many goals with the club including running

several marathons abroad, team event successes and running the sort of landmark personal bests that I thought only “other” runners could achieve. I’ve made many good friends in the club - in fact most of my best friends have come from the club (they know who they are). Most importantly, the club has become a big part of my life and, whenever I’ve had personal problems, I’ve found that running has been my salvation. In recent years my work commitments have partly restricted my time at the club but I still find the time when it really matters. I’m in my second stint as Men’s team captain and I’m proud of that - I still get a little tingle when I put that vest on and line up for a race, after more than 18 years.

By the way, I *did* catch that bus.....

*Rick Ricketts*

### **An Invitation to France**

In January’s issue of ‘Running Shorts’, my husband, Peter wrote an article about running in the south of France. He mentioned a 6k and 20k race called the Ronde Ceretane and we wondered whether any of you would like to come out for it. This year the races are on Sunday 13<sup>th</sup> September and the application forms have just been released. The area is beautiful, set in the Pyrenees and therefore rather challenging running, but the races take place in a party atmosphere, with much wine, singing, music and what could be a great weekend. The race website is [www.rondeceretane.com](http://www.rondeceretane.com)  
Here is a breakdown of the costs involved:

- **Accommodation** - either with us on airbeds etc or for a bit more comfort at a local b&b at a special rate of 15 euros a night (£14). It would need to be 3 nights, Friday to Sunday.
- **Food** - we could all muck in with that, but there is a community lunch afterwards with entertainment, which is great fun. It costs 20 euros.
- **Transport** - Ryanair flights to and from Perpignan Airport. There is one flight a day leaving Stansted at 1.30pm and returning 6.30pm. Costs vary so keep an eye on their website, but September is usually quite reasonable if you can manage with only hand luggage. Other transport costs will depend on the number of people interested. Everywhere is a good drive away so a car is essential. We have enough room for 3 extra people in our car, but after that we’ll need to hire a car or cars from the airport. The cost shared for 3 days might not be too bad.
- **Entry Fee** - 12 euros for 20km and 8 euros for 6km
- **Medical Certificate** - this is a must. A doctor has to give you a medical and assess that you’re fit enough to run! I can arrange for this on Saturday morning but it costs 22 euros a person.

So over to you, to think about and get back to me if you’re interested. You can enter the race on Saturday 12<sup>th</sup> September but the places for the communal meal have to be booked

early, certainly by the end of July, so I will need to know by then.

*Joanne Mills*

I ran this race in 2001, while on holiday and would thoroughly recommend the event to everyone. A charming village in great surroundings. The course is definitely challenging, there's about a 3k climb on each of the two laps of the 20k, but you do come down again! It's worth it however for the post race meal, which when I did it, ran to four courses with sangria and wine.

*Martin McColgan*

### **Kit Sale Still on**

All items are in Club colours and are £3 each:

Red shorts – Extra large (2 pairs)

Large (1 pair)

Medium (1 pair)

Long sleeve tops (5 items)

Ladies' T Shirts – Size 14 (2 items)

Size 12 (3 items)

Size 10 (6 items)

T Shirts – Extra large (1 item)  
Please order items from Karen Moir.

### **Dates for Your Diary**

26<sup>th</sup> July - Harlow 10

6<sup>th</sup> September – Harlow 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 31<sup>st</sup> July for inclusion in the August issue.

### **Club Web Site**

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