



# RUNNING SHORTS

## - the Newsletter of Harlow Running Club

Number 25

July 2010

### Editorial

July 25<sup>th</sup> sees the 21<sup>st</sup> running of the Harlow 10-mile race which is becoming a bit of an institution. This year we proudly host the Essex Championships which gives the race an extra bit of interest and certainly more stress for those involved in the organisation. If you haven't already done so, please let Karen know that you are able to help out on the day. The more bodies we have available, the smoother and easier the race will be.

The course record and the only time the winner has gone under 50 minutes belongs to Dale Laughlin of Chelmsford AC who ran 49.29 in 1993. Could the Essex championships bring a new race record this year? The ladies' record is 57.46 (Danielle Sanderson in 1998.)

### First Aid

The Club has arranged a basic First Aid evening at Mark Hall on Friday 30<sup>th</sup> July from 7.15 to 9.15 in the Club Room. The course will be given by the British Red Cross and will include information about seizures, low blood sugar, faints and dehydration.

The course is free to members and will be paid for from Club funds. If you wish to come along, please sign the form on the Club noticeboard or let me know.

*Colin Moody*

### New Members

A big welcome to July's new members: Bryony Maddams, Donna Gilbert and Alun Broadwood-White. Bryony has already competed in the final Midweek League race, finishing second for the Club.

### Midweek League – Congratulations and Commiserations

Well done to the club's individual prize winners in this year's Midweek League.

Sharon Wright - 2nd Senior Female

John Tennant -2nd MV60

Linda Selby - 2nd FV60

Unfortunately with a couple of key runners missing from the final fixture at Welwyn, we slipped from a promotion place to 4<sup>th</sup> position. Overall however, a good campaign and something to build on for 2011.

### Club Records

June saw John Tennant continuing his remarkable form in capturing two more of the Club's V60 records, both of which had stood for almost 10 years. In the tough Tilty Hilly 5, John clocked 32.23 to take 59 seconds off the previous best time and then lowered it again at Welwyn Garden City to 31.43. At St. Albans he recorded 1.31.13 in the Half Marathon to shave 17 seconds off the existing record.

Also at Tilty, Dionne Jones lowered the existing V40 record from 10 years ago, cutting 1.25, to finish in 36.37.

### **Men's Team – Recent Successes**

The men's team have won team prizes at 2 local races in the last month. On 13<sup>th</sup> June Jared Bethell, Lee Daniel and Jon Steadman won the Stortford 10 prize, although presentation was delayed a few weeks after the trophy was mistakenly given to Saffron Striders. At the High Ongar 10k on 4<sup>th</sup> July, Jared, Jamie Jephcott and John Tennant combined to win the men's team prize.

### **Club Championship**

There has been little change in the Club Championship in June.

In the Ladies' section, a familiar figure, Linda Selby, marginally increased her lead over Dionne Jones to a 12 point gap, with Wendy Spring a further 46 points behind in third place, having slightly narrowed the gap.

In the Men's Section, John Tennant who has stretched his lead to 22 points over Jared Bethell, with Jamie Jephcott remaining a further 22 points behind in third place.

### **Harlow 10**

This is the most important race that the Club organises each year. This year it's doubly imperative that we put on a great race as we're hosting the County Championship. The date is Sunday 25<sup>th</sup> July, starting at 9.30am. We must have sufficient numbers of volunteers to make sure that the run is safe and successful. We need at least 50 helpers for the race. Please sign the list on the noticeboard or let me know if you are able to help.

### **A race in the Pyrenees by Jo Mills**

You may remember that last year in September, Wendy Spring and Clare

Williams joined Peter and I in S.France for a race in the Pyrenees. This year the race is on Sunday the 19<sup>th</sup> September and we wondered whether anyone else would like to join us. The race is called the Ronde Ceretane and there is a choice between running 6k or 20k. The area is beautiful, though mountaneous and therefore challenging to run. However, to make up for that, there is a party atmosphere with much wine, singing and music for a great weekend. The race website is [www.rondeceretane.com](http://www.rondeceretane.com) (but all in french!)

Here is a rough breakdown of the costs involved:

- ACCOMODATION either with us on airbeds, in tents etc or for a bit more comfort at a local b&b at a special rate of 15euros a night (£14). It would need to be 3 nights, Fri, Sat and Sunday.
- FOOD We could all muck in with that, sharing the cost, 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 1 extra person in our car, but depending on how many are interested 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 12euros for 20km and 8euros for 6km

So over to you, to think about and then get back to me if you're interested. You

can enter the race on Saturday 18<sup>th</sup> September but the places for the communal meal have to be booked early, so I will need to know by the end of the month.

I'll be around at the club until the end of July, and Wendy and Clare have already booked their flights to come out, so do ask any of us if you want more details.

Joanne Mills

### **Handicap Series**

The 5 mile race 4 was run on a particularly sticky evening on July 8th. Jim Martin was first male finisher and Janice Page first lady.

The dates for the final two races have are:  
Tuesday 10<sup>th</sup> August – 5 kms  
Tuesday 14<sup>th</sup> September – 2.2 miles  
Katie Herrington has now taken over the co-ordination from Vicky, who has more pressing matters in hand.

### **Still Available - Special Offers – (or “Freebies” as they are better know)**

The Club still has a number of items left over from previous Harlow 10s. There are medium t-shirts from 2009, extra large t-shirts from 2008; shoe bags; and 10cl drinks glasses. There are also some extra large t-shirts and caps from the Silverstone Half Marathon. If you would like any of them, please ask myself or one of the Committee members on a Club night.

### **Coaching Courses**

England Athletics have replaced the Athletics Level 2 course with a new Athletics Coach Course! Be the one of the first to gain our new qualification!

Anyone who has completed the Coaching Assistant Award who feels ready to take the next step into managing their own coaching groups should take this course!

Athletics Coach

Course Dates: 4th September, 5th September, 16th October and the assessment day is 11th December 2010.  
Location: Lee Valley Athletics Centre, 61 Meridian Way, Picketts Lock, London, N9  
Cost: £365 (England Athletics affiliated club member cost: £325)  
Course Code: SC0229

This course involves 3 training days plus an assessment day.

This qualification is the cornerstone of the Coach Education Programme. Candidates will be able to plan a progressive training programme for athletes coaching a range of activities to prepare the developing athlete to run, jump and throw. When qualified you will be insured to coach without supervision.

Contact a Committee member if you are interested to discuss funding.

### **It's a knockout, 2<sup>nd</sup> September**

St. Clare Hospice are organising this competition at Harlow Rugby Club, starting at 5pm, in order to raise funds. The Committee has agreed to pay the entrance fee of £100 for a team, if there are enough members willing to take part. There need to be between 6 and 10 members for the team and you must be 16 years old or over. Please see the attachments from St. Clare that are being sent with the e-mail version of this newsletter for more information. Someone will need to agree to co-ordinate the team.

If you want to be part of the team, please contact Colin Moody as soon as possible.

### **Dates for Your Diary**

25<sup>th</sup> July – Harlow 10

30<sup>th</sup> July – 7.15 Basic First Aid Course

Mark Hall

10<sup>th</sup> Aug – 5k Club Handicap

14<sup>th</sup> Sept – 2.2m Club Handicap

19<sup>th</sup> Sept – Ingatestone 5 (Club Champs)

9<sup>th</sup> Oct – Met League XC Race 1 -

Claybury

### **Contributions**

Articles on running topics or even loosely related topics are welcome. Please send them to me ([martin.mccolgan@virgin.net](mailto:martin.mccolgan@virgin.net)), preferably in a Word Document by 6th August for inclusion in the August issue.

### **Club Web Site**

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