



# RUNNING SHORTS

## - the Newsletter of Harlow Running Club

Number 24

June 2010

### Editorial

After a month or two of superb performances in various marathons, we're now moving into the shorter race season – 5ks, 10ks and 5 milers everywhere and it's great to see the club making a flying start to the Midweek league with a real chance of promotion this year – more later. Apologies for not producing a newsletter in May – it's the usual feeble excuses about being too busy at work.

### New Members

A big welcome to the last two month's new members: Sonia Davis, Bill Brunton, Holly Gardner, Celia Haigh, Carol McKenzie, Deborah Monk, Sheryl Cherry, Terry Ridge, Catherine Jones, Cheyne Ilett, Mark Goodger, Vanessa Berry and Alison Raymond. Holly, Celia and Carol have already made their debuts for the Club in the Ladies' 5k races and Bill, Terry and Catherine have competed in the Midweek League races.

### Midweek League – Harlow fixture – 16<sup>th</sup> June

Remember that the Club is responsible for providing refreshments afterwards, so please bring your contributions on the evening.

The Club Captains have selected the Club's runners for this race.

### Can we get Midweek League Promotion this year?

After 2 races this season, we are in second place by the narrowest of margins and now Orion and Stortford are pulling out the stops to pip us!

We need as many runners out as possible to beat the other teams! The midweek league is not just about who finishes in the top 10 positions or really about PBs (although always nice!) – it's about getting the highest position for the club and the strategy for success is all about getting out as many runners for the team!

### How it works

There are six teams in the race and the first 6 women and 12 men in each team will score so in total, 36 ladies and 72 men will be in scoring positions. The more runners we can try to get into the first 36 women or 72 men, the more we can push the other teams' scorers down position giving the team a higher position. The reality is that the scoring positions will go on into the 40's and more for women and 80s and 90s for men – which means everyone counts.

The ladies team was very successful during the first mid-week League at Bishops Stortford when we had so many runners (14 in the first 43). This helped to lower the scores of the other teams

### **Marathon Proposal**

Not satisfied with running their debut marathons at London in April, Jared Bethell and Susie Morley had enough breath left at the end for Jared to make a proposal of marriage and for Susie to accept. Double congratulations to them both.

### **Club Records**

April's marathons saw Dionne Jones continuing her record-breaking form at Brighton. She set a new PB by over 7 minutes in 3.36.34 and lowered the previous V40 record by almost 13 minutes, a time that had stood for 18 years.

An even older record, the V60, one that had stood for 19 years, was broken by John Tennant in the London Marathon. His time of 3.16.05 cut more than 26 minutes off the previous record.

In May, in the second Ladies' 5k, Dionne lowered her V40 Club Record by 54 seconds to 21.10 and at Manchester, Anne Strike cut over 3 minutes from her own 10k Wheelchair time with a new record of 34.49 and John Tennant set another new V60 record in the Hatfield Broad Oak 10k with 39.38.

### **Club Championship**

With the recently increased temperatures, the Club Championship battle has also been hotting up with lots of changes in the tables in the past two months.

In the Ladies' section, a familiar figure, Linda Selby, now leads the way with a 10 point gap to Dionne Jones, with Wendy Spring a further 49 points behind in third place.

In the Men's Section there is a new leader, John Tennant who has raced into a 17-point margin over Jared Bethell, with Jamie Jephcott a further 22 points behind in third place. We all hope that the previous leader, John Bull will soon be able to return to racing after his recent health problem.

### **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. The Club Captains will be selecting the Club's runners for this race, but will only consider those who have offered to help.  
*Colin Moody*

### **Ladies 5k Series**

This year's series has been a great success with 60, 61 and 39 runners in the 3 races. We've been fortunate to enjoy good weather for all the races. The races have brought some good quality running from a range of local clubs. Dionne Jones was the winner of the V40 category and although Harlow may not have had as great a success as in previous years, there have been a host of PBs by the Club's runners and it has served as an introduction to racing for some that we hope will see them compete in other races for the Club.

### **Handicap Series**

The dates for the final three races have been fixed. They are:

Thursday 8<sup>th</sup> July – 5 miles

Tuesday 10<sup>th</sup> August – 5 kms

Tuesday 14<sup>th</sup> September – 2.2 miles

Katie Herrington has volunteered to take over the co-ordination from Vicky, who has more pressing matters in hand. Many thanks to Vicky for organising the series for the past 18 months.

### **Safety Reminder**

With the news of an attack having taken place near the Mark Hall Sportcentre recently on the cycle track between London Road and New Hall, please remember to run safely, possibly with

another runner if you can arrange it. Remember also, on Club nights, to look out for the other Club members.

### **Still Available – Club Souvenirs**

Although some items have been snapped up after last month's notice, there are still a number going free from previous Harlow 10s.

- Medium T-shirts from 2009
- Extra large T-shirts from 2008
- Shoe bags
- 10cl drinks glasses.

Also available - extra large T-shirts and caps from the Silverstone Half.

Please ask Colin Moody or one of the Committee members on a Club night.

### **Interested in Coaching?**

England Athletics have recently announced some new coaching courses for Athletics Leaders, Coaching Assistants and Leaders in Running Fitness. Courses are available in the East Anglia area, some at Mark Hall. There are subsidised coaching courses available at Mark Hall on the 10th / 11th July which is a Saturday and Sunday. Alex Steel, one of the HAC coaches at Mark Hall said that the person(s) that take this course and go on to be Level 1 or Level 2 coaches will be asked to coach at Mark Hall for HAC once a week.

Further information on <http://www.englandathletics.org/page.asp?section=987&sectionTitle=New+Coaching+Pathway>

The club will often pay fees for those interested.

### **Tell your London Marathon Story**

The publishers of The Official Register of London Marathon Runners-2001 – 2010 have contacted us. If any of you have run in the London Marathon in the past ten years, your name and time(s) will automatically appear in this prestigious book. For a limited period ending June 21st 2010, Aubrey Books is happy to offer running club members the chance to tell their story in Aubrey's and mention the

charity for which they ran. To take advantage of the offer, runners should email [info@aubreybooks.com](mailto:info@aubreybooks.com) with their name and address, quoting 'Club offer' in the subject line, and state the year (or years) that they ran the London Marathon and tell their London Marathon story in no more than 75 words.

If anyone wishes to tell their story in more words, and have their photo included in Aubrey's, they should visit [www.aubreybooks.com/london-marathon](http://www.aubreybooks.com/london-marathon), click on "Enhance your entry" and choose the Gold entry option.

For more information, please visit [www.aubreybooks.com](http://www.aubreybooks.com)

### **Dates for Your Diary**

16th June – MWL Harlow

24<sup>th</sup> June – Training Run from The Fox Inn, Matching Tye

30<sup>th</sup> June – MWL Herts Phoenix

11<sup>th</sup> July – Felsted 10k (Club Championship)

14<sup>th</sup> July - MWL Mob Match – Trent Park

25<sup>th</sup> July – Harlow 10

### **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 2<sup>nd</sup> July for inclusion in the July issue.

### **Club Web Site**

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