



# RUNNING SHORTS

## - the Newsletter of Harlow Running Club

Number 22

March 2010

### **Editorial**

Firstly, many thanks to Colin for editing Running Shorts through its first 21 issues. He deserves a rest particularly after doubling up as Chair and Secretary for the last year following the previous secretary's resignation! In order to make some amends, I offered to take on the editor's job to ensure the newsletter continues. Please let me have your ideas and contributions at any time and I will try to take on board changes people would like to see.

*Martin McColgan*

### **New Members**

Welcome to three new members this month, Paul Franklin, Wendy Bradford and returning after an absence, Marc Lowers.

### **President**

The final Committee post was filled in February, when Pasquale Pellecchia accepted the invitation to be the President for the forthcoming year. For those new to the club, Pasquale is one of only 3 remaining original club members from 1989.

### **Committee Vacancy - Membership Secretary**

There is a vacancy on the committee for the crucial role of membership secretary. Wendy will continue in post until a replacement can be found, but anyone interested in taking on this task should contact Colin Moody.

### **Club Record**

Dionne Jones continued her fine form this year by lowering her own V40 Half Marathon time by a minute in the Great Bentley Half Marathon, with a time of 1.35.50.

### **Club Championship**

As a result of the performances in the Great Bentley Half Marathon, Linda Selby increased her lead over Dionne in the Ladies' Section to 8.57 points. In the Men's Section, John Bull narrowed the gap on the current leader, David Ayling, to 1.13 points.

*Colin Moody*

### **Annual Awards**

Otherwise known as the Roy and Linda show, these were presented at a D&D at the Hunter's Meet on 26<sup>th</sup> February, although I understand Andy Terrell tried to steal some of the glory later. Roy and Linda left with 2 awards apiece and Jon Steadman was voted club person of the year. The full list of awards will be available on the website.

### **Harlow Community Award 2009**

Very many congratulations to Anne Wafula Strike on winning the Role Model category in these awards sponsored by the Harlow Herald.

### **Sunday League Cross Country**

February saw the final 2 fixtures of the Sunday Cross Country League, and after lying second following the Valentine's day race at Bishop's Stortford, we finished the season in 3<sup>rd</sup> overall by a mere half a point. Weather conditions were atrocious at Newport on 28<sup>th</sup> February but the men's team without the injured Jared and Justin did superbly to win the men's race that day and take second place overall. The women's team ended the season in 4<sup>th</sup> place.

### **Hatfield Broad Oak 10k – 31<sup>st</sup> May**

This year we will be the event's 25th anniversary and is a very popular race with Harlow Running Club members to tune up for the Midweek League. It is likely to fill up quickly so you are recommended to sign up as soon as possible -  
<http://www.runbritain.com/onlineentry/entry/big-o-broad-oak-road-race-1/>  
It's also my wedding anniversary so suggestions for any convincing

reasons on why I should enter would be welcome.

### **Handicap 2010**

The Club Handicap will commence on the 23rd March with a 2.2M race. It consists of a series of 6 races over the year, two races each at three distances (2.2M, 5K, and 5M). The idea is to beat the time predicted for you at each race. Times are predicted from a recent race performance. The series is especially suitable for beginners as the best way to beat the time that is predicted for you is to continually improve throughout the year, which beginners tend to do - just see Linda Hawkins! In order to calculate your time for the first race if you have not raced before or recently, please provide me with a recent time and distance of a training run you have done. It would be even more helpful if I could have this information before the evening of the race! See me at a club night, or email me at [vicky\\_steadman@yahoo.co.uk](mailto:vicky_steadman@yahoo.co.uk)

### **Midweek League**

The dates for this year's races have not been finalised yet and it looks as if there will only be 3 League races this year  
Thursday 20th May – Bishop's Stortford  
Wednesday 16th June – Harlow (provisional)  
Wednesday 30th June – Welwyn  
Wednesday 14th July – Trent Park (Mob Match)

### **Sponsor Jamie and win a TV**

Jamie Jephcott is trying to raise sponsorship for this year's VLM and has decided to hold a raffle as his way of collecting for St Clare's. A few weeks ago he was fortunate to win a 19" digital TV worth about £180 and has decided to donate this as the first prize. He is also sending grovelling letters to companies asking to donate any prizes they see fit. He has currently received a £20 voucher from Tesco, which will also be included in the raffle.

The tickets are £5 a strip and limited to the running club only so someone from the running club will win the TV

### **St Clare Hospice 10k**

If you are not running this race on 28<sup>th</sup> March, but are willing to help out with the event, please Colin Moody know as soon as possible or sign the sheet on the Mark Hall noticeboard.

### **Clock Repair**

The Club's race clock is not working at present because of some faulty LEDs. Is there anyone in the Club, with the electrical skills who would be prepared to examine it? If you are willing, please contact Colin Moody

### **Race for Life - Harlow**

The organisers of this event have asked if the Club could help with this event. If you are not running this race on 9<sup>th</sup> May, but are willing to, please let me know as soon as possible or sign the sheet on the Mark Hall noticeboard. You can go to the web site and look at the roles available: <http://www.raceforlife.org/support-race-for-life/volunteer.aspx> . Help with event set up and administration is especially required.

### **Are allergies causing your colds and affecting your training?**

We have all had to have breaks in our training due to suffering from colds, coughs and sore throats. We assume that these are from infections. However could they be from an undiagnosed/untreated allergy? The research team from Northumbria University are investigating this issue at the London Marathon. If you would like to take part in this exciting research please see the Northumbria Team at stand 436 during the Exhibition week. Alternatively, if you have any questions regarding participation in the study please email myself Jamie Tallent:

[jame.tallent@northumbria.co.uk](mailto:jame.tallent@northumbria.co.uk)  
*Jamie Tallent, Research Assistant,  
Northumbria University, School of  
Psychology and Sport Sciences*

### **Mark Hall Gym - Discounted Membership**

The club is entitled to a discount taking costs down to £20 per month on gym membership at Mark Hall, if more than 5 of our club are members. We currently do not know who are members, so if you are, or if you want to join please email Jamie [jamiejephcott@yahoo.co.uk](mailto:jamiejephcott@yahoo.co.uk) so that he can arrange the best deal for you and new members.

### **Joint Training Offer**

Colin has been contacted by Bishop's Stortford to ask whether any of our runners are interested in joint training sessions, together with Saffron Striders and Herts Phoenix. The aim is to provide sharper training for the Clubs' faster runners who may lack similar paced runners in their own Club. However, the sessions will not only be open to faster runners. The idea is to have two groups of runners going at different paces, so that those who do not wish to run at the faster pace might benefit.

Each Club would take a turn to host the sessions, which would be on a Saturday morning and would provide two coaches for the groups.

The first session will take place at Bishop's Stortford on 20<sup>th</sup> March from 11am-12am. The training route may include off road sections, such as the Flitch Way. There will be a Level 4 Coach at this session to help with the discussion afterwards to plan the future programme.

If you are interested, please tell Colin so that he can inform Bishop's Stortford, how many members to expect.

### **Dates for Your Diary**

20<sup>th</sup> March – Bishop's Stortford Training  
28<sup>th</sup> March – St Clare Hospice 10k  
4<sup>th</sup> May – Ladies 5k Series – Race 1  
18<sup>th</sup> May – Ladies 5k Series – Race 2  
20<sup>th</sup> May – MWL Bishops Stortford  
31<sup>st</sup> May – Hatfield Broad Oak 10k  
8<sup>th</sup> June – Ladies 5k Series – Race 3  
16<sup>th</sup> June – MWL Harlow (provisional)  
25<sup>th</sup> July – Harlow 10

### **Contributions**

Articles on running topics are welcome. Please send them to the Martin McColgan (martin.mccolgan@virgin.net), preferably in a Word Document by 31<sup>st</sup> March for inclusion in the April issue.

### **Club Web Site**

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