



RUNNING SHORTS

- the Newsletter of Harlow Running Club

Number 18

November 2009

Editorial

This month saw Steve and Wendy Stevens move away from the Harlow area. Both have been stalwarts of the Club since soon after it started in 1989 and will be missed for their wisdom and enthusiasm. The Club held a small presentation and buffet in their honour when they were presented with an engraved glass vase, a memento and a thank you from all the members who have benefited from their encouragement.

New Members

There are three new members to welcome this month – Helen Kopec, Janice Page, David Page, Steve Alcock, Clive Broom, Stephen Edwards, Paulene Galoppi, Ilaria Giordano, Sharon Jones, Rajvinder Kaur-Chohan and Cathanne Lees.

Cross Country Help

Volunteers are urgently needed for the Sunday Cross Country League at Harlow on 29th November. We will need about 30 people to organise the race on the day. Please sign the list on the mark Hall noticeboard if you can help. Remember also that we need to provide post race refreshments.

Farewell from Steve and Wendy

Well we are at last moving house, but wanted to say a big thank you to Harlow Running Club for all the wonderful years we have enjoyed running and supporting the club, and will continue to do so, although from a distance. Since joining the club in 1989, we have seen a lot of records and fine performances, many of which are contained in the well-organised club record book. The camaraderie and long friendships that have been made will last a lifetime. As honorary members (which we are very proud of), we will be keeping in touch and look forward to the clubs progress in the future.

Alan & Wendy Stevens

In Profile - Steve and Wendy Stevens

I joined HRC in 1989, having been running for about 8 years with Steve as my coach and mentor. I have gained Essex medals (20 miles) and many trophies and have run a variety of races over the years, including the British Trail Championships and The World Ultra 80 mile South Down Way from Petersfield to Eastbourne which was an extraordinary experience. Marathons I have run include Athens, Paris, New York, Stockholm and London 8 times. The club always did a bank holiday run

that twice included the Brussels 20k race; this was a very popular weekend and always attracted a very large group. I have also competed in Northern France. Off road races included the 'Tough Guy' in Wolverhampton and many times the 'Grizzly' down in Seaton, Devon.

Steve started running with Enfield AC in 1955 and raced over the road, track and cross-country, his favourite being road relay which was always very popular, but over the years was gradually forced to give up racing. Eventually, he had two new knees, became a Grade 3 UKA Performance Coach in 1994 and has coached many fast runners who have since achieved major honours. He has been nominated 5 times for coaching and has been short-listed on three occasions, winning Essex Coach of the Year in 2001. He has also travelled with the UKA Paralympic squad all over Britain and Europe.

Wendy Stevens

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.

Club Championship 2009

With excellent runs at the Tiptree 10, Linda Selby and Roy Steven strengthened their leads at the top of their sections.

The only qualifying races left are:

- 20 Miles (any)
- Marathon (any).

London Marathon 2010

The Club has three entries for this race. The draw for these will be held on Thursday 19th November at 7pm at Mark Hall.

If you wish to take part, you need to hand your rejection letter to me prior to the draw.

Colin Moody

Club Championship 2010

Only a few members have run the four qualifying races this year and the Committee would like to increasing participation next year.

If you have any suggestions, please let one of the Committee members know before the next meeting on 3rd December. Or come to the meeting yourself and put them forward.

One suggestion was to drop the 5k distance and to nominate two races for each distance of 5 miles, 10k, 10 miles and half marathon, retain any 20 miles and marathon races; and to retain the best four age related scores to count.

Award Presentation Dinner

This will be at the Hunter's Meet, Hatfield Heath on Friday 26th February. The cost is £30.00 per person. If you wish to book a place, please sign the list on the Mark Hall noticeboard.

Dates for Your Diary

19th November – London Marathon draw
29th November – Harlow Cross Country Race
4th December – Christmas meal
21st January 2010 – Club AGM
26th February – Award Presentation Dinner
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 30th November for inclusion in the December issue.

Club Web Site

www.thehrc.org.uk

