



RUNNING SHORTS

- the Newsletter of Harlow Running Club

Number 17

October 2009

Editorial

This month we go international, with race reports from France and Germany.

New Members

Bienvenue, willkommen to six new members this month: Paul Jeffery-Read, Mark Adlington, Jon Waight, Alexa Williams, Kevin Wills and Paula Wills.

Harlow Sport Awards 2009

Many congratulations to Richard Chiassaro, who earlier this month was presented with the Disability Award.

Club Handicap

The last race (2.33M) in the series was run in September. The Ladies' race was won by Susie Morley, followed by new member Victoria Barrett and third was Donna Whitehead. The Men's race was won by Ryan Johnson, followed by Jim Martin and Jamie Jephcott. The final results of the Handicap Series were as follows:

The Men's section was won by Jamie Jephcott on 15 points, followed by Simon Barnes on 17 points. It was even closer between 3rd and 4th place, with Dougie Gray (23 points) just pipping David Croly by one point.

The Ladies' section was won by Linda Hawkins on 9 points, with Wendy Spring close behind on 11 points. Katie Syme was third, on 26 points.

A total of 28 ladies took part in the series, and 31 men. Thanks to all who took part, and to all who helped, both with timing and with running alongside the less experienced runners.

The next handicap series will start in Spring 2010.

Vicky Steadman

Club Championship

With her PB in the Berlin Marathon, Dionne Jones closed the gap in the Ladies' section on the leader, Linda Selby.

At the time of writing the results from the Tiptree 10 have not been

confirmed, so the only qualifying races left are:

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

More news on the positions after Tiptree next month.

Cross Country

The Sunday Cross Country League starts with Harlow hosting the race on 29th November. If you are not going to run, please volunteer to help. 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.

London Marathon 2010

The Club has three entries for this race.

The draw for these places will be held on Thursday 19th November at 7pm at Mark Hall.

The criteria for entry to the draw is:

- 1) members must have a rejection slip;
- 2) must be a member prior to 1st January 2009;
- 3) have raced twice within the relevant calendar year for the Club in the Club Championship, Midweek League or Cross Country races **OR** assisted the Club in one event in the calendar year from the Ladies' 5k Series, Midweek League, Harlow 10, Cross Country.

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

Colin Moody

Christmas Meal

This will be at the John Barleycorn on Friday 4th December (8.00pm

start). All places have now been taken and tables are full.

Karen Moir

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.

Race Times

Please remember to tell the Club Captains of you race times as soon as possible after the event. This is so that they may be announced on training evenings, publicised in the local press and the Club's individual Personal Best and Club Records kept up to date.

Keys

Some members leave their keys at the Reception Office when they go out training. Please be aware that you do this at your own risk and that keys have gone missing in the past. It may be safer to store them in a locker (deposits are refunded).

Courses

Just a reminder that if any member wishes to take up a training offer for a coaching or officials qualification in running, the Club is willing to contribute to any expenses involved. If you are interested, please ask a Committee member for details.

Ronde Ceretane, South of France

Clare and I took part in the Ronde Ceratane in France with Joanne and Peter Mils. Given that it has a reputation for being challenging we chose the 6k course. However, when

it came to registering on the Saturday morning we changed our minds to the more challenging 20k course!!

Sunday morning was soon upon us and it was an early start, Clare and I were beginning to wonder what we had let ourselves in for! We arrived in Ceret with plenty of time to spare; the cobbled streets of this small town were buzzing with excitement and runners a plenty from young to old and fairies to aliens! We decided it would be a good idea to warm up so we jogged a few laps around the track; they had a band playing at the start line just opposite with plenty going on to get you motivated. The race started at 9.30 in order to beat the heat, which was welcome as it was shaping up to be a very warm day.

The count down was over and we were on our way. Peter made an early break and following not too far behind him was Clare. Joanne and I stayed together as we made our way through the winding streets of Ceret. We soon reached the point where I waved goodbye as Joanne continued on the 6k route and I started a very long and winding climb of approximately 5k, eventually reaching an altitude of 1000feet above sea level. There were plenty of food and drinks stops along the way with wine and sausages and a lady willing to hose you down if you gave her the nod!

I'm sure Clare will agree that the views along the way were stunning and well worth all the hard work. Once at the top we knew that we had to make our way down, but somehow this seemed just as hard as the surface underfoot had

changed to a gravel pathway that could be slippery at times. Once at the bottom you could hear the bands playing in the distance which became louder as we made our way through the cobbled streets again for lap two!! By this time Joanne and Peter had finished their race and were there to cheer Clare and myself on. This was most welcome as the 5k climb loomed upon me very quickly and all I could think was that Clare would be somewhere near the top already. I got chatting to a gentleman from Orpington Road Runners and we seemed to keep each other going through some tough uphill moments, but before long I was making my way back down the gravel path, with the knowledge that the end was not too far away. The crowds were fantastic and very supporting. As I made my way down the cobbled streets for the last time I could see Joanne and Clare cheering and shouting and just around the corner was Peter to give me that last little bit of support for a quality sprint finish, something Paula Radcliffe would be proud of. Peter finished in 31:28 and Joanne not far behind in 34:02, 2nd V60. Clare finished in a fantastic time of 1:53:26 and I followed in 2:08:13. We showered, changed and made our way to the centre of Ceret where they were cooking up a big lunch for those who had pre-booked. The tables and chairs had been set up under the shade of the trees that was welcome as by now it was quite warm. We were shown to our seats. The table was set with red wine and water and was soon followed by a starter, a main meal of paella and a dessert of cake and biscuits.

Whilst we were busy eating, the local bands were there to keep us entertained until early evening, there was lots of dancing and singing. We then retired to a local bar for a coffee and watched the locals dancing their traditional Catalonia dance in the streets. It was very quaint.

I think I can say that a great time was had by all. I hope this will encourage a few more Club members to give it a go next year. The date has been set for Sunday 19th September 2010.

Wendy Spring

Real Berlin Marathon

The Berlin marathon promises a very flat and fast course with the only "slope" of a bridge at around 13k. It is home to the men's world record time set by Haile Gebrselassie. This benefit is overrated -40 thousand runners took part in this year's race which made for a very congested course. If not running with people at your intended pace - then it is a marathon of overtaking, elbowing and tripping each other up, stopping around corners and absolute plastic cup induced carnage at water stations! - think of Oxford Street during Christmas.

That aside, the route is a distracting sightseeing tour through the main districts of east and west Berlin. Starting at Tier-Garten the course loops round to Karl Marx Allee and the TV tower at 11km, an area of very wide roads and oppressive communist architecture. 13k finds the only "slope" in the course (a bridge) that weaves through various streets and past elegant churches. Crowds, steel drums, jazz bands and rock groups

(and toilets) line the majority of the streets providing a great boost to moral. The course passes through Checkpoint Charlie, past the Kaiser-Wilhelm-Gedächtniskirche and finally through the Brandenburg Gate to the finish line!

The organisation was poor on race day - the queues for the toilets were slow and getting into the pens was a muddle with no clear signage and people clambering over fences. The finish line was also congested (so no sprint finishes!) - leading to a mass bundle for water and no room for a warm down - resulting in nausea and dodgy vision. The meeting points were never found- with 3 staff members directing me in different directions and lapping the area 4 times.

Despite all this I would recommend this marathon to people. Being my first, I don't have much to compare with, and despite the congestion and resultant sore elbows I had a great time- -just make sure you start in a good pen and take your own drink!

Katie Herrington

World Athletics Championships, Berlin 2009

I made a solo visit to the World championships earlier this year. I went there just for the last 3 days (Friday, Saturday and Sunday) as it would have been a bit pricey to go for the whole week. I stayed in a hotel about a dozen train stops from the Olympic stadium. It took about 45 minutes to get there. The stadium was three-quarters full on Friday and full up on Saturday, and on Sunday, the last day.

If anyone watched the Friday night session on TV they would know that

there was a big downpour which delayed matters but everything was fitted in by the end of the night. I saw the men's 4 x 100 metres relay semi-finals where the UK qualified but the USA were disqualified for an illegal changeover. Usain Bolt was not in the Jamaican relay team for the semis but he did make an appearance for his 200m medal ceremony, and just after that the audience sang "happy birthday" to him!! The 200m women's final (USA's Alison Felix winning that) and the 400m Men's final (Shawn Merrit from the USA) were both good races, and it was a really nice moment when Merrit delayed his lap of honour to let one of the high jumpers finish his jump (which in turn had been delayed because of the rain). He even clapped the jumper to encourage him.

On to Saturday, and the Brits underachieved somewhat in the long jump but we did well in the men's and women's 4 x 400m relay semis. As for the sprint relays, all eyes were on Usain Bolt again as there was an anticipated world record on again. This time it didn't happen and Trinidad/Tobago got closer to Jamaica that you would have expected, but eventually Asafa Powell came through and the UK got a bronze which I think was about right. There was, however, a world record set in the women's hammer throw; Anita Wlodarczyk of Poland set the record with 77.96m, an improvement of 16cm on the old record. The German favourite, Betty Heidler, did her best to catch her, throwing 77.12.

On Sunday, the last day, there was the drama of the women's 1500

metres final where the Spaniard Santiago Segurola pushed over the Ethiopian Gelete Burka in the last lap and won the gold. Then there was a very close finish between Maryam Jamal and Britain's Lisa Dobriskey for 2nd and 3rd. However Seurola was disqualified and the next 3 runners were all promoted. I wonder if Lisa Dobiskey would have tried even harder had she know the gold was at stake in that finish? There was a good race between Bikele and Benard Legat in the men's 5000 metres. Britain's Mo Farah had a good run but was out of the medals. However Britain did get another medal before the end of the championships, that being a silver in the 4 x 400m men. America won both men's and women's 400m relays. I had good seats in my 3 days there, especially the last day. The surface of the track was blue as opposed to the traditional tartan colour. It made a nice change. When I left Berlin the next day, I spotted Asafa Powell at the airport. I got his autograph, but Usain Bolt was nowhere to be seen - perhaps he had already ran off and got an earlier flight? He likes to be first in everything, eh? Overall, a very enjoyable weekend, roll on 2012.

Rick Ricketts

Harlow 10

The 2010 race will include the County Championship. It will be run on Sunday 25th July. Note the date so that you can help on the day.

St Clare Hospice

The Club's accounts for the Harlow 10 have been finalised and we are going to present a cheque for £750

to the Hospice. This year, for the first time, they are organising a 4k Santa Run/Walk in the Town Park on Sunday 6th December and we will present the cheque on this day. We would be glad to see as many members as possible there for the presentation.

The Hospice 10k will be run on Sunday 28th March 2010.

Also, if you have a London Marathon place for 2010 and are looking to raise money for a charity, the Hospice will give you a big welcome. If you want more details, please look at the Hospice website <http://www.stclare-hospice.co.uk> or contact Tracy Meale 01279 773758.

Howard Williams Trophy

Nominations are needed for this trophy to be awarded to the Best Road Race in Essex. The race must have been held between 1st December 2008 and 30 November 2009. You may nominate up to three races, one of which may be our own race. If you would like to make any suggestions for this Trophy, please let me know by 3rd November, so that the Club's nominations can be decided at the Committee meeting that day.

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 31st October for inclusion in the November issue.

Club Web Site

www.thehrc.org.uk