

Latest News

St David's Day - Ddathlu Dydd Gwyl Dewi



Ironbridge Half Marathon

There's excitement in the air with only 3 weeks to go ! 640 runners have registered thus far. A big thank you for putting names forward to help with our event and yes the Portable Toilets have been hired – Thanks Rob

Grace's Coaching Corner

This months training schedule for Tuesday evenings will be listed on our website shortly

Events

Something for The Ladies... Saturday 5th June Registration for this years Midnight Walks has now opened. The Walks offer a chance for women to walk through the night while raising funds for Severn Hospice. The amazing atmosphere on the night makes this really special occasion.

<http://severnospice.org.uk/events/the-midnight-walks-are-back/>

...The men... Sunday 16th May Severn Hospice's first ever men-only event has arrived!

<http://severnospice.org.uk/events/drag-race/>

....and Everyone... Sunday 7th March Edgmond 10k Race & 5k Community Run Another charity event not too far away. Last year the Lady Harriers wore some sexy stockings to keep themselves warm !

<http://www.edgmond10k.co.uk/index.html>

Race Results

Alsager 5 miles

- 37 Andrew Dippie 30:42
- 87 Ian Maxwell 33:34
- 94 TV's Andy Seal 33:58
- 150 Arthur Zammit 36:18
- 465 Grace Hough 38:39 1st in Cat L60

Marrakesh International half marathon

- 31 Jess Harvey 1hr 41m 07s
- 47 Grace Hough 1hr 46m 51s
- 507 Ant Pinson 1hr 37m 48s

Dursley Dozen - bit of a hill to start with then up & down a lot.

- 224 Jeff Wright 1. 52. 36
- 267 Alison Larwood 1.58. 48

Shifnal 10K Gallop - Organised by staff and students of Idsall School in aid of Midland Air Ambulance

- 20 Ian Maxwell 43:28
- 28 Bailey Richard 44:01
- 48 Jonathan Pierce 47:11
- 57 Jean Turner 48:18
- 58 Steven Fairs 48:22
- 86 Susie Foster 51:51
- 88 Alison Larwood 51:59
- 92 David Brammer 52:31
- 122 Robert Harding 59:30
- 150 Megan Rudge 1:14:30



Wyre Forest 8.5miles multi-terrain - run entirely in the beautiful Wyre Forest

- 67 Jane Staite 65.41
- 86 Martin Somers 68.16
- 141 John Rickus 74.59
- 150 Sue Foster 75.28
- 253 Rachael Shuker 90.24
- 273 Colin May 108.29
- 274 Ann Shaw 109.17
- 275 Cynthia Lewis 109.34

Cross Country

Birmingham and District XC League

Aston University playing fields, West Bromwich.

We finished 8th on the day and our final position after the 4 races was 11th out of 16 teams.

26	Andy Dippie	38:02
35	Nick Thomas	38:59
48	Dean Blyth	40:00
67	Ian Maxwell	41:03
69	Andrew Sedgley	41:17
70	David Harley	41:19
88	Allan Henderson	42:18
109	Art Zammit	45:29
111	Steve Fairs	45:43
116	Martin Somers	45:56
154	David Norman	50:40
109	Grace Hough	32:22



Back row : Steve Fairs; David Norman; Ian Maxwell; Nick Thomas; Andy Dippie; Martin Somers; Allan Henderson & David Harley

Front row : Dean Blyth; Art Zammit; Andrew Sedgley & Grace Hough

National Cross Country Championships

Roundhay Park, Leeds

260 37:16 Jessica Harvey
285 38:03 Jane Staite
468 44:10 Grace Hough
1078 57:42 Andrew Sedgley

Member Profile

Name : *Richard Commander*

Forum Name : Rich the doc

Lives : In the middle of Bridgnorth in an old house which I hope is not falling down

Work : GP in Claverley (Just in Shropshire)

Car : World's dirtiest Jag X-type I'm not interested in cleaning cars

Interests : would have preferred to have been a musician; play violin, viola and double bass. Play in a youth orchestra in Sutton Coldfield (www.nsyo.org.uk) also play bass with Alveley Village Band. Do DIY, have had some plumbing disasters (in more ways than one), do a bit of electronics, can just about ride a unicycle. When I was 15 I was much older than I am now and have been getting more puerile since.

Music : Classical, folk, early music, some prog rock .

Favourite race :
Wolverhampton Half
(honest) and Pattingham Bells

Least favourite race :
Any 10k !

Would most like to meet : Brian Clough

Favourite film : Any Shane Meadows film.

Least likely to say :
Anything about the you-know-what in April in London

Number of years running : Been running for about 6 years, joined Harriers after doing Ironbridge Half, although living in Sutton Coldfield at the time but working in the week at Bridgnorth. Got a ballot place last year in the you-know-what-in-April-in-London but had to scratch because of stupidly getting prostate cancer. Had keyhole surgery to remove it, had 24hours on ITU, left hospital early then did a half-hour jog after 2 weeks or so. Did another, ran up Cartway in Bridgnorth and got told off. Had follow up blood tests which have been perfect, so going to do the London Marathon (d'oh!!!) this year instead, though not necessarily for a prostate charity. Have done a video on a Prostate Cancer website and, yes I am running on it and proudly wearing my Harriers vest.



The World Wide Web



Alan Jenkins

I like having a column in the Newsletter; it's nice to be able to contribute without the responsibility of having to put it all together.

Anyway, this month on T'interweb:

Harriers Web/ Forum

Regular Webbers will notice I've been trying to put headlines and notices on the club [home page](#) and I've also been doing my best to keep it up to date, things happen between Newsletters though and if you can't get to the Club regularly, then this is the place to look. If you want to get in touch with the club, then as well as the club [enquiries mailbox](#), you can mail [Me](#) or [Sedge](#) and we'll always do our best to get back to you. If you've printed this Newsletter off rather than reading it online, well done, paper copies are lovely aren't they? - but remember, you need to keep the on-line version somewhere to click and see the web and email links.

So, the Forum this month has seen yet more progress on the Club's virtual run from Land's end to John O'Groats (or LeJog) and probably by the time the Newsletter hits the stands, we'll be in, or approaching Scotland. Well done all. The route we have taken is recorded on MapmyRun [here](#).



There have been some impressive contributions from some runners (you know who you are) and I've tried my best to keep the interest level up by finding out a little about the places we've 'been' through. In fact we have included a quick stop at my house (it's the Organiser's privilege) for a virtual cup of tea, and we've also popped into Blackpool for a "run" on the beach. Also still chugging along are regular favourites like "Three Word Story" and the "Book Club". A nice thing about February though, is that the number of Race Reports, results and pictures starts to take off again after the Winter Lull, and with the bad weather we've had, it's certainly been more of a 'lull' than usual! One new feature is the 'Products and Services' section,

where you can share details of good deals and hopefully grab yourself a bargain or two. We're looking forward to your contributions.

Webs of Note

I promised last month to talk about Photo sites; I shall start proudly with the Harriers' own site <http://www.flickr.com/photos/telfordharriers/sets/> which is YOUR site. YOU can upload your club photos to this site, there is no limit on size or number. All we ask, especially if the photo is a bit obscure or old, that you add a description so that we can all understand what you are talking about. You will need access to the password to be able to update the site, at the moment just get in touch with me or Sedge. Of course, our site is a newcomer to the Web. Others have been going for years, covering local races and providing free evidence of your glories - or disasters - for all to see, and for you to keep. Two sites appear to have stood the test of time; firstly [Brian Smith's Flickr site](#), which takes you back to dim & distant 2004, and covers Telford races (including some Ironbridge Half Marathons) and the Black Country. He makes no apology for lots of Dudley-Kingswinford vests in there - he's a DK man! His photo collection is both excellent and comprehensive and if you can't find yourself on his site then you probably didn't do the race..Secondly, another Br(y)an - [Bryan Dale's Racephotos](#) web site. Bryan covers Staffordshire and occasionally further afield. Runners may know that Staffordshire sees an incredible amount of events through the year, so there are more than enough venues to keep him busy on weekends and light nights. Bryan unfortunately lost his web site last year and with it 000's of online pictures; he does, however, keep them all archived elsewhere so if you are trying to trace an old picture from the area he may be the man to help you dig it out. A new(ish) site well worth a look, especially if you go off-road, is Alastair Tye's [Fell Running Pictures](#). Al Tye covers the majority of off-road races in Wales and Shropshire area, (though on a quiet day he can also be spotted at the occasional road race) and often you will get the most spectacular scenery as a backdrop to your sporting efforts.

Often events will 'officially' link to 'pro' sites such as [Mick Hall](#) or [Steve Bateson](#). You will get quality pics from there - but you will also have to pay for them, these guys have to make a living somehow. If you do spot any interesting running Photo sites though, please don't forget to share them with us!

Next month: more rambling, plus some blogging !!



Beginnings of the Welsh Castles

The Les Croupiers Welsh Castles Relay ...the greatest long distance road relay on the planet.
Just how did it all start ?

... as an Idea in a ... bar...

Extract taken from the first ever edition of their Newsletter; published in March 1982....

CASTLE TO CASTLE

It was after euphoria of a too long run in the snow a couple of Thursdays ago that we were sitting in the bar of the Sports Centre listening to Howards plan to run the length of every river in Wales wearing inflated water bottles on his feet when John Thomas's record run was conceived. John's plan is to set a record run from Caernarvon to Cardiff Castle with a relay of runners each completing 10 miles. Next year is the 'Year of the Castle' which helps from the publicity point of view. John has already made approaches to the 'Castle People' and they seem enthusiastic. John's route which will probably be run in June is:

Caernarvon Castle - Cardiff Castle

Caernarvon A4085
Beddgelert
Pont Aberglaslyn A4085 (To join A470)
Dolgellau
Fork at Commaes Road
Carno
Llangurig
Rhanyadader
Builth Wells
Brecon
Merthyr Tydfil
?
Cardiff Castle

Anyone interested contact Maurice

New Sports Massage service

A private physiotherapy clinic in Shifnal that's been established for over 6 years has just launched a new sports massage service. Lisa Yeoman's is their new massage therapist (who is one of your members) Lisa's service will run alongside the treatments already established Steve Briggs and his wife Liz .

Visit their web site for details of how to book an appointment

[To book an appointment click here](#)



SB SPORTS INJURY & PHYSIOTHERAPY CLINIC

New Sports Massage Service

Call: 01952 462330
Visit Our Web Site:
www.shropshirephysio.co.uk
Broadway, Shifnal

Poem

[A run on the Wrekin](#)

black mud between my toes,
the cairn at the bottom of the Goatee path,
the bitter wind whistling up Willowmoor.

A tree is down; it lies fallen,
its arms stretched out long across the muddy path,
reaching for help

I can not do anything and so run on through the
trees bent down with the snow, hanging low, they
make it dark so early in the day
as I move slowly towards the warm light of home.

(by Alan Jenkins 2009)

Becky Skehan



It is with great sadness that we inform you of the passing of Becky Skehan, beloved wife to Martin Skehan on Saturday 27th February 2010.

As some of you may know, Martin is a long established member of Telford Harriers and has for the past 2 ½ year been helping Becky with her fight against a brain tumour.

Martin has contributed so much to the club in the past we would like to donate some of this years HM charity funds in honour of Becky's memory.

The committee and club would like to offer our deepest sympathy to Martin and his family at this sad time.

The Committee

<http://www.telfordharriers.co.uk/>

Photo by kind courtesy of

Alastair Tye

<http://www.fellrunningpictures.co.uk/>

Brian Smith

<http://www.flickr.com/photos/baldeagle/sets/>