

## Issue 5 - Latest News from Telford Harriers:

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**Flora London Marathon 2009** - If you entered as a Telford Harrier but were unsuccessful in the draw, you have the option of putting your name in the hat once again for one of 3 club places. The club will draw out the lucky recipients w/c 17th November 2008. If you want to go in the draw (remember you have to have been rejected in the original ballot AND have entered as a Harrier) then please get in touch with the Club Secretary Lisa Watkins [deanandlisa@supanet.com](mailto:deanandlisa@supanet.com) who will add your name to the list. Lucky winners will be published in the Newsletter.

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**Xmas Do** - Latest development is that we plan to have a 'do' on 10th January @ Little Wenlock Village hall. Disco included in the price, and there will also be some food, eg. curry kind of stuff. Bring your own drinkies & come and help us clear up afterwards ! Prospective cost is £5-6. For more details talk to Gary Williams on club nights.  
PS The New "Do" is on the same day as the County Champs XC. Why not celebrate in style?

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**Xmas Running** - We like to get out and about. This year on **28th December** Jeff Wright is hosting the annual **Brit Burn up** from the Britannia Inn, Aqueduct. Jeff assure us that the course will be about 4 miles and the idea is to run it as a handicap - you guess your finishing time, and the closest finish to the guessed time wins! Start time approx 11am (or when everyone has turned up). There is also plans for a Xmas Quiz later on in the pub, so bring a change of clothes.  
On the **29th December** it's (Scooby) Sue Williams' birthday and what better way to celebrate than with a festive run. It will be approx 5-6 miles from Ironbridge up to Broseley in the morning followed by a stop at a local pub "to rehydrate".

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**Midland Vets Track & Field League** - Erm, it is with the greatest of pleasure I announce that Telford Harriers has, after much deliberation and soul searching, been accepted into the Midland Vets Track and Field League (Northern Division) for the 2009 season.  
What's a Vet? Yes, I know its one of those fine people who mend your hamster, but in the crazee world of athletics, for the uninitiated it is men and ladies from the age of 35 until an age when 'that June Whitfield is a bit of a babe, y'know' (for the men, obviously. Or perhaps not, but thats a discussion for another day )  
Anyway, having established what a vet is, it is obvious that there are a few of you who don't qualify. Ah, step back Jon, Mike, Marc and you other young 'uns. Your time will come, boys, if your attention span allows it. This is for the oldies, just like Saga holidays and cavity wall insulation.

What is it all about?

- Its a TRACK & FIELD league.
- Its FREE (to all Harriers)
- There are 4 league fixtures - May, June, July, August - and for those people who put in a suitably good performance, there is a Cup Final in September.
- Fixtures usually take place on a Wednesday night
- There are different events at each fixture for each age group
- You can do as many events as there are in your age group (or lower) or as many as your ageing bodies will allow
- Every point counts (including that 1 metre shot putt throw you're so proud of )
- We are expected to help out with the officiating, if we're not competing (its not hard apparently)

And that's about it, really. People tell me its a good laugh. We've paid (or will have paid) good club money to do this and it would be a shame if we ended up with it falling apart after the first event so it would be nice if some of you thought about coming along and having a go at something. You never know, you might find you are far better at Pole Vaulting than you ever were at Marathon running!!

Times and events will be published as we go through the year.

And finally, we are sharing the Northern Division with Telford AC and Shrewsbury AC, amongst others :)

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## Cross Country -

**Remaining Dates:** check the web site for regular updates <http://www.telfordharriers.co.uk/crosscountry.html>

15/11/2008 North Staffs League (3 of 4), Stafford Common (Men & Ladies)

22/11/2008 MCAA 7m (men) 5m (ladies) open race, Leicestershire  
6/12/2008 Birmingham League Div 3 (2 of 4), Droitwich (Men )  
6/12/2008 Midland Ladies League (2 of 4), Leamington (Ladies)  
13/12/2008 North Staffs League (4 of 4), Westwood School Leek (Men & Ladies)  
2009:  
9/10/1/2009 Provisional Date for Shropshire AA County Cross Country - Lilleshall  
17/1/2009 Birmingham League Div 3 (3 of 4), Nuneaton (Men)  
17/1/2009 Midland Ladies League (3 of 4), Coventry (Ladies)  
24/1/2009 Midland AA Cross Country Championships, Berry Hill Mansfield  
14/2/2009 Birmingham League/ Midland Ladies League (4 of 4), Stafford Common  
21/2/2009 ECAA National Championships, Parliament Hill London  
7/3/2009 CAU Intercounties, Wollaton Park Nottingham (for those selected to represent the County)

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**Ironbridge Half Marathon** - The 2009 race date is Sunday 22nd March, and entries are already being taken online. We have a number of printed forms available and would appreciate it if you would take a few with you when you go to your next race. We are also looking for helpers on the day and would prefer club members to help rather than run the event. If you do hope to run the event we would appreciate it if you could provide a helper in your place.

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**Track Training** - We have regular track training in place for cycling and running. The cycling takes place on a 1km track at Sundorne, Shrewsbury together with Oswestry Olympians and the running takes place at Telford Athletics Track (pay individually) where we share the session with Wrekin RR. Next dates 21st November for running and TBA for cycling (keep an eye on club web site); times are 7-8pm for both. all standards are again welcome, we try and tailor the sessions to suit.

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**Speedwork** - coaching Tuesday sessions  
Schedule for November / December is now available on the [Club Pages](#) on the club Website

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### Fell Race Winter Series Fixtures:

Sunday 7th December - CARDINGTON CRACKER – 11 am. AM. 9m /2600'  
Sunday 8th February - LONG MYND VALLEYS RACE 11.30am. 11.5m/5000'  
Saturday 7th March - CARDINGMILL CANTER – 1.00 pm.  
Sunday April 2009 - WREKIN FELL RACE - 11.00am. AS 5.5m/1700'

additionally there is a new race the 3 PEAKS CORNDON CLASSIC on Sunday 16th November 2008. It's a tough approx 6 mile sprint over Corndon Hill to Rownton Hill and back over Lon Fawr from Priest Weston. Starts at 11am at The Miners Arms Priestweston.

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### Race Diary:

#### November 08

**15th November - Club Cross Country. [See Cross Country Pages](#)**

**16th November** - Suicide Six(ish). Race full.

**16th November** - Corndon 3 Peaks Classic .

**29th November** - Cheddleton Xmas Pudding 10k, Nr Leek. [Click here for more details](#)

**30th November** - Farm Endurance 9.5k, Rugeley. [Click here for more details](#).

**30th November** - Little Stretton - Stiperstones Time Trial. [Click here for more details](#)

#### December 08

**6th December - Club Cross Country. [See Cross Country Pages](#)**

**7th December** - Apedale Newcastle Dales Dash 10k, Newcastle Staffs. [Click here for details](#)

**7th December** - Cardington Cracker 9 mile fell race, nr. Church Stretton. [Click here for details](#)

**13th December - Club Cross Country. [See Cross Country Pages](#)**

**14th December** - Mortimer Forest 10 mile fell race. [Click here for details](#)

**14th December** - Sneyd Xmas Pudding 10 miles. [Click here for details](#)

**21st December** - Telford 10k. [Click here for details](#)

**21st December** - Staffs Moorlands Xmas Cracker 8 mile MT. [Click here for details](#)

**26th December** - Devils Chair Dash , 11am, Stiperstones near Minsterly. GR 365005

**27th December** - Wheaton Aston 10k . [Click here for details](#)

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## Race Results

Coed Y Brenin Duathlon (5k run/20k bike/5k run ) - Cliff Larwood 2.34:18, 26.01/1.37:47/30.30 Pos. 84; Ali Larwood 3.03:34, 27.45/2.06:08/29.41 Pos.107; Sue Foster 3.03:53, 27.47/2.06.07/29.59 Pos. 108

Flying Fox 10 miles road race - Rob Friel 1.27.58

Wrekin Wrecker 8 mile fell race - 15 Nick Thomas 1.09.30, 46 Steve Bajic 1.20.53

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**Volunteers** - The club is always looking for volunteers to help in taking runs out on club nights, to help with beginners, to help with cross country, to organise relays and other teams, and many other jobs. If we dont get people to help, the club suffers as a result. You may be just the person we are looking for !! You can help by contacting a member of the club committee. Remember, more people = less jobs for all.

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**And finally** - Hopefully, this newsletter has been useful. If there is anything you want to see or any contributions you have then please get in touch. Apologies if you are no longer a club member and have received this in error, we are updating our distribution list following the recent AGM.

Thanks Alan