

# Telford Harriers

## Latest News

### Ironbridge Half Marathon

Date confirmed – 21st March 2010

### London Marathon Club Entries

3 places had been allocated to the club so please supply your rejection slips if you want to be included in the draw, which is taking place in December.

## 'G's Coaching Corner – Tuesday Nights

**OCTOBER** *Thought for the month:* [Just be the very best you can be and don't settle for less !](#)

**6<sup>th</sup> October** - Hill Session

Blists Hill. 6 x hills

**13<sup>th</sup> October** - Reps

(4 min / 2 min rest) 4-6 reps

**20<sup>th</sup> October** - Fartlek session

**27<sup>th</sup> October** Hill Session

Halesfield, Kenyan Hills

**NOVEMBER** *Quote for the month:* ["God determines how fast you run.](#)

[I can only help with the mechanics"](#) from US coach Bill Bowerman.

**3<sup>rd</sup> November** - Pyramids

1min fast 1 min/ slow 2mins fast 2mins slow  
3mins fast 3 mins slow/ 4mins fast 4mins slow.  
Then reverse the pyramid

**REMEMBER 7<sup>th</sup> NOVEMBER CROSS COUNTRY**

**10<sup>th</sup> November** - Intervals

10 x 1 min effort with 1 min recovery  
with a few extras

**REMEMBER 14<sup>th</sup> NOVEMBER CROSS COUNTRY**

**17<sup>th</sup> November** - Hills

12 x 1 run up hill jog back down

**24<sup>th</sup> November** - Fartlek session

Steady run to include fast paced  
efforts with recovery

# Telford Harriers

## Tri

Tri Members have regular regularly social meeting in the one or two Pubs ! around Shropshire  
Some of their recent results are listed below

**Wombourne Sprint Triathlon** - Swim 400 Bike 16km Run 5km

6th Mark Griffiths 57:39

46th Mel Humphreys 1:06:24

80th David Harley 1:12:15

**Derby (Etwell) Tri** 400m - 18k - 5k run

Sue Williams 1:18:58

Very good result for a Virgin Triathlete

**WYE-ATHLON TRI** - 504m swim - 22k cycle - 3.5k run - A really lovely event near Hereford

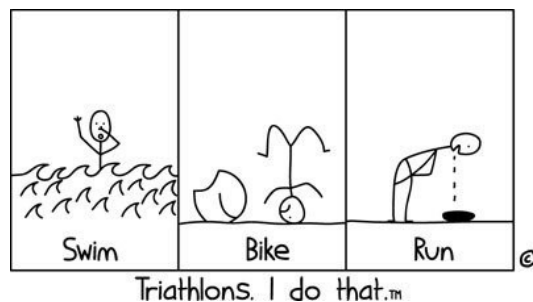
Daron Windle- 1:14

Jean Turner 1:21

**3 SPIRES- Lichfield sprint**

Daron Windle - 1:15:22

Jean Turner - 1:20:27




## Fell

**Winter Series Fixtures:**

- Race 1: [Breidden Hills Race](#)
- Race 2: [Wrekin Wrecker](#)
- Race 3: [Cardington Cracker](#)
- Race 4: [Long Mynd Valleys Race](#)
- Race 5: [Carding Mill Canter](#)
- Race 6: [Wrekin Fell Race](#)

The question has to be will Steve Bajic make it 51 races this yr since he managed an astonishing 50 races last yr in his 50th yr ?

Steve's well in the lead in Alan's Ercall Hill Runners League Championship on the Club website  
<http://www.telfordharriers.co.uk/fellrunning.html>



# Telford Harriers

## Cross Country

Our teams are doing well in both the North Staffs League; both occupy 7<sup>th</sup> & 8<sup>th</sup> position in their respective leagues. The Birmingham / Midland Ladies League began recently with the famous Senneleys Park race where we managed impressive performances all the way down the field. The jumps were excellent.

### North Staffordshire Cross Country League Lyme Valley 3<sup>rd</sup> Oct

<b>Women's Team</b>	<b>Men's Team</b>
19 Jess Harvey	59 Nick Thomas
25 Jane Staite	85 Alan Henderson
60 Grace Hough	101 Anthony Pinson
81 Alison Larwood	105 Dave Harley
91 Sara Rex	110 Ian Maxwell
115 Helen Pritchard	120 Dean Blyth
	122 Andrew Davies
	154 Richard Bailey
	163 Jim Rawnsdley
	223 Phil Palin
	226 Andy Wilkinson
	229 Mike Sprason
	231 Spencer Clarke

### Senneley's Park 24<sup>th</sup> Oct *Division 3*

<b>Women's Team</b>	<b>Men's Team</b>
60 Jess Harvey 28.41	44 Alan Henderson 41:49
112 Grace Hough 31.26 1st LV60	55 Ian Maxwell 43:21
	74 Richard Bailey 45:26
	93 Richard Heawood 46:41
	101 Arthur Zammit 47:43
	120 Gary Williams 48:57
	133 Rob Friel 53:02
	144 Spencer Clarke 59:21
	Total 487 thus far

Come on ladies - support Uncle Pete  
and let's make up a ladies team

# Telford Harriers

## Selected Race Results



**Liverpool 10k** Sunday 4th October  
Grace Hough 44.41 1st W60

**Loch Ness Marathon** Sunday 4th October  
Arthur Zammit-3.24.50 (**His 60<sup>th</sup> Marathon !**) Paul Cole-5.48.34

**Carsington Duathlon** - Sunday 4th Oct – [5k |30k |5]  
Daron Windle - 1.49.44; Jean Turner 1.55.55

**Badger Bite** 6KM off-road - Sunday 4th October  
Andrew Sedgley 26.20 , Richard Bailey, 27.36 Ian Maxwell 27.38, Richard Commander 27.57,  
Jonathan Pierce 28.14, Mark Follos 29.21, Rachel Shuker 35.55, Colin May 47.04

**Breidden Hills Race** 7m/2300 - Saturday 10th October  
Andrew Davies 1:11:44, Stephen Bajic 1:15:06, Jean Turner 1:30:20

**Birmingham Half Marathon** - Sunday 10th Oct  
Richard Commander 1:35:50, Roger Bilsby 1:39:41

**Worcester Beacons Race** ( Malvern Hills) - Saturday 10th October – 7 ish miles - beautiful scenery  
and LOTS of hills in which to celebrate Jonh Littley's 50th  
John Littley 1.02,28, Jean Turner 1.04,18, Cliff Larwood 1.05,49, Rob Day 1.08,20, Alison Larwood  
1.10,53

**Ceiriog Canter (Fell)** 5m/1200' - Saturday 17th October  
Steve Bajic 49.55



**Birmingham University** 5k. Sunday 18th October  
Andy Seal 19m.35s, Grace Hough 1st W60 22m.15s.

**20th Pattingham Bells** 7 ish Sunday 18th October  
48.04 Andrew Davies, 49.59 Dean Blythe, 50.55 Thomas McCallion, 51.03 Jessica Harvey (3rd Lady Home), 51.24 Ian Maxwell, 52.04 Jonathan Pierce, 52.58 Richard Bailey, 53.45 Simon Toghill, 54.07 Michael Rickus, 55.04 Arthur Zammit, 57.32 Tracey Hayward, 57.36 Masamitsu Okura, 58.18 Eliot Brammer, 1.00.54 Susan Foster, 1.01.57 David Brammer, 1.02.25 Philip Palin, 1.03.12 Caroline Deacon, 1.04.15 Robert Friel, 1.07.44 Robert Harding 1.10.56 Spencer Clarke, 1.11.22 Keith Davies, 1.15.48 Colin May, 1.17.32 Lorraine Blythe, 1.17.57 Leona Thompson, 1.19.29 Anne Rickus

**Beachy Head Marathon** Saturday 24th October 3500 feet of ascent and all off road !  
4th Nick Thomas in 3 hrs 24 mins - 846 finished within 6 hour cut off period.

**Snowdon Marathon** Saturday 24th October  
Jim Rounsley 4:09:33, Roger Bilsby 4:26:34

## New Race

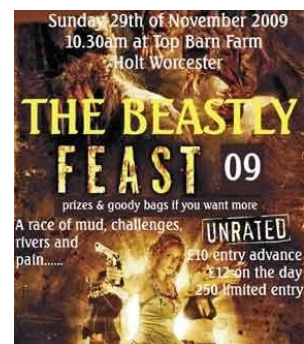
**The Beastly Feast 2009** – Sunday 29<sup>th</sup> November 10:30am (only a 1hrs drive away)


An approx 11k course in Worcester of mud, trails, obstacles, and a few surprises. A perfect way to see in the Christmas period with a bit of a giggle and a lot of mud.

Bring spare clothing & enjoy a warm coffee and bacon sandwich in the Reflections coffee shop.

250 limit on entries so you need to be quick and enter.

<http://www.runaroundsports.co.uk/events.htm>





## Telford Harriers

### Future Events

Taken from our Clubs race diary

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

#### 2009: November

**7th November - North Staffs Cross Country #2 - Park Hall Country Park**

8th November - Mad Jack's 5, Attingham Park [details](#)

**14th November - North Staffs Cross Country #3 - Stafford Common**

15th November - Corndon Classic Fell Race - [details](#)

15th November - Suicide Six, Himley - [details](#)

22nd November - Wrekin Wrecker Fell Race - [details](#)

28th November - Cheddleton Xmas Pud 10k, nr Leek [details](#)

29th November - Little Stretton Time Trial - [details](#)

#### 2009: December

5th December - Birmingham League Cross Country #2 - **Leamington**

6th December - Cardington Cracker Fell Race - [details](#)

12th December - **North Staffs Cross Country #4 - Westwood High School, Leek**

13th December - **Sneyd Xmas Pud Run is cancelled this year**

20th December - Telford 10k - [details](#)

27th December - Wheaton Aston 10k - [details](#)


### Car sharing – let's reduce our Carbon footprint

If you are going to an away event - **tell others**; car share and share the cost of transport. If someone knows you are going it's very likely others will want to as well.

### Club Kit

Chris has updated the Kit list Please return your completed form to Chris via e-mail or in person on Thursday club nights.

<http://www.telfordharriers.co.uk/clubpages/kitlistOct09.pdf>



## Telford Harriers

### Time for some Jokes...

- Two hikers on a trail came around the bend to find an enormous brown bear about 75 yards up the trail. The bear spies them and begins running toward them at a full gallop. One hiker drops his backpack, sits down, throws off his boots, and starts lacing up a pair of running shoes. The other hiker says: "What are you doing? You will never outrun that bear!". The first hiker replies: "I don't have to outrun the bear..."
- We work out too much. We waste time. A friend of mine runs marathons. He always talks about this "runner's high." But he has to go 26 miles for it. That's why I smoke and drink. I get the same feeling from a flight of stairs.
- Jack and Jill were riding a tandem up a hill, but making heavy weather of it. At the top, Jack said: 'I didn't think we'd make it!' Jill replied, 'Nor did I - what a good thing I kept the brakes on, or we'd have slid all the way back down!'

### Final note

If there is anything you want to see or any contributions you have. i.e. Race reports, Jokes you would like to share with us, then please get in touch. ( Even if it's a small request to change the colour scheme used in this newsletter! then just let us know )

In December we will be sending a small questionnaire to you all via an e-mail. The objective being to obtain some feedback of what you / Think / Want from the Club & Use the club for. This will aid the committee members to understand how best we can serve you by knowing how you feel about YOUR Club.

Kind Regards

**The Committee**

