

Harrier News

Telford Harriers Newsletter
Issue 1 2004



Happy New Year! And what better way to start the New Year, than with a picture of our old mate Graham Machin, doing what he does best when he thinks we're not around.- running round the Park in his TAC club kit.

20 Years of Telford Harriers it was mentioned at the AGM by both Alan Jenkins and Mike Sprason that Telford Harriers will be 20 years old on 19th October 2004, and we should celebrate the fact.

If anyone has any ideas of how / what we should do then please let me or any of the committee listed below have them

If anyone has any old stories or pictures featuring Harriers - old and new, we would love to borrow them for publication in a special Harriers 20th Anniversary Newsletter.

*** 2004 Officers and Committee members**

elected:

Gareth Bellamy (Chairman)
Alan Jenkins (Vice Chair)
John Sanders (Secretary)
Carole Bremner (Treasurer)
John Strange (Cross-Country secretary)
Denise Cureton (Membership Secretary)
Jeff Wright (Press)
Jo Jones (Social)
Steve Harris (Club Kit assisted by Rachel & Mark Fenn)
Brenda Bellamy
Jo Henderson
Paul Franks (Ironbridge1/2 Director)
Jill Wright
Mike Sprason
Davina Ward.

2004 Membership

There is no change to the membership fees for 2004, they are:

Ordinary members £ 13.50

Ordinary members (unemployed) £ 8.00

Executive officers & Club Sponsor £ Nil while in office

Junior/Student members £ 4.25

Second claim members £ 10.00

Retired (Men 65+, Ladies 60+) £ 8.00

Social members £ 9.25

AGM News

29 Club members attended the Club AGM at a recently refurbished Dawley RBL on January 20th. In case you weren't there, the main topics of conversation were:

- **Membership** at the close of 2003 stood at 113 compared with 122 in 2002
- **The Ironbridge Half** was run as the Shropshire Half Marathon Championship for the first time last year and proved a great success with approximately 280 competitors in the championship alone. The 2004, event which will take place on Sunday the 14th of March will also be the county championships.
- **The Sting in the tail.** We lost our second race in 2003. The Sting in the tail was cancelled due to the lack of competitors entering the event.
- **Welsh Castles Relay** we had our best ever finishing position of 27th with Yvette Lewis and Nellie Cureton winning their legs
- **Cross country** we have been led to believe that both the men and the ladies teams were promoted into division one of the North Staffs league. It was pleasing that it's the first time the ladies have fielded full teams in all events and finished in 3rd place.
- A different story for the men in the Birmingham league as we failed to put a team out in the first match at Sennelys park. In the two matches since we finished in 8th and 6th places.
- At the County champs held in Bridgnorth at the beginning of the month the men took 2nd Senior team and 3rd Vet team and the ladies took third vet ladies team. Well done to all those who took part.
- **Newsletter.** We've had some problems in getting out as many newsletters as I would like during 2003, however I remain hopeful that we can improve on this during '04 and would encourage Harriers to send in pictures, articles, anything really - its your publication. Of course if anyone else wants a go at doing the NL they are most welcome.
- **Handicap - 2003** 200 entries in 6 races again shows what a big commitment it is for the club. Again it was very successful and a move back to first Tuesday of the month proved a popular one. This was the 5th year and the 2003 winners showed that it is an event for all abilities not just the elite runners in the club. Thanks to the helpers and we hope you all enjoyed it.
2004 - No plans to change but we have to work on our finishing & time recording, sometimes it can get a bit hectic when everyone finishes together.
- **Tour -2003** Not sure how something which started as a laugh has made it to 3 successful years !
2004 A number of ideas in the pipeline but the main one is to stage the Stirchley Mile (day 3) on the grass track as a number of graded mile races (graded as to your position in the Tour at that time). This will ensure a good crowd and some competitive fun (and of course somewhere to lie down). This depends of course on the availability of the grass track. Sadly (or happily) there are no plans to get rid of the Wrekin stage of the race.
- **Welcome newcomers.** Over 20 new joiners this year. It is very encouraging to see such healthy growth in such a small club. Most newcomers regularly attend training including our tough speedwork sessions. There have been people join from other local clubs bringing with them experience.
- **Thanks to MSF Landscaping.** Rachael and Mark (MSF Landscaping) are the official sponsors of Telford Harriers. They donated a substantial amount of money to the club in the summer. In return the club have agreed to give MSF as much publicity as possible by displaying MSF logo on club stuff like letterheads, entry forms, web site and kit. Big thanks to Rachel and Mark.
- **Meeting and Social Venue.** Closure of Stirchley has seen the demise of the after training social scene. More and more people are drifting down to the Britannia for a drink after training but it's not as convenient. More importantly we're struggling for a venue to hold regular committee meetings. We did have a meeting at the Britannia but it didn't prove too successful with noise etc. We need a dedicated room. Any suggestions welcome.

- **Recognition to outstanding volunteers.** As reinforcement to the chairman's comments, I'd like to thank Jeff for Christmas walk/run and also the other walks and events. He' has played a major role in setting up social events throughout the year such as the Christmas party.
- **League 2004.** Now 85% complete and published on the web and Newsletter. Just to let you all know that it will be done again using age grading as there are insufficient seniors, men and especially women, to warrant individual categories.
Also, I have included all 4 North Staffs XC events as both men and women do compete. Also, I have decided to award 20 league points to any Harrier volunteering their services at the Ironbridge ½ Marathon. This race is our bread and butter and we all need to make as much effort as possible to make sure that it's a success.
- **The Club Account**
Although the difference between income and expenditure shows a profit of £332.62, £183.95 of that is charity money therefore profit is £148.67.
Main areas where money is lost or tied up are:
 - Welsh Castles entries – paid out £240 collected £168 = £72 deficit
 - Welsh Castles T-shirts – Paid out £565.69 collected £110 = £455.69 deficit
 - Club kit – paid out £948.56 collected £546 = £402.56 deficit, 2002/03 also had large deficit for club kit.
 - We also paid out £119 in member's entries to races.

However we made £5 profit on the Christmas party which is the first year we haven't made a loss
- **Ironbridge Half**
Profit of £1441 due to increased entry revenue, entries were down in 2002 as it had only been 6 months since the 2001 event, which was postponed due to foot and mouth.
Biggest single out-going was glasses and prizes £2047.40

Club Kit

Here is a list of kit that I currently have in stock.

Men's vests sizes **S,M & L**..... cost £14
Ladies vests sizes **12,14 & 16**.....cost £14

Men's shorts sizes **S,M, & L**.....cost £9 (Green only)
Ladies shorts sizes **12 & 14**.....cost £9 (Green only)

Long sleeve tops sizes **S,M & L**cost £16 (unisex)

Tracksters sizes **S,M,L & X/L**.....cost £14 (unisex)

Reflective Bibs **One size**.....cost £4

The Navy Polo shirts, with the **Embroidered Telford Harriers logo** on (see below), are now available, to order, they will cost approximately £14 each

The Black Jackets with Telford Harriers on the rear are available **TO ORDER ONLY**, due to cost at £33 each. They are available in **X/S,S,M,L, & X/L**. Having said that I do a one Medium and one X/S in stock.

If anyone has any ideas as to other garments that they would like me to obtain please let me know and I'll see what I can do.

Due to my work commitments I cannot always be at the club as often as I would like. But when I am there I will have the kit with me. If you wish to order any kit and I'm not available My mobile number is 07811 464908 or you can e-mail me with any orders you may have. Alternatively let any of the committee members know and they will pass your orders on to me.

Best wishes to you all

Steve (your kit boy)

**Race Reports, Pictures, comments, rant & rave?
Phone your race times to Jeff (593033) or Gareth (256484)**

Anything for the Newsletter (anything !!) see Alan - if you have web access try alanj@telfordharriers.co.uk
 Anything for the Web – John.sanders@telfordharriers.co.uk

From the XC Manager John Strange:

On a cold and bitter day the Harriers had their best show this season, with the strongest team showing.

Several good performances with John Sanders leading us all home in an excellent time of 37.18. Pete Taylor had a poor day by his standards coming in 2 minutes behind John. Mark Griffiths is back to form as 3rd club member home, followed closely by new member Mark Christian, well done Mark, he will be an asset to the club.

Colin Tart put in his usual strong performance and finished well, in 5th followed by Dave Jones. We even had a 2nd team lead home by Paul Franks, with Daron Fincham running very well behind Paul, the first squad better watch out Daron is a coming !!

Next was Steve Harris, not such a good day for Steve he has not been able to train lately, welcome back. Mark Fenn was next with a solid performance with Steve Watkins following, an off form Ian Hopkins made up the 12 the spot. With no Tee shirt John Strange and ever reliable Mike Sprason bringing up the rear.

Altogether our best performance of the season (oh what a shame about Sennelys).

Note for John Sanders only run in your vest, look what it did for you!

John Strange

**SHROPSHIRE COUNTY CHAMPS CROSS COUNTRY 3rd January 2003
 SENIOR AND VET MEN**

Position	Number	Name	Team		Time
12	19	PETER TAYLOR	TELFORD HARRIERS	SEN	36.47
17	17	JOHN SANDERS	TELFORD HARRIERS	SEN	37.30
25	23	MARK GRIFFITHS	TELFORD HARRIERS	SEN	40.09
27	32	ANDREW DAVIES	TELFORD HARRIERS	VET	40.53
28	21	DAVID JONES	TELFORD HARRIERS	SEN	40.57
36	25	GARETH BELLAMY	TELFORD HARRIERS	VET	41.40
37	34	COLIN TART	TELFORD HARRIERS	VET	41.49
45	27	DARON FINCHAM	TELFORD HARRIERS	VET	43.10
48	22	MARK FENN	TELFORD HARRIERS	SEN	43.38
50	24	PAUL FRANKS	TELFORD HARRIERS	SEN	44.08
53	20	STEVE WATKINS	TELFORD HARRIERS	SEN	44.29
60	31	JEFF WRIGHT	TELFORD HARRIERS	VET	48.08
61	35	JOHN STRANGE	TELFORD HARRIERS	VET	49.12
65	33	MIKE SPRASON	TELFORD HARRIERS	VET	51.29

**Cross Country. Birmingham League.
 Droitwich 29th November 2003**

Name	Times.	Position.
P.Taylor	42.12	6
J.Sanders.	42.45	9
S.Harris	48.04	58
C.Tart	48.12	59
G.Bellamy	48.42	65
D.Jones	50.53	84

	Total	281 8 th Position
H.Warton	51.58	95
I.Hopkins	56.40	132
J.Strange	58.11	141
M.Sprason	65.40	152

Telford 10k, Shropshire

21st December 2003

Pos					
16	Amanda Wright Allen	L35	Telford Harriers	34.36	
24	John Sanders		Telford Harriers	35.37	
50	Denise Cureton	L35	Telford Harriers	38.46	PB
51	Phil Gray		Telford Harriers	39.00	
53	Andrew Davies	V50	Telford Harriers	39.24	
59	Colin Tart	V55	Telford Harriers	39.55	
64	Graham Machin	V55	Telford Harriers	40.10	
88	Daron Fincham	V40	Telford Harriers	42.28	
99	Alan Jenkins	V40	Telford Harriers	43.59	
100	Steve Watkins		Telford Harriers	44.01	PB
120	Andrew Doggett		Telford Harriers	45.18	
130	Jean Turner	L40	Telford Harriers	46.11	
136	Daron Windle		Telford Harriers	46.28	
175	Robert Harding	V50	Telford Harriers	49.59	
209	Alison Larwood	L	Telford Harriers	54.34	
224	Joanne Jarvis	L40	Telford Harriers	58.24	

2003 TROPHY WINNERS

Club League

Senior Mens League	John Sanders
Senior Ladies League	Davina Ward
Vet Mens League	Andrew Davies
Vet Ladies League	Cynthia Lewis
Overall League winner	Graham Machin

Most Improved

Most Improved Senior Male	David Lane
Most Improved Vet Male	Andrew Davies
Most Improved Vet Lady	Nellie
No improvement made by a senior lady.	

Club Best

Best Overall Senior Male	Pete Taylor
Best Overall Senior Lady	Catriona Clarke
Best Overall Vet Male	Andrew Davies
Best Overall Vet Lady	Nellie

Handicap

Handicap Winner	1 st David Riley
	2 nd Caroline Deacon
	3 rd Jo Jarvis & Sam Hugh

David Arnold Notable performance in the Handicap David Jones

Off road running

Yvette Lewis

Marathon Runner

Dave Guinea

Founders Trophy

Mick Owen

Sports Person

Mick Owen

London Marathon Club Places went to: John Strange, Christine Edwards & Daron Fincham.

Cross Country, Nth Staffs Stafford Common. November 15th 2003.

<u>Teams.</u>	<u>Times.</u>	<u>Position.</u>
Ladies.		
D.Cureton	25.02	7
Y.Lewis	No time recorded	25
J.Deeley	28.21	52
		84 Total
J.Jarvis	36.15	65
C.Lewis	37.45	71
L.Strange	38.43	72
D.Ward		DNF
Men		
P.Taylor	40.42	22
J.Sanders	41.51	32
A.Davies	46.23	94
C.Tart	46.40	99
S.Harris	46.56	102
G.Bellamy	47.09	105
		454 Total
G.Matchin	48.10	118
D.Fincham	49.12	128
J.Strange	54.20	161
D.Arnold	55.02	163
A.Hodgkiss	55.32	165
M.Sprason	62.02	177
D.Cooke		DNF

Shropshire Fell Race details 2004

More details on the web @ www.dawsey.freeserve.co.uk

SATURDAY 7th FEBRUARY - TITTERSTONE CLEE

SUNDAY 8th FEBRUARY - LONG MYND VALLEYS (3rd Race in Winter Series)

SUNDAY 7th MARCH - CARDINGMILL CANTER (4th Race in Winter Series)

SUNDAY 28th MARCH - WREKIN FELL RACE (5th & Final Race of Winter Series)

Winter Series Presentation will be made following The Wrekin Streak on 28th April

Wednesday 28th April WREKIN STREAK 1st Race in Summer Series

Wednesday 12th May CARADOC CLASSIC 2nd Race in Summer Series

Wednesday 2nd June PONTESBURY FELL RACE 3rd Race in Summer Series

Wednesday 16th June RODNEY'S PILLAR The Shropshire Handicap

Wednesday 30th June BATCH BASH 4th Race in Summer Series

Sunday 11th July CALLOW

Wednesday 14th July STIPERSTONES FELL RACE 5th Race in Summer Series

Wednesday 8th September RAGLETH INN 6th & Final Race in Series

Beachy Head Marathon

Around 1300 runners & walkers took part in the second Beachy Head Marathon. In good conditions the course takes in the South Downs way with 3500ft of ascent. Rob & myself were very pleased finishing in 152nd & 153rd place in a time of 4hrs 17mins. This was Rob's first marathon (you've got to start somewhere). I did the same marathon in 2001 seven sisters it was called then. It has now been renamed by Rob as The Seven Bitches. This time I managed to better that time by 19 mins. Next year it takes place on 23rd Oct, I think I'll walk it.

Jeff Wright



In our Colours – Harriers Club Records.

10k Bests of Telford Harriers (as first claim members):

when	who	time	where
1999	Steve Needs	33.11	Lilleshall 10K
1991	Scott Lewis	33.47	Stone
1990	Gareth Bellamy	34.10	Newport Carnival
1996	Adam Grzeckowiak	34.13	Newport 10K
1990	Graham Machin (v)	34.26	Haughton
1996	Nigel Bagley	34.41	Newport 10K
2003	John Sanders	34.54	Cardiff Krup 10k
1999	Pete Hudson	34.57	Farndon 10K
1990	Roy Bailey	35.16	Church Stretton
1993	Glyn John	35.55	Newport 10k
1998	Kevin Harvey	36.07	Newport Carnival
1997	Alan Jenkins	36.20	Newport 10K
1994	Andy Smith	36.53	DK 10K
1997	Dave Preston	36.57	Newport 10K
1990	Chris Lloyd	36.58	Haughton

1990	Jonathon Pierce (v)	36.58	Haughton
1990	Brian Heighway (v)	37.11	Haughton
1998	Roy Mullin	37.21	Newport Carnival

Oh, well, its a good talking point - if nothing else !!

The criteria - (only one best entry per person) rather than the top 10 times of all time - as otherwise it would have been a carve up amongst 3 people.(FYI - from the times I have, I probably have another 15-20 sub 37 times by the names in the list.)

2004 Race League So Far....

1	Alsager 5 Mile 11:00am	Sunday	01-Feb-04	Alsager5
2	Roc Fencing Wyre Forest 8	Sunday	08-Feb-04	Amazing Feet
3	The Action Heart 6 Mile	Sunday	29-Feb-04	Action Heart
4	Treat MT 8 <small>Mids MT Series 1</small>	Sunday	07-Mar-04	Kidderminster & Stourport AC
5	Ironbridge ½ Marathon MARSHALLING ONLY	Sunday	14-Mar-04	20 League points to all marshalls
6	The Lilleshall 10K 7pm <small>Sexarathon 1</small>	Wednesday	??-Apr-04	TAC
7	Ice Rink 5 Mile 11:00am	Sunday	25-Apr-04	Wrekin Road Runners
8	DK10K	Wednesday	05-May-04	Dudley Kingswinford Running Club
9	Halesowen Hillock 10 <small>Mids MT Series 2</small>	Sunday	09-May-04	Halesowen Athletics and Cycling Club
10	The Phoenix Flyer 7:30pm <small>Sexarathon 2</small>	Wednesday	??-May-04	TAC
11	Stourbridge Stumble 10K <small>Mids MT Series 3</small>	Saturday	??-Jun-04	Stourbridge
12	Shropshire 4 mile 7:30pm <small>Sexarathon 3</small>	Wednesday	??-Jun-04	TAC
13	Ironbridge 4.5 mile 7:30pm <small>Sexarathon 4</small>	Wednesday	??-Jul-04	TAC
14	Sting In The Tail 5K <small>ToT 1</small>	Sunday	??-Jul-04	Gold'n Green
15	Wrekin Steeple 3.2M Hill Run <small>ToT 2</small>	Monday	??-Jul-04	Gold'n Green
16	Stirchley Railway Mile <small>ToT 3</small>	Tuesday	??-Jul-04	Gold'n Green
17	Wonderland 5K <small>ToT 4</small>	Wednesday	??-Jul-03	Gold'n Green
18	Last Day 3K <small>ToT 5</small>	Thursday	??-Jul-04	Gold'n Green
19	Vic Musgrove Fast 5K 7:30pm <small>Sexarathon 5</small>	Wednesday	??-Aug-04	TAC
20	Madeley Matchmaker 5K 7pm <small>Sexarathon 6</small>	Wednesday	??-Sep-04	TAC
21	North Worcester MT 8 <small>Mids MT Series 4</small>	Sunday	??-Oct-04	Bromsgrove & Redditch AC
22	North Staffs Cross Country <small>NSXCL 1</small>	Saturday	??-Oct-04	NSCCL
23	North Staffs Cross Country <small>NSXCL 2</small>	Saturday	??-Oct-04	NSCCL
24	North Staffs Cross Country <small>NSXCL 3</small>	Saturday	??-Nov-04	NSCCL
25	North Staffs Cross Country <small>NSXCL 4</small>	Saturday	??-Dec-04	NSCCL

To Be Continued.....but almost there

Telford Harriers Present

The First "Salopian Leap"

Sunday February 29th, 7.00am from Little Wenlock.

A 32km / Open Walk / Hike across the beautiful Shropshire Hills. Meet @ Little Wenlock Village hall @ 6.50am.

FRA Safety Rules do not apply to this event, but sensible clothing / footwear is advised. For further details check out the club website www.telfordharriers.co.uk , see John Sanders, or keep an eye on the Club notice board

THE CARINGTON WATER CHALLENGE

There I was one Sunday morning working away in my garage when the neighbour appeared at the door aka Paul Hill, one of the newest members of the club and someone who has only been running for 9 months. "How do you fancy a go at an adventure race?" he said. "OK what's involved?" I said. "I don't really know." Came the reply, "a bit of canoeing, a bit of mountain biking, a lot of running and some other stuff." "Canoeing! I can't canoe!" "Neither can I." said Paul.

We were going to enter the team event. The third member of the team and the team captain was Brian Davis, someone whom I had never met before. Paul had arranged the loan of some canoes from the Telford Sea Scouts and we were invited down to Trench pool for some practise. This is where we all found out that we were all very good at going round in circles. For bike training Paul and I just did our planned 65 mile trip over Dinas Mawddwy in Wales and for running we just did our once a week down the club as normal. We never trained together as a team.

The race was at Carsington Water in the Peak District and the race brief was at 7am, which meant we had to leave Telford by 5.30am. We parked our bikes in the transission area and dropped our canoes by the water (well about 50m away from the water). In the brief we were told which way to run in and out of the transission area and where to get on and off our bikes and then we were introduced to the stretcher that we would have to carry one of our team on for a hundred meters. We later found out that it was going to be a 2 and a half mile run followed by the stretcher carry and a 30-40minutes canoe, a 9 mile bike ride and then a 4 mile run with surprises. The race was split into two waves with the individual and male teams in the first and the female and mixed teams in the second. We were in the first and our mixed team of Bill, Heather and Gary would go 30 minutes later. We were off, Paul set the pace for the first half mile and then Brian and I took over and maintained it the rest of the way. We got to the stretcher and Brian being the smallest jumped on and we did the hundred meters without dropping him (So my 18 years as a T.A Medic came in useful for something in the end).

Then we were in the canoes with Paul setting the pace and I bringing up the rear and it wasn't long before we were pased by a team in really fancy canoes and by the time we rounded the half way boy they had almost finished. Paul was still setting the pace and Brian was just behind him and I was at last getting my act together and just when I thought I had cracked it, it all went horribly wrong and I cut Brian up and just about avoided hitting the jetty. Out of the water I tried to pick my canoe up and found I had lost all the strength in my arms and Paul was in the same boat, if you know what I mean! It was a long run to get to our bikes and the first part of the ride was on the road and I set the pace, but it wasn't long before Brian came past and we turned off road. Brian was now in his element, shouting out gear changes and advice to us and warning us of unseen climbs before Paul and I got to them. This is where I was the weakest link with my lack of technical ability (I mean fancy feeling the need to brake going down hill on loose gravelly tracks) however it bring out the Quote of the Race, as Paul came flying past me on a steep down hill shouting "Just let go!" and then he just managed to avoid crashing on the bend at the bottom. We were speeding down hill in top gear, when a marshal jumped out at us and told us to get off our bikes and told us to carry or push them up and back down a steep grassy field. The next marshal we came to made us take our tyre off one of the bikes to simulate a puncture. Just before we hit the road again we came up behind the team that had passed us on the water. Back on the hard and not so slippery stuff it was my turn to set the pace and the other team tried to live with us, but failed. Then it was back off road and Paul and Brian were so at it again.

Back in the transission area and the race organiser reminded us to leave our helmets on and advised us to leave our gloves on, as we set off on the last run. This was a good cross country

run with gates to open and close (as we had not got the legs to climb over them) and stiles to climb (as we had no choice) then you guessed it ,we ran into a marshal who shouted “are you a team of three? Then pick up a sack of stones and carry it between you around the cone on the top of the hill and back.” Some more cross country and the next marshal gave us an egg a piece and told us to carry it to the end without breaking it, and then he pointed to a net across the stream and told us to crawl underneath it. The next one we came to sent us down an overgrown and nettle filled bank into a stream to go through one small tunnel and back through the next one and back up the bank. The next we came across gave us another sack of stones and told us the carry it to the end, which as it turned out was over a mile away. We took it in turns to carry it and managed to change it while running to keep the momentum going.

Back in the arena we dropped the sack and started the first of the four challenges. I was blind folded and Paul and Brian gave me instructions on how to arrange a puzzle. The second was to cross a rope bridge and Brian took the most difficult one, on the third we had to cross an area of grass using oil drums and planks without touching the grass. I think it’s fair to say that Paul and I took the lead on this as Brian was saying “This is what I bought them for”. On the last, one of us had to pick up an apple out of a bucket of water with our teeth. Brian had a go but his head; I mean helmet was too big to fit in the bucket. So I had a go because I’ve got the biggest mouth. A quick dash to the finish and we were at last able to give back our unbroken eggs. We finish in a time of 2hr3mins and thought we had done quite well. We changed and watched the mixed team as they took on their challenges with style.



At the presentation we found out that last years winner had finished third and that we had not only won, but we had beaten the course record by two minutes. But best of all we had all enjoyed ourselves and worked well together as a team by taking the lead and our strong points and allowing ourselves to be led on our weaker ones. As far as I know we are the first Harriers to take part in an adventure race and we would recommend it to anybody. A special thanks needs to go to Gary and the Telford Sea Scouts for all their help.

John Littley