



Telford Harriers Newsletter

May/June 2007

Key Box Update: We don't have a key box any more. Please ensure you look after your OWN keys on Club night. The key box was becoming more and more vulnerable and in the end we didn't want either ourselves or Stirchley Rec to be held liable for any lost keys. So it had to go.

Ouch! Club members can receive 20% discount from SB Sports Physiotherapy in Shifnal on production of your membership card.

New Runners Night: John Strange, Lynn Strange, Sue Williams, and Steve Bajic are helping to host a 'new runners' night on Monday night at 7pm from Stirchley. This involves assessing their current ability and then 'gently' breaking people in on carefully structured 1-3 mile runs. The idea of this is that when ready, the new runners can move up to the main club on Tuesday without feeling out of their depth. John is very keen for more Harriers to get involved to help him keep this going - if you are interested it isn't a major commitment - please see John on a club night.



Welsh Castles 2007

Once again it was the hottest weekend of the year -so far. Almost without exception our relay legs were run in 25 - 28 deg heat. Some of our runners ended up walking, several ended up with Personal Worsts, some narrowly missed the meat wagon and one in fact didn't even make it to the finish.

Oh, well. We had a great weekend though - roll on 2008!

Pictured left - Alison Larwood happy at the finish, with Caroline, Rob & Steve

Club Committee meeting - 12/6/07

1. New Runners Session - 15 ladies turned up for the first session last week, along with 6 helpers from the club. It was decided that advertising was not necessary at this time.
2. Grading of Officials - As GH mentioned at the last meeting, officials for events such as Ironbridge Half have to be qualified and identified to UKA. The deadline has passed for this information to be submitted, but to date we have received no contact from UKA and AJ is going to follow this up.
3. Emergency Contact List - JS will speak to the manager at Stirchley Rec next week. A list of names and contact numbers will be passed on to him.
4. Membership Forms - MC is changing the forms so they will not include any medical information. It was also agreed that members' occupations should not be included on the forms, as this information is irrelevant.
5. Ironbridge Half Marathon 2008 - JW requested that the committee was formed: Lisa Yeomans, Race Director. LY will call the first meeting. Jeff Wright - Course Director, Brenda Bellamy - Cadets. Other committee members - Michelle Clarke, John Strange, Jane Staite, Tim Smith, Louise Steele and Andy

Seal. GB has sourced a local company that can provide us with towels. He also has some information regarding chip timing and this will be discussed at the first IBH meeting.

6. Club AGM - JW will contact the social club in Dawley as a venue and set a date in September.
7. Tour of Telford 2007 - Martin has some promotional t-shirts and will contact Mick Owen regarding the printing of them. GB has race numbers. There is a notice at Stirchley Rec together with entry forms.
8. Club Survey - AJ will report the findings at the next committee meeting. Between 25 and 30 replies were received.
9. Midlands 6 & 4 stage relays/cross country - the club needs to decide if we are entering teams this year and appoint a Team Manager. This will be on the agenda at the next committee meeting.
10. Christmas Do - The Pheasant at Admaston was suggested as a venue. JS to provisionally book this.

The next meeting will be held on Thursday 5 July 2007 at the Britannia at 8.30 pm. If you have any items for the committee meetings, please pass them onto John Strange.

Results:

Shakespeare Half Marathon - Sue Williams 2hr 2mins 44 secs

DK 10k - 25 Jamie Anderson 37:04; 94 Andrew Dippie 40:22; 121 Andy Seal 41:46 ; 199 Jonathan Pierce 44:01 ; 212 Rob Day 44:24; 248 Richard Commander 45:16; 254 Dean Watkins 45:32 ; 262 Jean Turner 45:41 ; 279 Jo Cox 46:05 ; 370 Daron Windle 48:17 ;373 Sara Rex 48:20 ; 484 Sarah Slattery 50:47 ; 523 Robert Allen-harding 51:43; 900 Ann Shaw ;904 Colin May; 963 Cynthia Lewis ;

Schneider 5 miles - Despite missing the start, Steve Watkins had a great run to finish in 25th place (34:16); 29 Jon Mahoney 35:36 ; 33 Lisa Watkins 36:15 4th Lady (1st LV35) ; 34 Jane Staite 36:18 5th Lady (1st LV40)

Haughmond Hill Handicap - Good run, one to remember for next year. Andrew Dippie 59.35 ; Steve Bajic 61.01 ; Paul Franks 63.10 ; Michelle Clarke 63.55 ; Bruce Gregory 65.59 ; John Strange 69.43 ; Caroline Deacon 81.55 ; Deb Hugh 83.15 ; Susan Williams 83.20

Uffmoor Shuffle 10k Multi terrain - Rob Day 48.45 ; Richard Commander 48.51 ; Alison Larwood 56.33

Sheinton Steeplechase - Daron Fincham suffers the anguish of finishing behind Dave Davies again; times; 16 Antony(kuldeep)pinson 22.57 ;27 Steve Bajic 24.43 ;31 Martin Skehan 25.44 ;32 Alan Robinson 25.52 ; 41 Daron Fincham 27.16 ;44 Dave Arnold 28.21 ;48 Grace Hough 29.04 ;52 Vicky Robinson 29.17 ;53 Alison Lorwood 29.34

Caradoc Classic - more fun on the hills. 31 Steve Watkins 29:21; 49 Paul Hill 30:58;59 Dean Watkins 32:13 ; 61 Stuart Robinson 32:19 ; 64 Rob Day 32:40

Kingsbury Classic 10k - 7th R Gilbert Telford Harriers 41.19

Cobra Classic - On a very wet day in Hagley there was only one harrier that made the trip to the bright lights of Hagley (Jon Mahoney): A very good run as I came in the top half with a time of: 1:06 position 35/111

Eastnor Castle 7 - Jean Turner 10th lady 5th LV40 58m 45s ; Grace Hough 18th lady 2nd LV50 1hr 06m 37s ;Daron Windle 80th man 1hr 01m 51 s

Muller 10k Market Drayton (slightly made-up times) 21 Jamie Anderson 35:56 ; 99 Mark Lines 39:48 ; 115 Anthony Pinson 40:31;131 Steve Watkins 41:03 ;163 Stephen Bajic 42:11; 167 Dean Watkins 42:16; 173 Rob Cherry 42:35; 184 Marc Christian 42:55 ;235 Paul Sherry 44:27; 239 Aimee Jackson 44:35; 250 Michael Rickus 45:40; 260 Lisa Watkins 46:04; 261 Rob Day 46:05 ;274 Jane Jones 46:32 ; 281 Marko Stolic 46:44; 323 John Strange 47:28; 324 Sara Rex 47:28; 349 Helen Winters 47:54;453 Sarah Slattery 51:30; 471 Emma Dobson 52:05; 587 Andy Wilkinson 55:30; 648 John Rowlands 59:23; 717 Cynthia Lewis 1:03:17;765 Karen Bailey 1:13:08



grr - angry Steve Watkins

Sutton Park 10k - Jean Turner- 2nd Lady overall - 45 mins.

Hagley MT 10k - The first in series took place on wed. 9th may - 2 harriers represented telford -The one and only Big D - 49.52 ;and Jean Turner 47.20 - 1st Vet 45.

Clent Series 4.2 miles - Nick Thomas- 3rd overall 31.48 and Jean Turner 3rd FV 45 39.32 - think it was the longest 4.2 miles ever recorded !!

Old County Tops Fell Race - Me (Rich Gilbert) and Chris battled through gales, snow(!), hail, torrential rain, sprained ankle, wrenched knee, ankle deep bog, knee deep river crossings, 37 miles and 11000ft to

finish in 10 hours 36 minutes and be 41st pair home!!

Batch Bash Fell Race - Stephen Bajic 36:01

Phoenix 5k - 0-2 to Davies, as Fincham now in despair: results; 17:56 Jamie Anderson ;18:58 Peter Taylor; 19:00 Paul Hill ;19:39 Andy Dippie ;19:41 Anthony Pinson ; 20:00 Stephen Bajic; 20:17 David Mole; 20:22 Rob Day; 20:45 Lucy Dalton ; 20:48 Michelle Clarke ; 21:19 Daron Fincham ; 21:27 Robert Cherry ; 21:39 Martin Shehan ; 21:48 Alan Robinson ; 22:06 Jo Cox ; 22:11 Lisa Watkins ; 22:16 Tim Smith ; 22:19 Paul Mitchell ; 22:21 Jane Staite ; 23:29 John Strange; 23:31 Mel Humphreys ; 23:37 David Samuels ; 23:44 Gwenan Jones ; 33:57 Roger Barlow ; 24:01 Serena Easy ; 24:04 Vicky Robinson; 25:13 Sarah Slattery ; 25:28 Alison Larwood ; 30:25 Ann Shaw ; 32;42 Cynthia Lewis; 34:54 Karen Bailey

Cader Idris Fell Race - Lone Harrier Steve Bajic, 10.5 miles 3000 ft of climb, cool clear day. 2hrs 01.15

The Bridgnorth Walk - Congratulations in order to our very own action girls. 22 mile sponsored walk from Bridgnorth to the top of the Brown Clee via Ditton Priors.1200 entrants. 1st Lady home Lucy Dalton(2nd consecutive year); 2nd Lady Serena Easy

Westbridge 5 miles - Nick Thomas 31.38; Sarah Luscombe 46.01 ; Ann Shaw 51.00 ; Cynthia Lewis 53.22

Warndon Village 10k - Tim Merrywether 53.05

Mynydd Myfyr Fell Race - Daron Windle 31.58 ;Jean Turner 30.16 - 1st Vet 45

Shropshire 4 miles - 2-1 ! A goal back for Fincham, who now claims momentum and is confident of getting the equaliser and going on to a 4-2 victory

times: 20 Jamie Anderson 23:51; 36 Andy Seal 25:30 ; 43 Andrew Dippie 25:49 ; 46 Paul Hill 25:58 ; 52 Jon Punter 26:26 ; 53 Anthony Pinson 26:26 ; 57 Stephen Bajic 26:38 ; 62 Lucy Dalton 26:53 ; 65 Andrew Davies 26:56 ; 75 Rob Day 27:34 ; 76 Robert Cherry 27:35 ; 77 Martin Skehan 27:40 ; 85 Daron Fincham 27:55 ; 96 Tim Smith 28:27 ; 100 Martin Streeter 28:34 ; 103 Alan Robinson 28:40 ; 104 Jo Cox 28:42 ;109 Lisa Wakins 28:52 ;113 David Samuels 29:17 ;116 Jane Staite 29:34 ; 119 Marko Stolic 29:49 ;124 John Strange 30:02 ;126 Paul Mitchell 30:12 ;131 David Arnold 30:22 ; 133 Gwenan Jones 30:34 ;138 Vicky Robinson 30:42 ;144 Serena Easy 30:51 ;148 Michael Rickus 31:03 ; 171 Emma Dodson 32:36 ;181 Jane Tucker 33:12 ;189 Andrew Cunningham 33:55 ;232 Christine James 38:48 ;233 Ann Shaw 39:07 ;238 Cynthia Lewis 41:14

Newport Carnival 10k - a nice hot day !! - 13 Pete Taylor 41.07 ;26 Lucy Dalton 42.42 ;33 Jon Punter 44.32 58 Paul Mitchell 48.04 ;60 Jo Cox 48.17 ;74 Dean Watkins 49.36 ;76 Marko Stolic 49.41 ;81 Gwenan Jones 50.34 ;86 Grace Hough 51.18 ;95 Serena Easy 52.28 ;126 Lois Dale 57.06 ;163 Cynthia Lewis 65.58 ;

Aldridge 10k - 51 Andrew Dippie 40.40

Walton Hill MT race - 35th Jean Turner 46.14

Redditch Mid Week 10k league - The longest 10k i have ever done- found out thankfully that i had not slowed down too much- just that the distance had increased to 7.3 miles! Jean Turner- only Harrier at this one 57.02 mins- 2nd v45. (13.06.07)

Ironman 70.3UK - (Paul Franks) Just got back from this event at Wimbleball Lake Somerset- finished in one piece but was it tough - Swim 1.2 miles - 40.32 ; Bike 56 miles (v hilly) - 4 hours 7.21 ; Run 13.1 (3 lap multi terrain half) - 2 hours 4 mins ; Add in changing in transition - I finished very proud in 7 hours 8 minutes 11 seconds this placed me 671st out of 856 finishers. Many more started but didn't last the course

Carneddau fell race - 10 miles of damp cloudy misery. 162 Steve Bajic 2.47.42 176 finishers
Not a brilliant performance but the standard was high.



Blakedown Bolt 10k - Strange (left) forgets his shorts and shoes. Doesnt seem to make much difference :) Lisa Yeomans 52.34 ; John Strange 54.21 ; Sara Rex 54.50 ; Alison Larwood 57.04

Gibson Grind Fell Race - An excellent result for Telford Harriers at this 14.2 km trail race over Scout scar fell in the Lake district- Sat 23rd June- avoiding floods and thunderstorms. Results i think can best be described as a "Harrier Hat trick" - Michelle Clark 2nd Vet 35 ; Jean Turner 1st Vet 45 ; Grace Hough 1st Vet 55. Big Daz Windle also ran but obviously not eligible for a female vet prize :)

Craig y Rhiw 3.5m Fell - 14th John Littley (Temporarily ex-Harrier) 30.02; 18th Rob Day 30.31; 22nd Stuart Robinson 31.17; 24th Dean Watkins 31.37. We were conned by the locals as we were told it was a 4.5 mile course & had plenty left in the tank, just ready for that last push, when it ended. We know for next year. Mind you we all got a prize so it wasn't too bad in the end. Tea, cakes and sandwiches in the village hall afterwards, which was nice

Pontesbury fell race - 32nd Steve Watkins 24:59; 54th Stephen Bajic 27:16; 58th Rob Day 27:40; 60th Dean Watkins 27:59

Results: Please, please let us have your race results -it's good publicity for the club. Either post them on the club forum or let Alan, John or Jeff know on club nights

Club survey: thanks to all who took part in the Club Survey; Alan is trying to pull all the results together and present the report very soon

The Tromso Midnight Sun Half Marathon (Alan Robinson)

.....3 Harriers managed to miss the UK deluges and the odd sunset ...

What could be better than a little stroll around the city on a bright (well, wet and cloudy) summer's night in Norway. Felt a bit under dressed with most of the other Brits who unlike the local runners, weren't wearing leggings, gloves and hats at the start line. Knowing looks and comments about it being a bit breezy at the bottom end of the island must of been to put us off. I'm sure it wasn't real snow on the surrounding mountains either. Besides it was 10.30pm and I should be in bed as we can't afford to buy a pint of their finest watery beer.

In truth the temperature didn't fall below 4 DegC and very comfortable to run in. Great views of the mountains/fjords, very enthusiastic support from all the cheering locals and the stench of rotting seaweed made for a very memorable night. Even better was the opportunity to overtake all those full marathon competitors who had a 2 hour start and must have found it a bit soul destroying to have so many runners coming past them in the latter stage of their race.

Results were

Alan Robinson 1hr39m37s, 72nd

Iain Smith 1hr51m56s 161st

Vicky Robinson 1hr58m54s 207th 328 finished

More importantly we have set 2 challenges for the more competitive club members to attempt

- Most Northerly run for 2007 = 69 Deg 41Min 34 Sec N
- Longest drive to and from a race event = 3287 miles + 8 ferries (Is that 3 LEs to JOGs?)

(This avoids all John S's XC short cuts).

Iain took the wimpy option of flying and staying in a 'luxury' shed at the campsite, so was immediately disqualified.

This was our second trip to Norway and I will probably bore everybody stupid with how fantastic the scenery and the wilderness is. If anybody feels really keen, Tromso also has a Midwinter Half Marathon for those HiVis Fashion Freaks who prefer to stay out of the daylight.

News

Hoodies - Lisa Watkins is going to be ordering some club hoodies in the next couple of weeks, so let her know if you would like one.

They are available in sizes small, medium or large, XL and XXL. Colours available are white, navy blue, royal blue, orange, black, red, ash grey (light) or sport grey (dark).

They cost £11.50 each. Lisa will be at Stirchley on Tuesday and Thursday nights, or alternatively send your order to Lisa by email through the forum.

Provisional Cross Country Dates: - North Staffs, Oct 6th, Oct 13th, Nov 24th Stafford, Dec 8th Westwood High School. Birmingham, Oct 27th, Dec 1st, Jan 19th, Feb 9th.

Team Building - In the spirit of a team building exercise (ie any old excuse) ,we thought it would be a good idea to work on our socialising skills as well as our running technique. So after much deliberation we decided on trying regular post training trip to the pub. I know several members are already familiar with this practice but hopefully it will give member opportunities to yak in the warm (fen boy thinks far too much yaking gets

done en-route anyway), a chance to get to know other people they don't actually run with, etc. Stay for one or have a few you've earned it!!!

Down to detail bring some clothes with you and freshen up at the rec . (No lynx please gentlemen us women won't be able to control ourselves) or meet at the pub later

At the Britannia in aqueduct 8.30ish onwards next Tuesday 3rd July 07

Followed by Thursday 2nd August

Six Go Large in Wales

A Cautionary Tale - by Sue Williams

Day 1

Most of the ladies arrive at headquarters in the middle of a thunder storm, the prospects for a fab weekend look bleak. So there's only one thing to do, open a bottle of wine! Job done and the car's unloaded. Time to relax whilst they await the arrival of the stragglers.

Several bottles later the final two make their appearance and the party starts. There's some catching up to be done but they are up to the challenge (which is more than can be said for their attempts at the board games). They finally retire at 2am (6 bottles of wine, several bottles of alcho-pop, crisps, chocolate and pizza later) to rest their weary bones ready for an exciting day ahead.

Day 2

The ladies rise refreshed and raring to go. Several of them set off for a steady run to the beach. Unfortunately one camper was unable to take part in this activity as she had left an essential piece of kit in the back of a strange man's mini bus the previous weekend. A second camper was too distraught to take part because she would need to wash her hair (or some such feeble excuse). An exhausting 30mins later they return and prepare for the day ahead.

A bag is packed for the day ahead and then repacked because there is too much to carry only the most essential items are allowed. So out comes all the water and maps to be replaced with a three litre bag of wine, 6 pint glasses and a hand full of chocolates for on the way.

The intrepid lot were lead out by Gwenan (they're doomed) on a four mile walk where every corner offered an eagerly anticipated goal (that we had arrived). 3 hours later the knackered wanderers arrive at their final destination having made several shopping stops and a pub stop for a little liquid refreshment. And having eaten all the chocolates.

Sue and Lou smile sweetly and get a free pass into the village. Gwenan dazzles them with her fluent Welsh and negotiates a concession for her and Lisa. Alison and myself have to pay full price. What's the matter with us I might ask???

Within seconds of entering the picnic is out and we are enjoying a refreshing glass of wine. A worthwhile trip out from which we were able to make good our escape (unlike prisoner number 6). We took the scenic route home as recommended by the locals arriving back at base 7 hours after we left that morning.

Teeth and hair brushed and off out for pub grub accompanied by that pub singer from 'shooting stars'.

Finishing the night with intelligent conversation and liquid refreshment before retiring for the night.

Day 3

Woken by the seagulls running around on the roof the ladies prepare for an 8 mile jog. One weary warrior is too exhausted after yesterday's adventures, but the rest set off towards the beach. Alison suggests they take an off road route and within a few minutes they are lost in the Welsh hills. They climbed every mountain and worried a few sheep before finding the route again 45mins later. The ladies discovered Gwenan's true nature as she took full advantage of our negligible knowledge of the Welsh lingo (she told the farmer to shoot them on sight for upsetting his sheep).

They finished on the beach and made their way back for a hearty champagne breakfast.

They spent the remainder of the day playing ball games badly and sunning themselves in the blistering heat.

Most of them have white bits to prove it. They finally returned to rainy Shropshire in the early evening worn out but satisfied after a most enjoyable weekend away.