

HAMBLETON ATHLETICS & RUNNING CLUB

Chair's Report – 6th June 2022

Prepared by Gemma Wardle on 6th June 2022 for the committee meeting on 13th June 2022

Events and performances

Our runners have tackled quite a range of local and not-so-local events over the last few months. As well as various Parkrun visits near and far, we have had HARC representatives taking part in:

- Cardiff Half Marathon
- Harewood 10k
- Swainby Sweep
- Northallerton 10k
- Gateshead 10k
- Wakefield 10k
- Edinburgh Marathon Festival
- Bridlington 5 Mile Dash
- Windermere Marathon
- Leeds Half Marathon
- Bedale Sports Club 5k and 1k Fun Runs
- Lightwater 10k
- Fountains 10k
- Yarm Fun Run
- Let's Run 'The Incline'

Apologies if I've missed any from this list!

Special mention must go to Craig Keedy, who has executed a number of impressive performances this season, including 3 first in age category results at the Wakefield 10k, the Bridlington 5 Mile Dash, and the Northallerton 10k. Congratulations, Craig – fantastic achievements!

Another noteworthy performance was Sarah Milford's participation in the Cardiff Half Marathon, which she took on before she had graduated from her C25k programme. Amazing – well done, Sarah!

Huge congratulations also to our cross country team – Ruth Hancock, Kay Kelly, Alice Inglis, Elsa Styles, Anna Bonner, Dave Oldacres, Craig Keedy, Chris Lees, Phill Heward, Hugh Jenyns, Rich Schofield and Diego Segura. They really made us proud representing HARC in their first season, including excellent performances at the end of season road relay event at South Park in Darlington.

It was lovely to see our most recent C25k graduates completing their programme in the beautiful setting of Fountains Abbey Parkrun, and fantastic to see lots of HARC members supporting them, running by their sides, cheering them over the finish line and, of course, sharing the post-run refreshments.

Our new C25k participants are doing well. Please do pop over and say hello at the start/end of sessions – it really helps them to feel like part of the club and makes it much easier for them to join in with main club sessions when the time comes.

Notes of thanks

As we all know, our club couldn't run (pun intended) without the efforts of our volunteers. A huge amount of work goes into organising and leading club sessions, improving/updating the website, development of

coaching team, route planning, administration and finance functions, publicity, planning away runs/track days etc, fundraising and much more! On behalf of the club and its members, I would like to say a massive thank you to everyone who has contributed – coaching team, committee and volunteers – your time, hard work and commitment are sincerely appreciated.

Alice Inglis has led the charge with our fundraising activities, including the Tesco blue tokens campaign (which is not over yet, so please keep topping up our collection in the Bedale and Northallerton stores) and the car boot sale takeover, which was a great success thanks to Alice and her small army of volunteers.

Thanks also to Anna for her recent work in securing a grant from England Athletics.

We recently trialled a walking group on Tuesday evenings. Unfortunately, this was not well-attended so it has been put on hold for the foreseeable future. Thank you to Becky Donaldson who very kindly led these sessions.

And finally, a special shout out...

Our club is predominantly made up of adult members, but we have recently enlisted two junior members who have been attending club sessions on a regular basis. Daisy and Zak's enthusiasm, good humour, excellent attitudes and exemplary behaviour have been a credit to themselves, their families and our club. They have quickly adopted Team HARC's supportive ethos, always eager to give encouragement to each other and our adult members. Well done and thank you!