

HAMBLETON ATHLETICS & RUNNING CLUB

Chair's Report – 31st August 2022

Prepared by Gemma Wardle on 31st August 2022 for the committee meeting on 12th September 2022

Events and performances

We've had a busy couple of months at HARC!

Our summer Couch to 5k programme came to a close with a fabulous graduation run at Fountains Abbey Parkrun. Thank you to everyone who came along to support them – it really was a lovely morning, with lots of proud smiles and delicious celebratory cheesecake, courtesy of Hannah Jeffrey. Since then, it has been lovely to see the graduates flourishing at the main club sessions. Registration for the next programme is now open, with the first session scheduled for Tuesday 13th September. Graduation will be on Saturday 19th November – so put Fountains Abbey Parkrun in your diaries for that date!

As usual, Team HARC have been out and about, representing the club at a range of events across the region:

- Darlington 10k
- Tea Party Challenge (Chris fastest half finisher)
- Virtual Chocolate 10k
- Watlass Wander 5k & 10k
- Vale of York 10k
- Ilkley Half Marathon (first half for Anna and Sara)
- Endure 24 (Jo Sinnott first solo 24 hour, 80 miles over 24 hours, with no sleep!)
- Leeds Roundhay Park Half Marathon
- LS28 10k Trail
- Doncaster VETS Only
- 100k Race to the Stones
- Bedale Colour Run
- Kiplin Hall 10k

Apologies if I've missed any from this list! Don't forget to tell us about your achievements on our weekly 'Medal Monday' Facebook posts.

A few special mentions from the above events:

- Craig Keedy goes from strength to strength, with a 1st place finish at the LS28 10k, 2nd in age category at Doncaster, and 5th overall at the Leeds Roundhay Half.
- Jo Sinnott took on her first ever solo 24-hour endurance event and completed an incredible 80 miles over the 24 hour period without sleep.
- Chris Lees was the fastest half-marathon runner at the See York, Run York Tea Party Challenge – some people really do put the effort in when there's cake at the finish line!
- Sara Sherwood and Anna Bonner smashed their first ever half marathon at Ilkley, with smiles all the way round the course and a sprint finish.
- Nick Wilson completed another 100k trail event – over 62 miles in 14 hours – and has signed up for another!

Lots of Parkrun achievements during this period, too: a fair few PBs in the bag; volunteering points for some; and a special milestone reached... Congratulations to Katy Bamber on her 50th Parkrun – fabulous!

The club has organised a couple of away runs, with another already in the diary. We visited Kilburn White Horse – two lovely routes with splendid views from the top of Sutton Bank, completed with bacon butties, cakes and ice-creams. And, of course, there was our ‘run and pub’ at Masham, which was really well-attended and proved to be great fun. With lots of members travelling for work and summer holidays, Strava reports a few individual ‘away runs’ with club members running in Majorca, Netherlands, Scotland, Cyprus, Wales, Greece and more.

[NYSD Cross-Country](#)

Registration for this year’s cross-country team is now open. There are seven North Yorks South Durham League events across the region, all on Sundays between October 2022 and March 2023. This is a great way to stay motivated over the winter season, with great team spirit and lots of laughs along the way. Details available at https://harc.uk/event/?event_id=24 or contact Chris Lees with any queries (coaching@harc.uk / 07773 770737).

[Athletics](#)

As well as endurance running, our track and field athletics sessions have begun to grow, attracting several junior members who have either joined or are about to do so. Sunday afternoon coaching has included shotput, javelin, long jump, high jump, sprinting and middle-distance running. These sessions are currently available for existing members for no additional charge, so if the recent Commonwealth Games have inspired you, now is the perfect time to come along to have a go!

Thank you to Chris Lees and Alice Inglis for organising these activities.

Congratulations are in order for Alice, who has recently completed the UK Athletics Coaching Assistant course. Alice has also begun her training to become an Athletics Coach. No doubt we will soon be celebrating her successful completion of that qualification.

[Dragon Boats](#)

HARC members teamed up with friends and staff of Dementia Forward to form a crew for the Dragon Boat Challenge back in June. The group enjoyed a practice session on Ellerton Lake, courtesy of David Adams from River Mountain Experience, before heading to Scarborough for the main event. There was a great atmosphere at the water’s edge, with non-paddling team-mates jumping and cheering for their boat in each of the heats. Although Team HARC/Dementia Forward didn’t bring back the gold, they were one of the top fundraising squads, generating £1,173 for Dementia Forward. Massive thanks to all involved. We hope to have a boat in next year’s event, so watch out for our *re-‘crew’-tment* drive when the time comes!

[Volunteers](#)

As always, thank you to the lovely volunteers who do so much, behind the scenes and at club sessions, to keep HARC going.

If you would like to get involved, please contact me (chair@harc.uk / 07712 404390) or any member of the committee.

We are especially keen to grow our coaching team, so if you are interested in becoming LiRF or a Coaching Assistant, or maybe even a Coach, contact Chris (coaching@harc.uk / 07773 770737).