

HAMBLETON ATHLETICS & RUNNING CLUB

Chair's Report – 27th November

Prepared by Gemma Wardle on 27th November 2022 for the committee meeting on 12th December 2022

Events and Performances

Club members have been doing HARC proud in a huge range of events across the UK:

- Middlesbrough 10k
- The Great North Run
- York 10 Mile
- Yorkshire Marathon
- John Newsome Memorial Open Meeting, Wakefield
- Richmond 10k
- Arrachar 10k Trail
- Snape 5k & 10k
- Vale of York Half Marathon
- Loch Ness Marathon
- London Marathon
- Leeds Trail 10k
- Bridlington Half Marathon
- Hogshead Challenge
- Race for Life 10k
- G2E Trail
- Yorkshire Coast 10k
- Gunpowder Plot 10k
- Ribbon Run 5k for SANDS
- Heck Fun Run 5k
- The Dalby Dash
- Tadcaster 10 Mile
- Skipton Santa Run
- Gateshead Indoor Series

Sincere apologies if I've missed any from this list – it's fantastic that you all do such a vast array of events, but it is hard to keep track of them all! Please tell us about your achievements, including photos, on our 'Medal Monday' Facebook posts.

Congratulations to the following HARC members whose recent performances certainly deserve a special mention:

- Graham Finlay was awarded a trophy for his 1st in age category finish at the Snape 5k.
- Harvey Wilkinson demolished his competition at the John Newsome Open Athletics, finishing 1st in the U15 shotput with a throw of 11.58 metres (2 metres further than his nearest rival), and went on to win the U17 shotput in the Gateshead Indoor Series too – outstanding achievements!
- Joanne Sinnott achieved course PBs at both the Yorkshire Marathon and the Tadcaster 10 Mile.
- Craig Keedy came 4th at the Snape 10k (narrowly missing out on a trophy), and 10th overall at the Dalby Dash. He also finished in 2nd place at the Bridlington Half Marathon and was the overall winner at the Gunpowder Plot 10k – what a start to the season!

- Michael Hollinshead smashed his previous course PB at Arrachar 10k, knocking an incredible 7 minutes off his previous time, as well as taking on his first marathon in 18 years at Loch Ness.
- Nick Wilson, who we all know loves an ultra here and there, ran 57.5 miles from Glasgow to Edinburgh in the G2E trail event.

Many of us have enjoyed the odd Parkrun recently, with local events and those further afield being taken on by HARCsters. Special congratulations to David Fox and Nick Wilson who both completed their 50th Parkruns in the last couple of months – super well done to you both!

We had lots of laughs at our Scar House and Angram Reservoirs ‘away run’. The short route yielded some beautiful scenic photographs, as well as fodder for comical caption contests, while the long route runners were having so much fun that they forgot to take photographs! We rounded off the visit with hot drinks and bacon butties at nearby How Stean Gorge Café, where there was talk of returning for a session of abseiling and via ferrata climbing.

We also joined forces with our friends at Team Caterpillar for an early morning Sunday ‘Breakfast Run’. There were two lovely routes around Ellerton Lakes, and it was great to run with new people who share the same sociable, fun-loving ethos as HARC.

Autumn Couch to 5k Programme

We celebrated the end of our autumn Couch to 5k programme with a lovely, but soggy Fountains Abbey Parkrun. Seeing runners cross that finish line, often for the first time ever, is such a privilege and a moment for all HARC members to feel proud of their club. Huge congratulations to the graduates and a big thank you to everyone who came along to support them. A warm HARC welcome makes the end of the programme all the more special and has certainly helped our newest members transition to main club sessions. There will be an additional graduation run soon for one of the runners who was unable to attend the last couple of weeks of the programme, so please watch out for the details and come to give support if you can.

Registration for the next programme will soon be open, with the first session scheduled for Tuesday 10th January. Graduation will be on Saturday 18th March – so put Fountains Abbey Parkrun in your diaries for that date!

Parkrun Takeover – Saturday 10th December at Northallerton

HARC is taking the reins at Northallerton Parkrun on 10th December. We have received high praise for previous takeovers, with the usual Parkrun team commenting that they feel the runners are in safe and well-organised hands. In order to do a tip-top job again, we need your help! Please contact Ruth Hancock if you are able to volunteer – there are a variety of roles available and it’s a great opportunity to give something back to the running community.

NYS Cross-Country

So far, the cross-country team have tackled the Acklam Grange course. The weather stayed fine(ish) and there was a great atmosphere at this first meet of the season. Congratulations to Sarah-Jane Wilbor, Ruth Hancock and Polly Oldacres, who joined me on the senior women’s course of just under four miles – together our efforts earned us team points which are only awarded if four or more club representatives take part. And well done to Chris Lees and Craig Keedy on completion of a gruelling 4 laps to make up their 10k course. Craig put in a fantastic run to finish 2nd in his age category – hopes are high for an end of season medal!

If you’d like to join the team, full details can be found at season at <https://harc.uk/nysd> or contact Chris Lees with any queries (coaching@harc.uk / 07773 770737). This really is a brilliant way to stay motivated over the winter and everyone is welcome.

Coaching Team

It's a pleasure to announce that Jo Sinnott and Nick Wilson have joined the coaching team as Leaders in Running Fitness. Once they complete all their training, they will be leading club sessions so please give them a warm welcome in their new roles.

HARC Angels for Hambleton Foodshare

The proceeds from this year's HARC Angels 5k event will go to Hambleton Foodshare. If you're interested in earning yourself a super, bespoke medal and raising funds for a great cause, register at <https://harc.uk/angels>. We would love to hand over a nice big pot of money to a charity devoted to helping families struggling with food bills during these tough times, so sign up if you can and share the information with friends, family and work colleagues.

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).