

# HAMBLETON ATHLETICS & RUNNING CLUB

## Chair's Report – 27<sup>th</sup> January 2023

Prepared by Gemma Wardle on 27<sup>th</sup> January 2023 for the committee meeting on 6<sup>th</sup> February 2023

### Events and Performances

Despite the cold weather, our members have been keeping busy with the usual variety of events:

- Gateshead Indoor Series
- Doncaster City 10k
- Jolly Holly Jog
- Leeds Bah Humbug 10k
- Harewood Trail 10k and 5k
- Skipton Marathon
- South Park Paarlauf Marathon

Please accept my apologies if I've missed any – as I've mentioned before, it's a full-time job keeping track of all the amazing challenges you all take on! Don't forget to tell us about your achievements, including photos, on our 'Medal Monday' Facebook posts.

The following performances deserve a special mention and huge congratulations:

- Harvey Wilkinson once again dominated in U17 shotput in the Gateshead Indoor Series, winning the contest with a massive throw of 11.20m – brilliant!
- Craig Keedy finished 4<sup>th</sup> in his age category at the Doncaster City 10k – great running, as always!
- Tracey Wise took on the infamous Jolly Holly Jog as her first ever 10k run – and smashed it!

As usual, lots of Parkrunning, including some festive season doubles and volunteering credits. I would like to say how proud I am to see our HARC members at Parkrun (and other events) always being polite, courteous and supportive to other runners and event volunteers. Unfortunately, this is not always the case, so it's lovely to see our 'HARCstars' leading by example.

### Parkrun Takeover

The club 'took over' at Northallerton Parkrun on 10<sup>th</sup> December. We're not sure who ordered the ice and freezing conditions, but we successfully delivered a safe and fun event, and were once again praised by the Parkrun team for our fantastic organisation and positive attitude. Thank you to everyone who volunteered and especially to Ruth Hancock for getting us all organised!

The event doubled as a C25k graduation run for Steve Ross who was away on holiday and missed the main group graduation. Massive well done to him for his determination and hard work, which was, of course, rewarded with a pub breakfast afterwards!

### Volunteers

A special thank you to all our hardworking volunteers who do so much to keep our club going.

If you would like to get involved, please contact me ([chair@harc.uk](mailto: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](mailto:coaching@harc.uk) / 07773 770737).