

HAMBLETON ATHLETICS & RUNNING CLUB

Chair's Report – 2022/23

Prepared by Gemma Wardle on 15th February for the Annual General Meeting on 6th March 2023

What's been happening?

This year has seen HARC go from strength to strength, with lots of proud and positive moments to celebrate:

- We enjoyed our first ever Awards Night – a really fun social event where our fantastic array of trophies was introduced, giving everyone a bit of bling for which to aim.
- There have been a huge range of excellent running and athletics performances – from shotput wins to speedy runs, PBs to first-timers, and, of course, the odd marathon and ultra! We have also seen several club members completing events to raise money for charities close to their hearts – super to see our members supporting an assortment of good causes.
- We were pleased to be invited back to 'take over' Northallerton Parkrun for a second time – lots of volunteers braved the cold to ensure we maintained our reputation as a well-oiled ParkRun machine!
- Our coaching team has grown – both in number and in diversity of qualifications – allowing us to continue our offering of varied sessions. With a menu including trail and road running, interval sessions, athletics throws and jumps, junior coaching, gait analysis, beginner and intermediate programmes, and track days, there really is something for everyone.
- The HARC Angels 5km for Hambleton Foodshare resulted in a donation of £300 to the charity, and fantastic medals for all participants.
- We have been delighted to see three groups of C25k participants graduating to join the HARC family since our last AGM, with another programme underway.
- Our first intensive weekend 'Intermediate Endurance' programme was a great success, with participants giving excellent feedback.
- The HARC Hydras competed in the Scarborough Dragon Boat Challenge, crewing the Dementia Forward boat and raising £1,173 for the charity. It was so much fun that we are hoping to take part again this year.
- A second season for the cross-country team is in progress – less snow, hail and mud than last year, and not a single tent blown away, but still great fun and team spirit!
- Thanks to an enthusiastic team of volunteers, our Bedale Car Boot Sale raised £579.96 for the club. A further £500.00 was obtained via Tesco's blue token scheme, so thank you to everyone who shopped at local stores and popped their tokens in our bucket!

Looking ahead

Our current Couch to 5k group will be graduating at Fountains Abbey Parkrun on Saturday 18th March. As always, we will be celebrating afterwards with refreshments in the café. It would be fabulous for them to have lots of HARC support as they cross their first finish line, so please put the date in your diaries and join us to run/cheer/celebrate if you can.

This year, we are hoping to enter a team in the North Yorks South Durham Summer League (Track and Field). We have a very promising young shot-putter who is champing at the bit to show his talents. If Harvey Wilkinson's successes have inspired any of our members to give throwing or jumping a try, contact Chris Lees. The league is open to everyone, so beginners and experts, young and old, are welcome!

Before Christmas, we held a draw for our club place at the London Marathon 2023. Phill Heward was the lucky winner; he is training hard and we wish him the very best of luck for the big event.

We have recently received some exciting ParkRun news – a Bedale event is in the pipeline! The plan is for the event to take place at Thorp Perrow (between Bedale and Snape). The organisers are looking for regular volunteers to help fill the roster, so if you are interested, please contact friend of the club (who you may recognise from the Kirkby Fleetham Cup events), Trevor McDermot – trevorandlindamcdermot@hotmail.com.

This year's Endure 24 at Bramham Park will see several HARC members, as solo runners and teams of two or more, repeatedly tackling the five mile loop over a period of 24 hours. The event is described as having a 'festival atmosphere' so promises lots of fun and laughter. If you would like to join the squad, please contact Bridget Wilson by 28th February 2023.

At our recent committee meeting, it was agreed that, in addition to arranging regular 'Parkrun and Coffee' and 'Run and Pub' sessions, we will also be organising an augmented programme of social events not linked to running. It would be lovely to see lots of you taking these opportunities to socialise and try some new activities, so watch out for further information via WhatsApp, Facebook, and the HARC website.

Special thanks

None of the above would be possible without our fabulous hardworking volunteers.

Our coaching team not only give their time to lead sessions and programmes, but also attend quarterly development days, provide individual support to athletes, supervise programmes, design sessions, undertake extra qualifications, help plan routes and much more. I would like to say a huge thank you to Chris, Ruth, Anna, Nige, Alice, Jo and Nick – you do a super job of getting us all out running, throwing and jumping, and keeping us going when it feels tough.

It's easy to underestimate the importance of the roles played by our committee members and non-committee volunteers. Our club simply could not 'run' without the behind-the-scenes work by the team. These volunteers undertake administrative and financial duties, look after the welfare of our members, plan running routes, update and maintain the website, organise club kit sales, raise funds for the club, arrange social events, promote the positive image of our club, and so much more. Thank you to Anna, Sara, Ruth, Alice, Graham, Nige, Chris and Kay for their hard work and dedication over the last year – you are the unsung heroes of HARC.

Kay Kelly has stepped down from her committee role after serving for over two years, and I would like to thank her on behalf of everyone at HARC for her support over that time.

And finally, thank you to every single club member – YOU are what makes HARC so special. Your shared achievements, challenges, smiles and determination are amazing, and help to create a truly inspiring environment for the rest of your HARC buddies.

I feel privileged to have served as your Chair for the last twelve months and look forward to seeing what this year will bring for you all.

Wishing everyone a happy and healthy 2023/24!

Gemma