

# HAMBLETON ATHLETICS & RUNNING CLUB

## Chair's Report – 9<sup>th</sup> June 2023

Prepared by Gemma Wardle on 9<sup>th</sup> June 2023 for the committee meeting on 12<sup>th</sup> June 2023

### Volunteers

In a change to my usual order of events in this report, I would like to start with a huge thank you to our volunteers. It's not only the leaders who stand in front of you at sessions each week, but also all the people beavering away 'behind the scenes' – submitting accounts, maintaining the website, searching for funding opportunities, organising social events, managing publicity and so much more – whose dedication ensures HARC continues to 'run'.

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 a LiRF or a Coaching Assistant, or maybe even a Coach, contact Chris ([coaching@harc.uk](mailto:coaching@harc.uk) / 07773 770737).

### Events and Performances

Over the last few months, our members have been competing in a variety of events. Please accept my apologies if I've missed any off the list below – as always, you take part in so many fabulous events and challenges, it's hard to keep track of them all. Please do get onboard with the 'Medal Monday' Facebook posts – it's great to see your medals, t-shirts, smiling faces and even soup in some cases!

- London Marathon
- Northallerton 10km
- Kieran Maxwell Memorial Athletics
- Wensleydale Wander
- Boston (UK) Marathon
- Vale of York 10 Mile
- Heck Bacon Dash
- Wild Deer @ Bramham
- Gin Pit Marathon
- Rob Burrows Leeds Marathon and Half

Well done to everyone – keep getting out there to fly the HARC flag!

Congratulations to our first-time marathoners, Katy Bamber and Ruth Hancock, who took on the Rob Burrows Leeds Marathon with excellent on-course support from seasoned marathon-runner Jo Sinnott. There were plenty of HARC cheerleaders along the way too, I believe.

Phill Heward was the first recipient of a HARC club place at the London Marathon and did us all proud with his brilliant performance, finishing in 04:10:15.

A regular on the special mentions list, Harvey Wilkinson continues to wow everyone with his performances. He has repeatedly improved upon his shot put PB this season; his current official best throw (according to British Athletics) is 11.43m, although he recently threw over 12m in a school competition. Harvey has now branched out into hammer and discus and is already making his mark in those competitions too.

We had a fantastic turnout for the Northallerton 10k last month – with a wave of blue at the start line (including the Prime Minister who kindly wore HARC colours!) and plenty of supporters cheering the runners along. Special mention to Luke Allen who chose this tough course as the one to pursue a super quick sub-45min 10km PB – he smashed it, finishing in 44:20. Well done, Luke!

It's been lovely to see so many people raising money for charities. Some of those listed are still accepting donations, so if you'd like to contribute, please reach out to the athlete involved for further details:

- Sara Sherwood raised £194 for Diabetes UK by running 100km in April.
- Jo Sinnott's fundraising for the Motor Neurone Disease Association is ongoing but she has already hit £2,691 so not far to go to meet her £3,000 target.
- Nick Wilson is running the Great North Run in October alongside his brother and sister, all raising money for Pancreatic Cancer UK. Nick has already raised £422, with donations still rolling in.
- Anna Bonner is undertaking a 'double decker' challenge, running two half-marathons to raise money for the Stroke Association, with £145 in the pot already and hopefully more coming in.

Well done to all you fundraisers and everyone who has contributed so far.

### Parkrun

As well as the usual running and volunteering at local Parkruns and some further afield, we have recently celebrated a fair few milestones. Sara Sherwood earned her '25' t-shirt and Chris Lees reached his 50<sup>th</sup> (Parkrun, not birthday!). Then we come to the big ones...

Graham Finlay celebrated his 200<sup>th</sup> Parkrun down at Fountains Abbey and managed to complete the event despite our best efforts to hamper him with sashes and balloons. Thank you to Graham's wife Claire, who kindly provided a delicious cake for afterwards. A few weeks later, Sam Scarlett bagged her 250<sup>th</sup> Parkrun complete with fancy blue balloon and a huge cookie – well-earned for sure!

Congratulations to you all – super achievements!

If you're heading for a milestone, please do let us know so that we can celebrate with you. And don't forget to register your Parkrun profile to our club so that your achievements can be added to our weekly Parkrun Report. You can do this by logging in to the Parkrun website (<https://www.parkrun.com/profile/>) and clicking on the 'Groups' option.

### Couch to 5k

Our last cohort of C25k graduates were split over two weekends at Fountains Abbey Parkrun. Both groups had lots of support from club members, on the course and in the café afterwards. It's always so lovely to see our newest members earning their running 'wings' – such an enormous achievement – well done, everyone!

Our next programme is already underway, so please watch out for the C25k group and be sure to say hello. We hope lots of HARCsters will join us to celebrate their graduation at Fountains Abbey on Saturday 29<sup>th</sup> July – further details and reminders will be sent out nearer the time.

### Dragon Boat Challenge

Once again, we are crewing a boat in the Scarborough Dragon Boat Races to raise money for Dementia Forward. The team are really looking forward to a fun day out, but they need your help to reach their fundraising target. If you can spare a little (or a lot!) to support them, you can donate by visiting: <https://scarboroughcavaliersrotary.enthuse.com/pf/dementia-forward>.

## Endure 24

We have a number of entrants in this year's Endure 24 event towards the end of June – solo runners, a pair and a team of six. With camping and a 'festival atmosphere' as well as 24 hours of running 5.5 mile laps, this event promises to be a memorable one. Good luck to all involved!

## Social Events

Our social calendar has really taken this off this year. We've already enjoyed a fantastic away run and brunch near Swinithwaite, various 'Run and Pub' evenings and 'Parkrun and Coffee' mornings, and a brilliant session of laser tag.

Next up... We have a visit to North Yorkshire Water Park to take on the wipeout-style 'Warrior' obstacle course on Sunday 13<sup>th</sup> August, lots more post-run pub and café visits, an archery taster session with Thirsk Bowmen, and our Awards Night which will take place on Saturday 30<sup>th</sup> September.

All the information will be circulated via WhatsApp and Facebook, and you can also find details on our 'Events' page on the HARC website: <https://harc.uk/events/>.

## Athletics and Track Sessions

Our athletics activities continue to grow, with an increasing number of junior members joining Chris and Alice for throwing and jumping, mostly at Lamb's Field with monthly excursions to Middlesbrough Sports Village. Don't forget that these activities are also open to adult members, so contact Chris if you're interested in having a go.

This month will see the first of our track sessions for endurance running up at Catterick Athletics Track. We are delighted to be working in partnership with Team Caterpillar to deliver these sessions. Running on a track is an experience not to be missed, so please do sign up and give it a try. Contact Chris if you would like to find out more.

## 2023/24 Membership

Finally, a reminder that our membership grace period comes to an end on 30<sup>th</sup> June. Please ensure that you renew your membership before this date, directing any queries to Alice ([membership@harc.uk](mailto:membership@harc.uk) / 07961 351222). Thank you.