

HAMBLETON ATHLETICS & RUNNING CLUB

Chair's Report – 14th September 2023

Prepared by Gemma Wardle on 14th September 2023 for the committee meeting on 20th September 2023

Events and Performances

What a busy few months for our HARC athletes! As always, please accept my apologies if I've missed any of your amazing achievements – it really is tricky to keep track of you all! I would like to take this opportunity to remind everyone to share photos and comments about the events you've enjoyed (or not!) on our 'Medal Monday' Facebook posts. Not only is it lovely to see your bling and smiles, but it's also my main source of information for these reports!

- Endure 24
- Harewood Inflatable 5k
- National Youth Development League
- Total Warrior
- Race for Life (Middlesbrough)
- Darlington 3k and 10k
- Great North Run
- Sessay Swift 6k
- Vale of York Half
- Herriot 14k
- Loch Lomond 10k
- York Open Athletics
- Tartan Games

Well done to everyone! Whether your motto is 'finishing lines, not finishing times' or 'Citius, Altius, Fortius – Communter', your achievements are fantastic... be proud of yourselves, as we are proud of you all!

Our junior section is really beginning to flourish. Isla Yates represented HARC for the first time at a recent York Open Athletics Meet, winning her 75m sprint heat and securing third place overall, as well as finishing second in long jump and third in shot put. Harvey Wilkinson's run of incredible performances has continued with a number of great results, most notably shot put wins at the North Yorkshire County Schools Championships and the Tartan Games (a PB throw of 12.28m), and a fifth place finish in the UK Youth Development League Upper National Finals. Away from the track and field, Coco Mildren and Flo Barnes stormed through the Darlington 3k road race – our first junior runners to take on the course. Very well-deserved congratulations to all of you!

The Darlington 10k attracted a large group of HARC runners, and yielded PBs for Luke Allen (00:44:05), Joanne Sinnott (01:03:38), and me (01:09:03). Richard Slade took the brave decision to compete, despite only graduating from C25k the week before, and finished with a huge smile on his face. Congratulations to everyone who ran – a great day out for Team HARC!

A total of 11 runners took part in Endure 24 Leeds. The heat made the event even tougher than it sounds. Our team (Bridget Wilson, Becky Williams, Jane Wilkinson, Dave Oldacres, Polly Oldacres and me) racked up 100 miles over the 24 hours. Chris Lees was sadly unable to run in a pair as planned, but instead ran four laps with other runners to give much-appreciated support. Caroline Pounder and Michael Hollinshead entered as a pair, and bagged ten laps (50 miles). Our solo runners were simply awesome, with Nick Wilson running 70 miles and Jo Sinnott achieving a fantastic 85 miles. Brilliant work, everyone!

HARC was invited to facilitate a kids' fun run at Northallerton Carnival in July. Thanks to a merry band of volunteers, the event was a success and we have been asked to return next year.

Parkrun

There has been plenty of Parkrun participation recently too. Ruth Hancock celebrated her 50th Parkrun which serendipitously coincided with the inaugural Thorp Perrow Parkrun. There was a super turnout of HARC members to welcome the new Parkrun team and to share Ruth's milestone cake! Congratulations to Ruth, and thank you to everyone who flew the flag for HARC.

If you're heading for a milestone, please do give us advance warning so that we can arrange to celebrate with you. Also, please add our club to your Parkrun profile so that your achievements can be included in our weekly Parkrun report. You can do this by logging in to your profile on the Parkrun website (<https://www.parkrun.com/profile/>) and clicking on the 'Groups' option.

Couch to 5k

Yet another successful C25k programme came to a close at the end of July. The group enjoyed graduating at Fountains Abbey Parkrun, surrounded by lots of HARC members who came along to show their support. Our C25k participants never fail to amaze me with how much can be achieved in a few short weeks. This group was no different – they showed tremendous determination and teamwork, and it's been wonderful to see that supportive ethos continuing as they have joined our main sessions. Huge congratulations to all of you!

A special thank you is due to Nige and Ruth who have led the last two programmes. It truly is a big commitment, with each programme including 30 sessions to lead and support over a ten-week period, as well as the associated planning, admin and athlete support.

Our next programme is about to start, so please watch out for the new C25k group and give them a warm HARC welcome. It would be great to see lots of you at their graduation, which will take place at Fountains Abbey on Saturday 25th November – further details and reminders will be sent out nearer the time.

Social Events

The social team have been busy again, organising the usual 'Run and Pub' and 'Parkrun and Coffee' activities, as well as a variety of other events...

The day trip to North Yorkshire Water Park was absolutely hilarious! There was much laughter as we slipped and slid our way around the obstacles. The 'Warrior' inflatable course proved such fun that the group decided to extend their day with a session on the 'Wipeout' course before lunch. Everyone who attended voted for a return trip next year!

Our 'Inflatable 5k' team had a blast bouncing their way around the course at Harewood on an extremely hot day. As you can imagine, this experience was for fun rather than PBs, although some of the people speeding past appeared to be taking it rather more seriously than Team HARC. With HARC t-shirts, glittery blue face paint and blue tutus, the team unofficially received the accolade of best-dressed team, awarded by the startline marshal.

Our Wensley away run was well-attended, with two beautiful routes through the countryside followed by pizza and chips at the pub. Watch out for details of the next away run and pub.

On the theme of pub visits, our quiz night at Ontano was good fun. We were unaware that there was a Disney theme until we arrived, so no time to swot up on characters from The Little Mermaid or songs from Beauty and the Beast! A few of the team returned for the Harry Potter quiz a couple of weeks later. Considerable research and revision were a good investment – third place was claimed by the HARC team.

Coming soon on our social calendar, in addition to our 'Parkrun and Coffee' and 'Run and Pub' events...

Awards Night at Institution, Bedale – Saturday 30th September

Archery Taster Session with Thirsk Bowmen – date tbc

E-Karting / High-Tech Crazy Golf at Level X, Middlesbrough – date tbc

Christmas Party – Saturday 9th December

All details 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

The athletics season is coming to a close but there's still time to try your hand at throwing, jumping and sprinting. Contact Chris if you'd like to attend one of our Sunday sessions to have a go.

Our track sessions for endurance running have been both fun and challenging. They provide a great opportunity to improve technique, as well as a chance to run alongside our friends from Team Caterpillar, so please come along if you can.

Volunteers & Committee Changes

As always, I extend my sincerest thanks to our tireless team of volunteers. Our committee members and coaching team put in a great deal of effort to ensure we continue to improve our club.

I am delighted to announce that Bridget Wilson and Michelle Slade have been appointed to the committee.

Although there are no current vacancies on the committee, we are always grateful for help from non-committee volunteers, so 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 a Leader in Running Fitness or a Coaching Assistant, or maybe even a Coach, contact Chris (coaching@harc.uk / 07773 770737) to discuss.