

# HAMBLETON ATHLETICS & RUNNING CLUB

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

Prepared by Gemma Wardle on 27<sup>th</sup> November 2023 for the committee meeting on 4<sup>th</sup> December 2023

### Events and Performances

It's been a pleasure to look back on all the wonderful 'Medal Monday' posts to help me write this section of the report. So many fantastic achievements for our members. As always, I'm so sorry if I've missed anything.

- Gateshead Indoor Athletics Series
- Hardmoors Trail – Goathland 10k
- Transylvania Twist Challenge
- Wistow 10k
- Yorkshire 10 Mile
- Manchester Half Marathon
- Trans Europe Challenge
- Scarborough 10k
- Glasgow to Edinburgh
- Muddy Dog Challenge
- Snape 5k & 10k
- Vitality 10k
- Weymouth Ironman 70.3
- Vale of York Half Marathon
- Great North Run

Congratulations to everyone – you are all superstars!

I think Harvey Wilkinson has made it into the special mentions section of every Chair's report I've ever written – but every single time it's been thoroughly-deserved! His latest amazing achievement is qualifying for the England Athletics National Indoor Athletics Championships with a massive PB shot put throw of 12.63m at Gateshead. Congratulations, Harvey and very best of luck for the Championship competition in February.

Our cross-country team have been out doing their thing across the region over the last couple of months. It's great to see a growing number of club members, both adults and juniors, joining the ranks of blue and conquering the mud, water, wind, rain and slight undulations of the NYSD Cross Country courses. Go, team HARC!

There seem to have been a huge number of running PBs all over Strava recently, so big well done to those who have been working hard improve in this way. And, of course, to everyone who's been working towards goals not relating to pace!

### Parkrun

Our 'Parkrun Praise' posts on Facebook have been peppered with PBs too, so massive well done if you're amongst that number. And indeed well done to everyone who's faced the rather unpleasant weather conditions we've been experiencing to run with the Parkrun community – it's lovely to hear about all the different locations people have visited. Don't forget to add HARC to your Parkrun profile so that you can be included in the Parkrun reports.

### Couch to 5k

Thank you to Chris and Becky for leading the latest C25k participants to victory at Fountains Abbey Parkrun last weekend. Hats off to those graduates – a fantastic achievement and just the start of your running journeys. Congratulations!

Thank you to the huge turnout of supporters – I think possibly the biggest crowd we’ve had so far – for coming along to show the true spirit of HARC teamwork. It was a cold but happy morning of celebrations!

### [Praise for HARC Kindness](#)

I would like to thank everyone for being so thoroughly lovely when representing the club.

We have recently had a member join our club because they were so impressed by the amazing support and attitude of our runners at Snape 5k and 10k who stayed in the finishing area to cheer for every single runner who crossed the line.

Further evidence of HARC’s outstanding kindness came in the form of a message from one of a number of Team Caterpillar runners taking part in the Fountains Abbey Parkrun on the day of our C25k graduation. The message was full of praise for Team HARC’s supportiveness:

“Coming from a very supportive Team Caterpillar (we never leave until our last runner is over the line), it was a pleasure watching and cheering on your C25k graduation at Fountains yesterday. You got all your runners over the line and were heading off, until one lady said ‘no, wait there’s a Team Caterpillar runner coming’. Everyone turned back and clapped her over the line, and I thought that was fabulous. Thank you!”

### [Awards Night 2023](#)

What a wonderful evening at Institution in Bedale! A chance to celebrate everything that makes HARC so special, this was also an opportunity to let our hair down with some lovely food and a limited edition HARC cocktail.

I know that the competition for the trophies was fierce and there were some very close-calls! Well done to our winners:

Peer of the Year (voted by members)	Ruth Hancock
The Rock (for attendance)	Sara Sherwood
Sinton-Hewitt Trophy (for Parkrun)	Graham Finlay
Captain Cook Cup (endeavour)	Joanne Sinnott
The Nanny GOTY (female performance)	Lesley Whitehouse
The Billy GOTY (male performance)	Harvey Wilkinson
The Mighty Oak (for improvement in performance)	Chris Lees
Volunteer of the Year	Gemma Wardle

Thank you to everyone who attended, making it such a memorable night, and to all those involved in organising the event.

### [HARC Angels for Lucie’s Animal Rescue](#)

We’ve made a good start on our fundraising campaign for Lucie’s Animal Rescue. However, we’ve still got a long way to go! Please sign up if you can, and don’t forget to share the Facebook posts far and wide, and encourage everyone you know to take part. The 5km can be run or walked anytime in December, so share with non-runners too!

## Volunteers & Committee Changes

A massive thank you, once again, to our committee members, volunteers and coaching team who are, as always, doing a sterling job of keeping us all running, throwing and jumping. We can't thank you all enough!

We are always grateful for help from non-committee volunteers, so 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 Leader in Running Fitness or a Coaching Assistant, or maybe even a Coach, contact Chris ([coaching@harc.uk](mailto:coaching@harc.uk) / 07773 770737) to discuss.