

# HAMBLETON ATHLETICS & RUNNING CLUB

## Chair's Report – 26<sup>th</sup> May 2024

Prepared by Gemma Wardle on 26<sup>th</sup> May 2024 for the committee meeting on 3<sup>rd</sup> June 2024

### Events and Performances

It's been quite a while since the last report, so there are even more events than usual to include on the list. Our members have taken part in:

- Jolly Holly Jog
- Manchester to Liverpool Ultra
- Thirsk 10 Mile
- Leap Year Challenge
- Spring Canal Canter
- Lightwater Valley 10k
- Dalby Forest Canicross
- London Winter Run 10k
- Hardmoors Saltburn
- Newcastle 10k
- Shakespeare Marathon
- London Landmarks Half Marathon
- Harrogate Sprint Triathlon
- Hardmoors Wainstones
- Rob Burrow Leeds Marathon
- Temple Newsham Race for Life
- Hackney Half Marathon
- Constable Burton 10k
- London Marathon
- National Indoor Championships (U17 Shot)
- Northallerton 10k

Massive congratulations to all – from race first-timers to longest event distances conquered and super-speedy/long PBs – you have all played your part in showing the world what HARC is made of!

As always, a reminder that this information is gathered primarily from our 'Medal Monday' posts on Facebook so please share your fantastic achievements there. I am very sorry if I've missed anything.

Ruth Hancock had the time of her life as she represented HARC with this year's club place at the London Marathon. We are so proud of you, Ruth; you are an inspiration! Joanne Sinnott, Mary Gregory and Shalev Bahalul joined Ruth and the 53,000 other runners on 20<sup>th</sup> April, and they all completed the course, mostly smiling, some swearing, and a threat or two to vomit. It was an absolute pleasure to join Katy Bamber and Sara Sherwood as the HARC Support Crew for the day.

Congratulations to Harvey Wilkinson for his performance at the National Indoor Championships. Harvey enjoyed taking part in such a high-level shot put competition and learnt a lot from the experience and his fellow competitors. This season, Harvey has continued to collect a multitude of medals with some epic throws in hammer and javelin, as well as shot put.

It was fantastic to see Team HARC out in force at Northallerton 10k – a wave of blue at the start line and the loudest cheer squad who, despite the rain, stuck around right to the end to support every runner across the line. As well as the usual team spirit, there were a slew of PBs on this notoriously 'undulating course' – massive well done to those PB-hunters and to everyone who took on the challenge.

### Parkrun

Our members have continued to support local parkrun events and some further afield, both running and filling slots on volunteer rosters. Great work, everyone! Congratulations to Bridget Wilson and Michelle Slade who both reached their 25<sup>th</sup> parkrun milestones on Star Wars Day, and to Mary Gregory who bagged her 100<sup>th</sup> parkrun in February, with all but one completed at Northallerton.

## NYSD

Our cross-country team finished the season with a super morning out at the South Park relays. Our men's team rose to the challenge, with each member completing two laps of the park (about 2 miles) before handing over to the next runner. Luke Allen, Chris Lees, Marc Blair and Richard Slade did us proud, and were rewarded with ice creams in the sunshine after the event. Well done, Team HARC! And thank you to those senior and junior members who have competed or supported at the cross-country events throughout the season.

## Couch to 5k

Yet another group of C25k graduates have joined us recently. A really positive team, they thoroughly enjoyed the programme and it was lovely to see them graduate at Fountains Abbey. Welcome to the club!

It was lovely to see club members supporting the group, not only at their graduation at Fountains Abbey, but also at various sessions throughout the programme and at the celebratory curry night. Meeting friendly faces during the programme really does help new members enormously when the time comes to transition to main club sessions. Thank you, everyone!

## Social Events

Our social calendar has exploded into 2024! In addition to monthly 'parkrun & coffee' and 'run & pub' sessions, we've already had great fun at a variety of social engagements...

'HARC does Taskmaster' saw five intrepid contestants – Michelle Slade, Sara Sherwood, Andy Garner, Imogen Robinson and Marc Blair – battling against the challenges set by our very own 'Little Alex Horne' (AKA Katy Bamber) to impress HARC's Taskmaster, Chris Lees. Sarah Higo kindly stood in for Michelle to compete in the 'Live Finale' which didn't disappoint as an evening of frivolity and ridiculousness! Thank you so much to everyone involved and everyone who attended the event. Special mention must go to junior members, Katie Beth and Coco, for their superb camera work and video editing; well done, both! And, of course, congratulations to the winner of the Taskmaster Trophy (an old running show spray-painted gold!) – Sara Sherwood!

Our trips to Level-X and Elite Squad Laser Tag were both great fun. The bowling and mini-golf were relatively low-key compared with the high-octane action of e-karting and laser tag. The latter two activities resulted in a fair few 'interesting' interpretations of the rules, but these only made for even more fun!

Next up, we have...

Sunday 16<sup>th</sup> June – Dragon Boating for Dementia Forward – contact Chris if you'd like to join the team.

Saturday 20<sup>th</sup> July – BBQ and Bingo Garden Party – details coming very soon.

Saturday 17<sup>th</sup> August – Day Trip to York – details coming soon.

Saturday 28<sup>th</sup> September – Awards Night & Social – tickets will be going on sale soon, so please save the date for this very important club event.

Saturday 7<sup>th</sup> December – Christmas Party – save the date, details in due course.

## New Club Kit

Thanks to our Kit Coordinator, Sara Sherwood, we have recently added rucksacks, beanie hats and neck warmers to our list of HARC kit – please visit the website shop to purchase these, as well as vests, t-shirts and hoodies: [harc.uk/shop](http://harc.uk/shop).

## 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.