

HAMBLETON ATHLETICS & RUNNING CLUB

Chair's Report – 26th August 2024

Prepared by Gemma Wardle on 26th August 2024 for the committee meeting on 2nd September 2024

Events and Performances

It's been a busy summer for our members. Well done to everyone who's been out and about flying the flag for Team HARC at all these events:

- Pontefract Open Meeting
- Spring Canal Canter
- Hardmoors White Horse 10k
- Iron Man Hamburg
- Iron Man Half Swansea
- Aske Trail 5k & 10k
- Forcett Trail 5k & 10k
- Hardmoors Farndale
- Marathon Pour Tous
- Tartan Games
- York Evening Athletics Meeting
- Great Run Solo Challenge
- Gateshead Trail 10k
- South Shields 10k
- Darlington 10k
- Sessay Swift 6k
- Ali Brownlee Riverside 5k
- Leeds 10k
- North East Youth Development League
- Inter-County Schools Meeting
- North Yorkshire County Schools Championship

No doubt I'll have missed some, so apologies for that. Please do make sure you share the details of your events and races on our Medal Monday posts on Facebook, as this is where I gather most of my information.

Harvey Wilkinson continues to shine in throwing events, now regularly competing in discus and hammer, as well as his old favourite shot put. Early in the season, he achieved a PB of 13.01m in shot put, qualifying for the English Schools Championships.

Jo Sinnott was given the incredible once in a lifetime opportunity to take part in the Marathon Pour Tous at the Paris Olympics. Despite carrying an injury, she just couldn't miss this amazing event, following in the footsteps of those chasing Olympic medals – well done, Jo!

Chris Lees and Mike Hollinshead both joined the ranks of IronMen in our midst this summer. For those who aren't familiar, IronMan events are triathlons which involve a 2.4 mile swim, 112 miles of cycling, and then a 26.2 mile run. Sounds fun, right? Mike took on the half distance at Swansea, and Chris faced the full distance in the Hamburg event. Absolutely superhuman efforts from both!

Awards Night

Our third annual Awards Night and Social is almost upon us. Thank you to the awards subcommittee who have been busy gathering data, shortlisting candidates, choosing winners, and organising trophies/engraving. We're looking forward to a brilliant night of celebrating and socialising – hopefully, you've got your tickets!

Couch to 5k

Our current Couch to 5k group are doing brilliantly, making excellent progress toward their 5k goal. They'll be graduating at Fountains Abbey parkrun on Saturday 28th September – having people to run alongside or cheer them along the way will make a big difference, so please do come along to support them if you can.

Social Events

As our club has grown, so too has our social calendar. We remember the days when the same half a dozen people turned up to every social event, but those days are long gone. We pride ourselves on being friendly and inclusive, so it's great to see so many people enjoying the social aspect of our club.

A big thank you goes to Annabel and Gav MacGregor for hosting the BBQ and Bingo Garden Party. The food was delicious and it was great to enjoy a relaxed afternoon in the sunshine chatting with HARC friends. I think it's safe to say that Chris won't be giving up coaching in favour of bingo-calling anytime soon!

We've had lots of parkrun and coffee mornings and run and pub evenings to enjoy, with Cod Beck standing out as a super evening. Short run, long run, and C25k group all took in the beautiful area surrounding the reservoir before heading to the pub for pizza and chips.

Next up... Awards Night on 28th September, a Quiz Night (date tbc) and our Christmas Party on 7th December.

Dragon Boat Challenge

Once again, our paddlers attended the Scarborough Dragon Boat Challenge in support of Dementia Forward. They worked fantastically well together and not only raised £702 for the charity, but also received a commendation for being the 'Most Consistent Paddlers' of the day. Great work, team!

Coaching Team

I would like to extend a special thank you to the coaching team. With Head Coach, Chris, taking a significant break for hip surgery and several other leaders suffering illness, injury and personal challenges over the summer, the team have been absolutely exemplary in their support for each other in ensuring that we have continued to offer the same programme of sessions and level of support for our members.

And an extra thank you to Marc Blair and Mike Hollinshead who both joined the team during this time and immediately got stuck in, covering sessions and taking on the Couch to 5k programme.

Community Amateur Sports Club

Our club is now registered as a Community Amateur Sports Club (CASC). This means that we are eligible for Gift Aid on donations to the club and there are some tax benefits when we submit our accounts to HMRC. Thank you to our committee, especially Graham and Chris, for working hard behind the scenes to make this happen – it's been a long and winding road, but we got there eventually!

Committee and Volunteers

As always, our committee members and volunteers have been like the proverbial swan – serene and graceful on the surface, but always paddling away underneath to bring you the very best HARC they can offer. On behalf of all the club members, thank you all for doing such a super job.

If you'd like to help as a non-committee volunteer, please contact me (chair@harc.uk) or any of the committee. Many hands make light work!