

HAMBLETON ATHLETICS & RUNNING CLUB

Chair's Report – 22nd November 2024

Prepared by Gemma Wardle on 22nd November 2024 for the committee meeting on 2nd December 2024

Events and Performances

As ever, our members have been out in force at a wide range of events and races. With the club membership now over 100 members, it has become almost impossible to keep track of everyone!

Apologies that it has become unrealistic for me to mention every event. We, as a club, are extremely proud of all of you for tackling events, long and short, hilly, flat, on and off road, nearby and miles away – you are all awesome! Please make sure you share the details in our FOMO Friday and Medal Monday posts on Facebook; it's wonderful to see what you're all up to and the lovely smiley poses with your medals!

Some of the highlights since my last report have been:

- A local favourite – the Snape 5k and 10k event was well-attended by Team HARC with not only a fleet of runners heading out on the courses, but a crowd of supporters waiting at the finish line to cheer everyone home. It was particularly lovely to see Annabel MacGregor achieve her goal of running the 10k, having always been a volunteer in previous years and joining HARC based on the support she saw us given every runner at the 2023 event.
- Staying in Yorkshire, the county's namesake marathon was a big hit for our club this year with no less than five runners completing the marathon and four more tackling the 10 mile course. Amazing efforts from everyone! Special congratulations to Donna Kirkhope, Harriet Holmes, Michelle Slade and Richard Slade for completing their first ever official marathons, and to Bridget Wilson for her first ever 10 mile race. Marc Blair also completed the marathon to support Rich – well done to him for demonstrating brilliant HARC spirit. And, of course, well done to the rest of the 10-milers – Mary Gregory, Sara Sherwood and Toria Maidwell.
- Not quite so local, the Great North Run saw a number of HARCsters take on the largest half marathon event in the world. Well done to Sara Sherwood, Marc Blair, Graham Finlay, John Leeson, Louis Ward and Mary Gregory!
- Across the country to the Lakes, we enjoyed a full day of dot-watching as Ste Moon made his way from Caldwell to Cartmel for the Lakes in a Day challenge. A 52-mile course across the fells with over 4,000m ascent, 16 summits and terrible weather to contend with... what's not to love? Huge well done, Ste – you're a machine!
- Heading north across the border, Joanne Sinnott ran the 57 miles from Glasgow to Edinburgh in the latest of her ultra-running events. Another machine! Brilliant work, Jo – well done!
- And even less local, the New York Marathon was ticked off Mary Gregory's list – a super run and incredible experience running one of the World Major Marathons through the streets of the Big Apple.

Couch to 5k

Another cohort of couchies joined the ranks of 'real runners' in September. As always, they were well-supported at their graduation at Fountains Abbey parkrun, not only by the coaching team, but also lots of their newly-acquired running family members. Thank you to everyone who came to run alongside them and cheer them over their first finishing line. Of course, they were reminded that this is just the very beginning of their running journeys with Team HARC and were warmly welcomed to the main club sessions on completion of the programme. Congratulations to all of you – a truly inspirational achievement!

Awards Night

The 2024 Awards Night was a big success and a fabulous evening of fun and celebrations. Congratulations to all our terrific winners and runners-up:

Award	Winner	Runner-Up
Peer of the Year	Michelle Slade	Nick Wilson
Mighty Oak	Sara Sherwood	Mary Gregory
Captain Cook Cup	Victoria Maidwell	Ruth Hancock
Sinton-Hewitt Trophy	Sam Scarlett	Graham Finlay
The Rock	Sara Sherwood	Carolyn Keeble
Nanny GOTY	Lesley Whitehouse	Mary Gregory
Billy GOTY	Harvey Wilkinson	Marc Blair
Volunteer of the Year	Nick Wilson	Michelle Slade

As well as the trophies, our club place for the 2025 London Marathon was also awarded. The draw was made using a spinner wheel and breaths were held and the edges of seats were occupied as the pointer slowed and came to a stop on... Sara Sherwood. Congratulations, Sara – good luck with your training and I'm sure we'll all be dot-watching on 27th April 2025!

We're already looking forward to next year's celebrations – it's scheduled for Saturday 27th September 2025 for those of you who want to get it in your diary nice and early! This will be an extra special Awards Night as it'll be the first year that we add junior awards to the list. The criteria for all awards has recently been reviewed, so if you'd like to check what you're aiming for, all the details can be found on the awards page of the HARC website – harc.uk/awards.

Social Events

In addition to Awards Night, we've also hosted a fantastic Quiz Night at the Dales Centre. This was great fun and a very special thank you goes to Sarah Higo, who was a truly brilliant and suitably scary Quiz Master – she even utilized a walking stick to help keep order at one point, surely a sign of an excellent quiz!

The Christmas Party on 7th December is next on the agenda and a Neurographic art shop has been arranged for January.

Our junior members enjoyed their first club social with a Pony Fun Day at Miniature World Riding Academy. They were excellent ambassadors for the club and learnt a lot about equine care. Despite a few nervous faces as they mounted their steeds at the end of the afternoon, the riding session turned out to be their favourite activity of the day. Next up, the juniors are visiting Dolcie Dessert Emporium for their very own Christmas social. Yes, we know the adults will be jealous when they see the photos!

Our schedule of run and pub evenings is ever-popular, and the roster of parkrun and coffee mornings continues has now been enhanced with the addition of away parkruns.

A full calendar of 2025 social events is already in the making – hopefully lots of you will take advantage of the non-running activities on offer.

Fundraising for the Dales Centre

We've done an outstanding job so far this year, raising a total of £575.22 for the Dales Centre. £408.81 came from the Awards Night Prize Draw – massive thanks go to all the local business who donated prizes and, of course, to all of you for buying tickets. A further £166.41 was raised at the Quiz Night Tombola, with prizes kindly donated by club members and a frenzy of ticket-buying on the night. Many players seemed to be hoping to win the enormous bottle of vodka and perhaps the HARC branded mug to drink it from!

Registration for the HARC Angels 5km event is now open – visit harc.uk/angels – and we're hoping lots of club members and their family and friends will sign-up and boost our fundraising pot for the Dales Centre. Don't forget to share our adverts on the Facebook page far and wide to get as many participants as possible.

Committee and Volunteers

Our committee members and volunteers, including the coaching team, continue to be absolute gems. They put in a great deal of time and effort to ensure a smooth-running club that delivers the best it can offer for our members. To all of them, thank you so much for everything.

If you'd like to help as a non-committee volunteer, please contact me (chair@harc.uk) or any of the committee. And if you think coaching might be for you, contact Chris (coaching@harc.uk) to find out more.

Our AGM will be held on the evening of Monday 3rd March 2025. Further details will be shared in the new year, including how to self-nominate for the 2025/26 committee. Anyone interested in finding out more can contact me anytime to discuss what's involved.