

# HAMBLETON ATHLETICS & RUNNING CLUB

## Chair's Report – 2024/25

Prepared by Gemma Wardle on 17<sup>th</sup> February for the Annual General Meeting on 3<sup>rd</sup> March 2025

### What's been happening?

Reflecting on 2024/25, I am once again filled with immense pride for what we have accomplished as a club. Each year, HARC continues to grow in strength, inclusivity, and camaraderie, making it a truly special community for all our members.

Our athletes have taken on an impressive range of challenges this year, spanning from 5km races to ultramarathons, and from fell races to triathlons. The HARC family is proud of every member who has taken on events, races or challenges throughout the year – although our individual targets are different, we recognise in each other the strength and determination required to go after these goals.

As well as super performances and achievements, other notable highlights from this year include:

- We've had another record-breaking year in terms of club membership (which is now well over the 100 mark) and attendance at our regular club sessions. Answering demand from members, we have added Sunday runs to our schedule. Couch to 5km programmes have been popular too, helping to grow our HARC family and encourage more people into running.
- We became a Community Amateur Sports Club – it proved to be a lengthy process but we can now reap the benefits from this new status, including being eligible for Gift Aid on donations made to the club.
- Our Annual Awards Night was a fantastic evening of celebration, with an incredible turnout and well-deserved recognition for our members' dedication and achievements.
- Fundraising and charity work remain at the heart of our club's values. This year, our members have collectively raised significant funds for various causes. The annual HARC Angels 5km event raised £459.48 for our chosen charity, bringing the total amount to be donated to the Dales Centre to £982.63. Once again, our participation in the Scarborough Dragon Boat Race raised important funds for Dementia Forward too. Thank you to everyone who supported these fundraising efforts.
- Our coaching team has expanded again, not only in number but also in knowledge and skills, with a focus on first aid training and two of our leaders gaining CiRF qualifications.
- Our social calendar has been busier than ever, with more opportunities for members to bond outside of training. It's been fantastic to see how much fun our members have had together enjoying a wide range of interesting activities.
- Our cross-country team is in full swing for the 2025 season, with athletes competing at each of the meets over the winter, and more to come in March.

### Looking ahead

We will be celebrating the next Couch to 5k graduation at Fountains Abbey parkrun on Saturday 15<sup>th</sup> March with a celebratory gathering at the café after the run. Please come along to support the new graduates as they complete their programme and look forward to the next steps of their running journeys. The celebrations will continue with a curry night on Wednesday 19<sup>th</sup> March – full details available on the club website.

Following incredible turnouts from HARC members at the 2024 Northallerton 10k and Darlington 10k and Junior 3k, we are hoping for even more runners to sign up for the 2025 events. Details of these and lots more running events are available on the HARC website.

Congratulations to Sara Sherwood who secured our club place for the 2025 London Marathon. Training is well underway, and we wish her all the best for race day. With Sara's endless positivity, we're sure she will smash her target and have a blast along the way.

Our Endure 24 teams are gearing up for another unforgettable challenge this summer. The 2023 event was baking hot and the 2024 teams endured cold and wet weather, so hopefully this year's squad will be blessed with more pleasant conditions.

And, of course, the social calendar will be filled with lots more activities, so make sure to get involved!

### Special thanks

As always, heartfelt gratitude goes to our fantastic team of volunteers who make HARC 'life as we know it' possible.

Working behind the scenes, our committee and non-committee volunteers play a vital role in the operational side of the club. Since their work is not really visible to most club members, it's even more important for me to mention them here and thank them for everything they do to maintain and develop such a fantastic club for us all to enjoy. So thank you to Graham, Lynn, Alice, Chris, Ruth, Sara, Bridget, Michelle, Becky, Nige, Mike, Katy and Nick.

The energy, dedication and encouragement from our coaching team are the backbone of our club. Huge thanks go to Chris, Ruth, Michelle, Nick, Mike, Jo, Marc, Nige, Alice, Sam and Becky for all their time and effort, not just leading sessions but completing training, checking routes, and generally providing support and advice for our members.

And finally, a big thank you to all of our club members – you have all played your parts in making HARC the inspirational club it is today. Thank you for supporting and encouraging each other, being fantastic ambassadors for our club, and embodying the spirit of HARC so superbly!

Wishing everyone a fantastic and fulfilling 2025/26!

*Gemma*