



Harpenden Arrows



Welcome to the August edition of Inflight. We hope you are enjoying the summer holidays with family and friends - hopefully not melting too much for those who are in Europe!! At the time of writing it looks like summer may also have arrived in the UK.

Looking forward to seeing everyone at some of our organised runs. Make the most of the lovely weather while you can.

Thank you also to new RunLeaders stepping in over the last few weeks to make sure people have someone to organise them. This team of volunteers are very special and it's nice to see we can still put on runs when there are holidays on for many of them.

Please see below under section 1 highlights of the month. But for now, some announcements:

Not a (frequent) Facebook User?

We've now also got a WhatsApp group you can join where we announce what runs etc we do. It's just for members so please don't share

ASK SPEIRSY OR SHARON

St Georges during the Summer

St Georges gym staff let us know that they are refurbishing the gym during summer, which means staff will not be on duty on Tuesdays. However, the use of sports centre by Harpenden Arrows will NOT be affected.

- On **Tuesdays**, the caretaker on duty will unlock the sport centre entrance at 7pm. Please do us a favour by switching off the lights and shut the entrance door properly when you leave the sports centre. Any problems please ask for assistance from site office.
- On **Thursdays** we will have staff on duty as there are other evening lettings so everything will be normal.

We will stick with the use of the gym as a meet point rather than meeting elsewhere - just in case anyone new turns up to try us out.

August Track Night

We have made the decision not to run Track Night on first Tuesday in August - so will turn up to St Georges as normal for hills or speed (it'll be advertised nearer the time)

We will return to the Luton venue on Tuesday 3rd September so please do make a note in your diaries.

August Club 5k / Social

Similarly there will be no Club 5k or Social in August, but we will be back again in September.

Changes to the Club League

We don't do this if we can help it, but looking at the description of the relocated Herts 10k this year we thought we should. So we are dropping the Herts 10k from the league and replacing it with the Standalone 10k. This is held on the outskirts of Letchworth and on the same day - Sunday 6th October. Its a fast race almost all on closed roads. Places are limited to sign up soon <http://www.nhrr.org.uk/standalone-10k.html>

Club League

Latest standings following the Ware 10k and Welwyn MWRRL.

- 1 - KC Lloyd
- 2 - Lynne Miles
- 3 - Audrey Zilliox

- 1 - Phil Dean
- 2 - Brian Yates
- 3 - Mark Pattison

Hatfield 5k series

Remember that Race 2 (4th September) is part of the Club League. If you've not signed up already then entries are open at <https://myracesresult.com/277948/>

Lastly

If you have achieved anything during the month, please do let a committee member know, or post on our FB page, and it will be included in our monthly publication.

Look forward to seeing more of you in 2024 at one of the events we run as a Club - we've made a start putting this [schedule](#) together with the standard runs - likely to put the club league events, etc on soon

All the best, Sharon & Speirsy

For now, this issue contains:

1. What's been going on?
 2. What's coming up?
 3. This Month's club timetable
 4. General Notices
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1 What's been going on?

Highlights for July were:

- Ammon Piepgrass and Terry Atkinson have been up to their adventures again. Firstly they undertook the Helvellyn Sky Ultra. Terry won his group. Then the following day they completed their second sky race, the Rab Pinnacle Ridge Extreme. A vetted entry with very technical terrain, including 2 and 3 scrambles, culminating in the epic Pinnacle Ridge. Congratulations to both who finished third in their age categories.
 - Early in the month Terry also undertook the Alta Via 2; and epic mountain adventure in the Italian Dolomites. It is known for its spectacular views, tough mountainous terrain and some wonderful hospitality at mountain huts along the way.
 - We had 4 Arrows running in the Brecons for 2+ days of "peak bagging", not helped by the horizontal hail when it kicked in. Patrick also undertook a healthy chunk of biking. 26 peaks tagged, 30 frozen fingers and at least 50 flapjack bites consumer. Well done everyone.
 - Mike Ashton joined the Striders on their Annual Weekend away at Durlston parkrun in Swanage. He was the "first Arrow home"!!
 - 8 Arrows took part in the St Albans Summer 10k. A fast and flat race on tarmac. Congratulations to Neringa Cobb coming home at first lady 37.25 (we are going to have to research whether a lady Arrow has ever gone faster!); a 10k pb for Lynne Parnell 53.13. Giles Horridge also finished in the top 10 with a superb 37.22.
 - 3 Arrows participated in the Ware 10k Festival of Running. Congratulations to KC Lloyds who was the first female and 7th overall.
 - Rosie Coupe and Michael Hessey took part in the Le Touquet Paris Plage 10k. A beautiful course with forest, coast and tree lined avenues with fantastic crowds all the way round.
 - 8 Arrows took part in the Club 5k. Congratulations to Dylan Evans who shaved a whopping 3.35 off his previous PB. Other PB's for Tessa Whitmore and Nick Semple. We also welcomed three first-timers, two of whom bagged a top three place. Thank you to the volunteers - Louise Crosby, Doug Walmsley, Mark Pattison and Djerk Geurts.
 - In a change to the normal Thursday night Club run Issy Green led a street-o session. If you've not partaken yet then its a 45 minute fun run. Once completed there is always the social pint at the IOTG.
 - The MWRRRL season finished with the mob match taking place in Welwyn. Thanks to everyone who took part, with a particular note to Mark Pattison who achieved a PR at Harlow, as well as our wonderful Women vets who finished in **FIRST PLACE**.
 - There was no parkrun tourism for July. The August event will be held on Saturday 17th August and the venue is Dunstable Downs. Congratulations to Julie Horrocks on running 50 parkruns at Jersey Farm and Claire Watts on her achievement of 50 parkruns.
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2 What's coming up?

A number of things to take note of for the coming months:

- 17th August - parkrun tourism at Dunstable Downs.
- 4th September - Hatfield 5 series Race 2.
- Saturday 7th September is the date for the St Albans Stampede. This is a 12-hour enduro event. If you've not done this before its a great event - you can run solo or in a team.
- Sunday 8th September Arrows Summer bbq at Amble Inn. Further details to follow.
- 6th October - Standalone10k, Letchworth.
- 8th October - come to the IOTG to help Jillian Russell celebrate her "special" birthday. This will follow the Club 5k event.
- 20th October - Stevenage Marathon.
- Friday 29th November - Arrows Quiz Night at Crabtree Fields Scout HQ.
- Hot off the press - 2025 Marathon Weekend. Next year Arrows will be travelling to **Vienna** so please make a note in your diaries - 4th - 7th April 2025 - further details to follow.

Arrows Club League

Mark Pattison has very kindly put together a list of several of the races, highlighting which are now open to enter so please see below an update for this year:

- 4th September - Hatfield 5k series Race 2 - entries open at <https://myraceresult.com/277948/>
- 6th October - Standalone 10k
- 24th November - Hatfield 5m - entries open at <https://www.atwevents.co.uk/e/atw-hatfield-5-8980>
- 29th December - Buntingford Year End 10m
- Sunday League XC
 - 13 October - Cheshunt Park (later start time of 11.00am)
 - 27 October - Royston
 - 3 November - Trent Park
 - 15 December - Fairlands Valley, Stevenage

NB No registration is needed for WMRRL or XC races. Also, don't forget to use the ATW discount code where applicable for any other races.

As always full details of the club league can be found here - <https://www.harpendenarrows.co.uk/web/index.php/leagues/412-club-league-2024>

3. Club Timetable

Please take note of the variety and differences this month.

As ever, a combination and variety of running available. We're always trying to offer 4m, 5m, hills and / or speed sessions. In 2024, we moved the Stockwood/KWS track sessions to the first Tuesday in every month - to help with logistics, run leader support and attendance.

If there any interest in a shorter 5km club run - please let us know. All combinations rely on RunLeaders taking care of existing, new and potential joiners to Arrows. If you don't feel you have the confidence or skills to do this... we'll help. Please let us know.

REMEMBER - once we go back to the darker nights we need to remember to wear high viz and head torches (don't forget to charge them up).

Any new members - please pre-register on RunTogether, this will help the admin to register you just at the start of each run.

Start times:

St G's club runs: from 7:15 arrival for 7:30 departure

Track: start at 7:00

TUESDAY

06/08 - Speed / Road at St Gs

13/08 - Hills / Road at St Gs

20/08 - Speed / Road at St Gs

27/08- Hills / Road at St Gs

THURSDAY

01/08 - Road / Trail at St Gs

08/08 - Road / Trail at St Gs

15/08 - Road / Trail at St Gs

22/08 - Road / Trail at St Gs

29/08 - Road / Trail at St Gs

If you want to attend any of our regular run groups at St George's, please #JustTurnUp on the night. No pre-booking is required for our regular runs from St George's.

We will also always adapt any run groups to those that turn up on the night, or if possible form additional groups to suit varied paces. Nobody will be left behind and we operate a *looping policy if we happen to have a wide pace range in the group.

**That means that faster runners are asked to loop back to keep the group together.*

4. General Notices

Free t-shirt for RunLeaders

We've distributed a few and got a few more on order - but we're always on the look out for more runleaders to share the load of helping people out with their runs.

If you're good with a route or two, and would like to lead runs for Arrows, please let us know! We are always looking for more people to join our core team, either as occasional helpers or as regular run leaders. All you need is confidence and we'll give you more of that and some of the knowledge to keep everyone safe - it's not onerous and a lot of common sense.

If you're interested in leading please email rungroupbookings@harpendenarrows.co.uk and ask for more info.

[KIT SHOP: The club shop can be found here:](#)

<https://www.iprosports.co.uk/club-zone/harpenden-arrows/>

The range of available kit includes club vests and t-shirts, hoodies, jackets, caps, beanies, and a new line in colourful hi-viz t-shirts bearing the club logo.

All kit can be personalised with names or messages on front, back or both.

If you would like to see or try on any of the kit samples we have, please get in touch with our kit secretary, Rowland Hughes.

HARPENDEN ARROWS



Harpenden Arrow's Men's
Elite Sports T-Shirt

£22.00



Harpenden Arrow's Men's
Hi-Visibility Sports T-Shirt

£20.00



Harpenden Arrows
Classic Patch Beanie

£13.00



Harpenden Arrows Men's
Classic Long-Sleeve Sports
T-Shirt

£22.00

10% OFF SPORTSSHOES.COM: PLEASE CONTACT SPEIRSY at chair@harpendenarrows.co.uk or on Facebook

If you haven't found what you want from the Arrows online kit shop, we have secured a 10% discount code specifically for Arrows, plus there's free shipping for orders of £30 or more from www.sportsshoes.com.

This is redeemed via a unique discount code, which will be changed each month.

Please do not share the code with non-members. Any Arrows in receipt of the code must not share it on social media or any public websites.

Active Training World 10% off race entry with the code ASK SPEIRSY OR SHARON

We have some exciting news for you - Arrows have obtained a 10% discount for members on all ATW races. Why not use it for entering the Hatfield 5 mile event this November? Fast, flat and local race with PB potential.

Just enter the code at the checkout to obtain your 10% Arrows discount. PLEASE NOTE THAT THIS IS FOR ATW ORGANISED EVENTS (there will be a big banner on the site when an ATW event. Please do try to avoid confusion as occasionally ATW provide the booking system / support and the 10% fee is not available on these occasions).

Please do not share the code with non-members. Any Arrows in receipt of the code must not share it on social media or any public websites.

Can you marshal for an ATW event? Earn £20 and free race entry, or £10 per hour, in exchange for marshalling at ATW events.

If you're interested in marshalling, please email racemakers@activetrainingworld.co.uk



Are you struggling?

Welfare

As a Club we take the welfare of our members seriously. If there is a welfare question that you would like to raise then please refer to the Arrows website and submit the requisite form. Our Welfare Officers are Djerk Guerts and Anita White.

We would like to highlight that if anyone is struggling with the membership fees on renewal, a case can be made to the Welfare team for consideration for assistance. Please email welfare@harpendenarrows.co.uk

Harpenden Arrows

St Georges School Sports Centre

Sun Lane, Harpenden

Webmaster (Graham) 07770 894655

www.harpendenarrows.co.uk



You received this email because you are a registered member of Harpenden Arrows Running Club

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