



Harpenden Arrows

Welcome to the September edition of Inflight. As the nights start to draw in we need to make the most of the summer routes.

Looking forward to seeing everyone at some of our organised runs. The gym at St Georges is now refurbished - so its back to business as normal. Hoping we can make the most of the lovely weather while we can.

Thank you once again for the Run Leaders who have stepped up to help out during August when we have been light on the ground with holidays etc. Doug has led the way with a series of runs discovering pubs, churches and dedicated to Eric Morecombe. Anyone else out there up to the challenge of creating other routes of discovery?

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

St Albans parkrun - Saturday 7th September

This event is **CANCELLED** due to the Pub in the Park event taking part that weekend.

Club Summer BBQ

Thanks to everyone who have said they are attending this event. If you've still not confirmed your attendance then please complete the form which was emailed to all members recently. Details are Sunday 8th September at the Amble Inn from 2pm. You can eat or simply come along to have a catch up with everyone. Either way we do need you to complete the form so we can manage our numbers.

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

SeptemberTrack Night

We will return to Stockwood Park on Tuesday 10th September as more seem to be going to the Hatfield 5k series (on 4th) than would attend the speed session (on 3rd) and want to save their legs. More details below.

Hatfield 5k series

Remember 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/>

Tempo Tuesday / Social Event

We will be reinstating this event on Tuesday 24th Please see below for further details.

Changes to the Club League

A last reminder: 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>

XC Dates

These have now been published at [runherts](http://runherts.com). Please also see below for dates and venues.

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

1 What's been going on?

Highlights for August were:

- Ammon has been enjoying his adventures again. This time he took part in the Centurion North Downs Way a 100 miler which runs from

Farnham to Ashford. This is the third of four races which make up the Centurion 100 mile Grand Slam.

- Neringa Cobb took part in the Bedford Autodrome Half Marathon. Congratulations on finishing as first female with a pb of 1.23 which was over 5 mins quicker than previous time.
- Steve Grant took time out from his holiday to take part in the St Ives Bay 10k. A tough race with half ran on the beach and half on the hilly South West coast path. The organisers also threw in the "dune of doom" for good measure.
- parkrun tourism for August was held at Dunstable Downs. 20 Arrows were in attendance, a great turnout plus Sharon and Nelson were there to support. Two pb's for Phil and Lynne as well as quite a few first timers to this parkrun.

Congratulations to Graham Harper, Mark Pattison and Muiris O'Connell on reaching 150 parkruns.

We're sure there's more to potentially share or crow about - drop us a line for next time!

2 What's coming up?

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

- XC DATES have now been [published](#) - please make a note in your diary:
 - Oct 13 - Barclay Park (revised venue for Cheshunt)
 - Oct 27 - Royston
 - Nov 3 - Trent Park
 - Dec 15 - Stevenage
 - Feb 16 - Watford
- 4th September - Hatfield 5 series Race 2.
- 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.
- 8th September Arrows Summer bbq at Amble Inn. Please refer to email sent to all members.
- 10th September - Track Night at Stockwood Park. Please aim to arrive for 6.45pm so we can start promptly at 7pm.
- 14th September is the date for parkrun tourism. Venue will be Jersey Farm.
- 24th September - Tempo Tuesday / Social. We plan to reinstate this for the "autumn / winter" months. This is instead of running the "old" format of the Club 5k / cake and social evening. Feedback from those who attended last year was positive, saying it was nice to run as a group.

If anyone has any ideas as to how we could enhance this event, then please let Speirsy know - chair@harpendenarrows.co.uk

- 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.
- 13th October - 1st of the XC. We need 8 men and 5 ladies to make up the teams as a minimum
- 20th October - Stevenage Marathon.
- Friday 29th November - Arrows Quiz Night at Crabtree Fields Scout HQ.
- Sunday 8th December - 5 miler Festive 5.
- 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 - Barclay 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 MWRRRL 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. Hasn't always worked out though - make sure you keep an eye open for announcements.

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

03/09 - Hills or Speed (TBA) / Road at St Gs

10/09 - Track at Stockwood Park, Road at St G

17/09 - Hills / Road at St Gs

24/09 - Tempo Tuesday / Social

WEDNESDAY

04/09 - Hatfield 5 - Race 2

THURSDAY

05/09 - Road / Trail at St Gs

12/09 - Road / Trail at St Gs

19/09 - Road / Trail at St Gs

26/09 - 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:](#)

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, via Messenger or wherever fits for you. (emails can go to junk).

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



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