



Harpenden Arrows

Welcome to the October edition of Inflight.

As always lots of things have been happening - you never cease to amaze us with all the runs / events you get up to.

Thank you once again for the Run Leaders who have continued their amazing support during September. Please see below under section 1 highlights of the month. But for now, some announcements:

Jillian Russell will be celebrating her 250th parkrun at Luton Wardown on Saturday 19th October and before at the IOTG on 8th Oct after the club runs. Please do come along. There is also potentially the parkrun tourism on 12th October - venue to be announced. Hope you can make both!

High Viz: As the nights are once again drawing in please remember your head torches and high viz. REMEMBER to charge up your headtorch if it's the first time you've used it this year.

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

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. It's 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 update following Hatfield 5k race as follows:

Club League updated from Hatfield series race 2

KC Lloyd - 399

Lynne Miles - 318

Audrey Zillox - 243

Brian Yates - 409

Mark Pattison - 384

Phil Dean - 382

Cross Country: These have now been published at [runherts](#). Please also see below for dates and venues. XC - Note change of venue for 13th October event. Please refer to Steve Green's email message/FB with full details. We may just send out another reminder due course - hope you can make it!

Other races for 2025: planning your season already? Take a look at

- Berkhamstead half marathon / fun run - 2nd March
<https://www.berkorun.com/>
- Ashridge boundary race - 22nd March
<https://ashridgeboundaryrun.co.uk>

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.

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 September were:

- Arrows Summer BBQ. Great time had by all, even with the horrendous weather. Thanks to everyone who came along, we will certainly be repeating this in 2025.
- Thanks to all Arrows who took part in the Hatfield 5k series. Three races all with very different racing conditions. Congratulations to John Rowlands third in MV70 and Brian Yates second in MV80
- We had a few teams taking part in the St Albans stampede, some of whom were first timers (see below photo)
- Tempo Tuesday took place on 24th September. We had 14 attendees. Thanks to Issy for leading
- Terry Atkinson has been out and about. This time completing an adventure around Harpenden on a continuous route over four days, running all the named roads. If you want to see the route he took please refer to his FB posting.
- Not content with just running Naomi and Ollie won the mixed division of the Coniston Swimrun which consisted of 45km of trail running and lake swimming from Coniston to Grasmere via Windermere and Rydal. Well done both
- June and John Rowlands completed the Stevenage 10k. June was first in FV65 and John second in MW70. Well done both.
- Scott Clarke took part in a special German Unity Day parkrun in Stuttgart. and Ed Rhodes has completed his 100th parkrun
- Dean Marley represented team Arrows at the Bedford Running Festival half marathon.
- parkrun tourism for September was held at Jersey Farm. As usual great support from team Arrows with 20 plus Molly the dog in attendance. Pb's for Nicholas Screen, David Russell, Phil Dean and Claire Watts.
- On the same day Jo Davies and Mark Pattison were at Finsbury Park, both achieving age category firsts.
- Congratulations to Jo Davies on reaching 50 parkruns, Steve Bellingham on 150 and KC Lloyd on an incredible 400.

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 - Cheshunt/Broxbourne Runners XC (revised venue of Lucy Warren Open Space)
 - Oct 27 - Royston
 - Nov 3 - Trent Park
 - Dec 15 - Stevenage
 - Feb 16 - Watford
- 6th October - Standalone 10k, Letchworth.
- 8th October - come to the IOTG to help Jillian Russell celebrate her "special" birthday after the club runs.
- 12th October - potential parkrun tourism tbc
- 13th October - 1st of the XC. We need 8 men and 5 ladies to make up the teams as a minimum. Note the different location at Lucy Warren Open Space.
- 20th October - Stevenage Marathon.
- Thursday 31 October - Halloween run and social

- Friday 29th November - **Arrows Quiz Night at Crabtree Fields Scout HQ.**
- Sunday 8th December - 5 miler Festive 5.
- Reminder - 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 the remainder of this year:

- 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 - Lucy Warre Open Space, Hoddesdon
 - 27 October - Royston
 - 3 November - Trent Park
 - 15 December - Fairlands Valley, Stevenage

NB No registration is needed for MWRRL 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

THURSDAY

01/10 - Track at Stockwood Park,
Road at St G
08/10 - Hills / Road / Trail at St G
15/10 - Speed / Road / Trails at St
Gs
22/10 - Tempo Tuesday / Social
29/10 - Hills / Road / Trail at St G

03/10 - Road / Trail at St Gs
10/10 - Road / Trail at St Gs
17:10 - Road / Trail at St Gs
24/10 - Road / Trail at St Gs
31/10 - Halloween Special + Social

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 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



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

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