



Harpenden Arrows

Dear

Welcome to the November edition of Inflight.

Lots of things for you this month. As always lots has been going on, you never cease to amaze us.

Thank you once again for the Run Leaders who have continued their amazing support. You may have noted that we sometimes struggle for run leaders, if you would like to become a run leader then please do make us aware or email Simon - chair@harpendenarrows.co.uk.

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

Halloween Special / Social

Join us at St George's from 1925 on Thursday 31st October. We would love to see as many of you as possible in fancy dress but this is not a requisite if you just simply want to run - we'll aim to be at the Inn on the Green from 8.15pm.

Talk by Russell Stocker

Will take place at St Georges on Tuesday 26th November. Subject still TBC. It will be following a shorter run time of approx 30-40 minutes and start at 8.15pm.

Quiz Night

You should have received an email inviting you to join us at this event. Friday 29th November at Crabtree Fields Scout HQ, Waldegrave Park, Harpenden, AL5 5SF. We ask you to arrive for 7.15pm. Please use the link in the email to sign up for this event.

Arrows AGM / Social

Advance notice of this event. Date is Saturday 8th February 2025 and the venue is Harpenden Common Golf Club. Further details will follow in due course but please do make a note in your diary.

London Marathon 2025

As a Club we will receive via England Athletics one place in the 2025 London Marathon. As we normally do members will be given the opportunity to apply via our raffle which will be drawn at the Xmas Lights Run on Tuesday 17th December. Further details will follow during November on the "rules" and how you can apply for a place in the raffle.

Parkrun Tourism

Just to let you all know we will be taking a break during November / December but will be back in force in January. Watch this space for further details. Nothing to stop anyone picking up the mantle to corral the troops and get people going to your chosen location.

England Athletics Sports Shoes

You may be aware that England Athletics have a new discount with us, offering EA affiliated members 15% off in-season products at SportsShoes. As of November, the monthly discount code will change to match the England Athletics offer, therefore it will no longer be possible to use the code on older products.

For clubs with England Athletics affiliated members, you can now link your England Athletics membership with your SportsShoes ULTRA account to receive the discount automatically at checkout. This prevents the need to enter a code at checkout, making receiving discount from us a lot quicker and easier. You can find out how to set up your account to receive the discount here:

<https://www.sportsshoes.com/store/england-athletics>

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

Club league update following Standalone 10k and Hoddesdon XC:

KC Lloyd - 448

Lynne Miles - 365

Audrey Zillox - 291

Mark Pattison - 484

Phil Dean - 469

Brian Yates - 409

Cross Country: These have now been published at [runherts](#). Please also see below for dates and venues. Issy / Steve Green will keep you updated as we approach each race - just keep any eye out on FB and your email communication.

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

1 What's been going on?

Highlights for October were:

- The first XC of 2024 took place on Sunday 13th October at Barclay Park, Hoddesdon. Great turnout from Arrows and it was fantastic to have a full team for both the men and women. This was a new venue for the league and was well received. Arrows are nicely positioned after this event in 7th place in the combined table and both masters team sitting in 6th place.
- 20 Arrows ran in the Standalone 10k on the 6th October. This was the first time for many members and great running by all. Special

mention for Neringa Cobb who was the first Arrow home, 1st in FV35 and 2nd female overall in a fantastic time of 37.34. Mark Pattison was the 2nd Arrow home in 39.24 and David Green was 3rd Arrow home in 40.20. David Green MW60 and John Rowlands MV70 both got medals in the Herts Vet Championship. A massive well done to everyone.

- Tempo Tuesday took place on 22nd October. We had 12 attendees. Thanks to Audrey for leading.
- We had Arrows taking part in the Stevenage marathon / half marathon. Well done to everyone who participated.
- Ammon Piepgrass ran the Centurion Autumn 100 for the 5th time in 8 years. One of his favourite races in the UK and its quite accessible for anyone looking to attempt their first 100 mile event. This year also meant completing the Centurion Grand Slam of 100's - all 4 of their 100 mile races in a single season. Absolutely amazing, well done. Congratulations as well go to Chas Andrews who achieved his second finish in consecutive years.
- Aisling Patterson took part in the 50th BMW Berlin marathon, finishing in an amazing time of 3.41. With 54,280 runners taking place it broke a new world record making it the world's largest marathon to-date.
- Anita White and Lynne Parnell ran the San Sebastian half. An amazing experience in very hot and humid conditions but in a beautiful location.
- parkrun tourism for October was held at the St Albans new course. 14 Arrows plus Molly the dog were in attendance.

The amazing Jillian Russell achieved her parkrun milestones of 250 parkruns and 100 volunteering roles.

Two outstanding runs outside of the UK. Scott Clarke ran the Thursday Unit Day parkrun in Munich and then went to Warsaw for a second parkrun during his visit to this part of Europe. Brian Yates and Janice Nesbitt have been on their adventures in Japan and ran parkrun in Futakotamagwa.

Congratulations to Ed Rhodes, Dean Murley and Andrew Bracey on reaching 100 parkruns and to Alex James and Jennifer Finlay on achieving 50.

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 run events to take note of for the coming months:

- XC DATES have now been [published](#) - please make a note in your diary:
 - 3rd November - Trent Park
 - 15th December - Stevenage
 - 16th February - Watford

We need 8 men and 5 ladies to make up the teams as a minimum so please do support these events if you are available.

- Sunday 1st December - St Albans Festive "Double" Sixer. 12 miles to run visiting 6 pubs.
- Sunday 8th December - 5 miler Festive 5.
- Tuesday 17th December - Xmas Lights run.
- Reminder - 2025 Marathon Weekend. Next year Arrows will be travelling to **Vienna** so please make a note in your diaries - 4th - 7th April 2025.
We currently have 30 people attending - 4 running the full marathon, 10 for the half marathon and 5 relay teams.
If you are interested in joining this group please make contact with John Rowlands who will be able to give you all the details you need.
- Stevenage Phoenix Running Club have asked us to let you know about an event they will be running on the 11th May 2025.
2024 was the first time they held the event and it had such a lovely friendly atmosphere. It is a great 5 mile route..In 2025 they plan to host a kids mini mile to try to encourage children to join in.
Entries are now open so please sign up to ensure they do not miss out.
<https://my.raceresult.com/295377/info>
- Berkhamstead half marathon / fun run - 2nd March 2025. <https://www.berkorun.com>
- Ashridge boundary race 2025 - 22nd March
<https://ashridgeboundaryrun.co.uk>

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:

- 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
 - 27th October - Royston
 - 3rd November - Trent Park
 - 15th December - Fairlands Valley, Stevenage

NB No registration is needed for 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

05/11 - Track at Stockwood Park,
Road at St G
12/11 - Hills / Road at St G
19/11 - Tempo Tuesday / Social
26/11 - 30-40 minutes run - Speed /
Road at St G / talk by Russell
Stocker starting at circa 8.15pm

THURSDAY

07/11 - Road / Trail at St Gs
14/11 - Road / Trail at St Gs
21/11 - Road / Trail at St Gs
28/11 - 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, 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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