



Harpenden Arrows



We wanted to start this edition by wishing you and your families season's greetings and to a very Happy and Healthy 2025.

Welcome to the final edition of Inflight for 2024 - how quickly the year seems to have gone. There has been some marvellous achievements and challenges achieved throughout the year. Not to mention our social events where we've shared many a story and laugh with our wonderful Arrows friends.

What an amazing Group you are, you never cease to amaze us - there's a recap of the month below, but for now, some announcements.

2025 and the Committee

Another reminder that the team have already started planning the Annual Dinner (8th February) , thinking about the AGM and looking forward into 2025. It is with some sadness that we'll be saying goodbye to a couple of stalwarts from the committee next year in Lyndon (Membership) and Graham (without portfolio and master of many). Graham has always been on the committee and did at least 6 years as Chair and Lyndon has been on the committee since 2019 and meeting and greeting many of you as the Membership secretary. Both have been trusted hands and advisors, but it's time to move on for both of them.

We are on the hunt then for new people to join the team. Lyndon has said that he can oversee the renewal process for this coming April, but really wants a safe pair of hands to leave this to as soon as possible. No one in the current committee has the capacity to be able to take this on at the moment with work, life and other commitments. Graham's tasks have been mainly handed over in the past years and we'll make sure in the last few months nothing else falls through the cracks.

Please do come forward. Committee meets every 6 weeks or so for 90 mins. It's pretty efficient and the focus on what can we do better and / or more of at the club. Not wanting to be on the committee - but can lend a hand? That could work too! Please do consider something. Talk to one of us on the committee or contacts Sharon or Speirsky. Please do come and help.

Ed's end of year Curry Night

Please join Ed's Curry Night on **29th December**. There are polls in both the

WhatsApp group and on Facebook. Please answer just one. We will meet at Inn on the Green at 19:30 and then move onto a local curry restaurant for 21:00.

London Marathon place awarded

As a Club we receive via England Athletics one place in the 2025 London Marathon. As we normally do members were given the opportunity to apply via our raffle which was drawn at the Xmas Lights Run on Tuesday 17th December. The successful Arrow was Andrew Dadswell. Please join us in sending congratulations to Andrew and to supporting him in his training plans.

Club league update following Stevenage cross country.

With one race left, Buntingford 10 on the 28th December, the ladies competition is down to KC and Lynne. For the men, Phil remains in the top position with Mark and Muiris not far behind.

KC Lloyd - 544
Lynne Miles - 500
Audrey Zillox - 441

Phil Dean - 647
Mark Pattison - 632
Muiris O'Connell - 524

Cross Country: results have now been published at [runherts](https://runherts.com). There is just one race left - Watford on the 16th February 2025. Issy and Steve Green will keep you updated as we approach each race - just keep any eye out on FB and your email communication. We do have a little gift for anyone able to achieve 2 XC in this season - an Arrows branded bobblehat. Some lucky participants (and runleaders) have been given theirs already - come and claim yours if you've done one already, or do the last 2 remaining ones to be eligible.

Club Standards' Awards

Don't forget to please submit your claim form by the 31st December 2024. You will find the form on the Arrows website under the Awards section - you are looking for the Awards Claim Form 2024. All awards will be presented at the AGM / social evening on **Saturday 8th February**.

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.

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. <https://chat.whatsapp.com/HN9X0qamGMHDPe4slQ4GSP>

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 December were:

- Congratulations to Brian Yates who finally received his medal for the Hatfield 5k V80 event.
- Russell Stocker joined us on the 10th December and spoke about "does exercise burn more calories?". A very interesting talk with some interaction lively debate from those present. We look forward to the next session.
- Our annual Xmas Lights Run took part on the 17th December. 26 Arrows joined the event - including some very naughty Elf's. It was a great evening followed by a few Arrows relocating to the IOTG to continue the fun. Thanks to Rosie Coupe, June and John Rowlands and Suzi and Ella Walton for the music and carols and for the two Sharon's for the refreshments.
- December parkrun tourism took place at Houghton Hall with 14 Arrows and two "mini" Arrows in attendance. Peter Thornton mad an excellent Santa and a few mince pies were consumed post the event.
- Congratulations to Brian and Janice who've been on their travels again. This time they took part in the Central Burnaby parkrun in Vancouver.
- XC took place at Stevenage on the 15th December. There was a great turn out with full teams for both the women and the men. Don't forget the final event for the season will take place in Watford (16th February), There were more bobble hats issued for those completing their 2nd XC of the season (don't miss out on yours for the last one in Feb!
- 11 Arrows took part in the Sikhs in the City run. Well done everyone as this was the weekend of Storm Darragh so the conditions were far from perfect. Congratulations to Taras Huzar, Peter Thornton, David

White, Louise Crosby and Viddy who all participated in the Ultra. Graham Harper undertook the Marathon and finally Geraldine Carrie, Julie Horrocks, Rosie Coup, Claire Watts and Sharon Stanley for the Half Marathon. Great samosas at the end as well.

- The St Albans Double Sixer 12 mile run took place at the beginning of the month. Great fun was had by those who attended.

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 are [published here](#) - please make a note in your diary for the final event - Sunday 16th February - Watford. There is an Arrows bobblehat for anyone completing 2 XC this season!

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. (See the note above about eligibility for Arrows branded bobblehats).

- The Oakley 20 will take place on the 23rd March - entries are now open.
- 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 the list of events. There are now just two left:

- 29th December - Buntingford Year End 10m - **EVENT IS NOW FULL.**

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 with the closure of the club over the festive period.

We are closed 24/12/2025 - 02/01/2025

When we are running, there is 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

07/01 - Track Night, Stockwood Park, Road at St Gs

14/01 - Hills / Road at St Gs

21/01 - Speed / Road at St Gs

28/01 - Tempo Tuesday

THURSDAY

02/01 - CLUB CLOSED

09/01 - Road / Trail at St Gs

16/01 - Road / Trail at St Gs

23/01 - Road / Trail at St Gs

30/01 - 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.*

Run Leaders

We want to thank as always our wonderful Run Leaders for their amazing support. You may have noted that we sometimes struggle for run leaders. As a new year approaches we are calling out for help. There have been some great runs organised by our run leaders recently so if you think you could come up with some unusual ideas for a run or you would like to become a run leader then please do make us aware or email Simon - chair@harpندنarrows.co.uk.

You do not have to commit to lead every week, it's on an ad-hoc basis, depending on availability with some flexibility for last minute change of plans / train delays. As a rule of thumb, if you join and can take on the lead of a run every two months (approx six per year) that would massively help. Any help (less or more) is wanted. We can always "buddy" you up with an existing Run Leader who can explain how things are done.

4. General Notices

Free t-shirt AND BOBBLEHAT for RunLeaders

We've distributed a few t-shirts and now the bobblehats - 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@harpندنarrows.co.uk and ask for more info.

KIT SHOP: The club shop can be found here:

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

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

15% OFF SPORTSHOES.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.sportshoes.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 CONTACT SPEIRSY

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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