



Harpenden Arrows



Annual Dinner: Who will be winning the Committee, Member or Outstanding Achievement Award this year???



Annual Dinner: BRAND NEW MEDALS for all those who have attained Club Performance Standards

Welcome to our first edition of Inflight for 2025. We hope you all had a great time with friends and families over the Xmas and New Year festivities. How are you getting on with your new year resolutions?

Please see below some announcements.

ANNUAL DINNER (& AGM)

We're all set for the 8th February. 46 people at the last count for the social and we'd like MORE PLEASE!

We've sent a few reminders about this event (please check your email). If you've not already signed up to attend then please do so or let social@harpendenarrows.co.uk know ASAP. Its always a fun evening and you'll receive your Club Standard or Distance award during the evening if you qualify PLUS of course we have the Committee, Outstanding Achievement and Members award (voted for by you).

Details are Saturday 8th February 2025 at Harpenden Common Golf Club, Cravells Road, East Common, Harpenden, AL5 1BL. The AGM will start at 6.30pm (members only) with the Social starting from circa 7.15pm to which your partners are invited. There will be a separate room where our guests can wait whilst the AGM is taking place.

PLEASE DO COME ALONG

Club League Update - Final Results

Congratulations to our winners for 2024:

KC Lloyd

Lynne Miles
Audrey Zilliox

Phil Dean
Mark Pattison
Brian Yates

KC has shown great dedication finishing as top Arrows lady in all 5 of the Midweek League races and her competitive streak was on display as she braved the mud at the Stevenage XC to secure the women's title. Phil has been a stalwart throughout the year and raced at 15 of the 17 races,

Cross Country - Results

These have now been published at [runherts](#). 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 League 2025

Please see further details later in this edition. After the first two events the current standings are:

Joint first - Audrey Zilliox / Christine Evans
3rd - Louise Crosby

Joint first - David Green / Ian Bryson
Joint third- Dean Murley / Dylan Evans

Schedule of Events 2025

Find these on our website for '[Leagues](#)' - this will be updated on a regular basis.

Fuel for the Long Run - Nutrition for Runners

As part of trying to provide speakers, etc (we've had Russell Stocker and also Will Hague/Blundy recently) we invite you to join [Kate Black](#) from Bespoke Nutritional Therapy on Tuesday 18th March for this engaging talk we'll explore how to fuel your body effectively for running success

Are you looking to take your running to the next level? Whether you're gearing up for a marathon, a casual jog or a speedy 5k, proper nutrition is the foundation of performance and recovery. In this engaging talk we'll explore how to fuel your body effectively for running success, covering:

- The essential energy sources - carbohydrates and fats - and how to balance them.
- What to eat before, during and after your run for peak performance and recovery.
- Long term nutrition strategies to keep you energised and injury free.
- Common pitfalls and myths about runners diets.
- Tips for tailoring your nutrition plan to your individual needs.
- Join us to practical, science based strategies that will help you run stronger, recover faster and enjoy your running journey. Fuel smarter, run further and feel your best..

This talk is perfect for runners of all levels - because no matter your pace, nutrition is the key to crossing the finish line

Will Hague-Blundy at WeTrain

We had a session with Will on 28th Jan at WeTrain - specifically designed Strength and Conditioning exercises for runners. There is a **discount** available for Arrows members - see Events or Notices in Facebook or on the WhatsApp group. If you need more details - contact [Speirsy](#).

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



1 What's been going on?

Highlights for January were:

- Ed's end of year curry night saw a great turn out of Arrows. Great evening - make sure you don't miss the 2025 event.
- 4 Arrows took part in the Buntingford Year End 10 miler on a chilly and foggy morning. Well done John, Graham, Janice and Brian on some great results given the awful conditions.
- 22 Arrows took part in the annual Fred Hughes event. First Arrow home was Ian Bryson in an amazing time of 1.00.45. Great

performance also from Audrey in 1.12.17. Notwithstanding these two it was a brilliant performance from Team Arrows. Well done everyone.

- parkrun congratulations go to Andrew Cripps on reaching 50 parkruns, Tom Honnywill on reaching 150 and Phil Dean on reaching 250. Well done everyone.
- Arrows were out in force for parkrun on Xmas Day (28) and New Years Day (15).
- Thanks to Mark Pattison for these parkrun statistics for 2024
141 Arrows ran 1708 parkruns at 271 different events. The biggest turnout was 48 at Luton Wardown on the 29th June to celebrate June's milestone birthday.

Fastest male was Paul Goodwin at Lowestoft (17.30)

Fastest female was KC Lloyd at Southwark (19.52)

Most popular parkrun venue was Luton Wardown

Most parkrun runners were Phil Dean 51, KC Lloyd 50 and Mark Pattison / Scott Clarke 46

Our great parkrun leader Julie Horrocks achieved 45

There are even more interesting facts on the FB page

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 - Cassiobury Park, Watford. Start time is 10.30am. If you want a car share then please be at St G's for 9.15am. The start will be near the Cafe in the Park, formerly know as The Cha. Car parking can be found at The Avenue car park, Hempstead Road, WD17 4 NR or other town centre car parks. The Gade car park is only a short walk from the park and is another good option. Should you choose to park in the local surrounding roads please be courteous and keep all access and driveways clear.

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).

- parkrun tourism returns in February. Make a note for Saturday 8th February and the venue will be the new St Albans route at Oaklands College.

- 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>
- Marston Forest 5k will take place on Friday 6th June at 7.30pm. A fast one lap 5k race - definitely PB potential. Normally sells out quick to register asap if you are interested.
- Keep an eye open for MWRRL races from May - July!

Arrows Club League

Mark Pattison has very kindly put together the list of events for 2025. Please do make a note in your diaries. Further details will follow as and when they become available.

Participation in local leagues:

- XC League Races x 4 / 5 depending on the XC races happening in 2025 (dates TBC)
- XC 5 (2024/2025) - Watford 16th February
- MWRRL races x 5 (dates TBC) including mob match

Nominated races by distance:

- 5k - Hatfield 5k series - race 2 of the series (date TBC, probably September)
- 5m - Hatfield (date TBC - probably November)
- 10k - Wheathampstead 10k on 18th May -
<https://www.atwevents.co.uk/e/wheathampstead-10k-and-2k-fun-run-9130>
- 10k - Ware (date TBC probably July)
- 10k - Standalone 10k (date TBC probably October)
- 10m - Fred Hughes (19th January)
OR
- 10m - Bedford 10m (26th January) <https://www.atwevents.co.uk/e/atw-bedford-10-8922>
- 10m Buntingford Year End 10 (date TBC probably 28th December)

- Half Marathon - St Albans Half (8th June)
<https://www.stalbanshalfmarathon.com/>

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-2025>

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

04/02 - Track Night, Stockwood Park, Road at St Gs
11/02 - Hills / Road at St Gs
18/02 - Speed / Road at St Gs
25/02 - Tempo Tuesday OR (TBC)
another S&C session provided at WeTrain

SUNDAY

16/02 - Watford XC

THURSDAY

06/02 - Road / Trail at St Gs
13/02 - Road / Trail at St Gs
20/02 - Road / Trail at St Gs
27/02 - 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@harpendenarrows.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@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

15% 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 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

