



Harpenden Arrows



This edition of Inflight will focus on the AGM / social which was held at Harpenden Common Golf Club on Saturday 8th February 2025.

The evening started with the formalities of the AGM. Please refer to the [full presentation](#) on the Club website but key messages were:

- Graham Harper and Lyndon Hearn have stepped down from the Committee. Our thanks go to both for their tremendous contributions over the past years.
- Simon Speirs (Chairman), Rowland Hughes (Kit) and Anita White (Social / Welfare) were all re-elected.
- We are delighted to welcome two new members. Dean Murley will assume the role of Membership secretary and Audrey Zilliox will join 'without portfolio'.
- Membership fees will again remain the same for 2025/2026.
- Membership income was down by £(813) for the year with 33 less members on the prior year due to a declining rate of new joiners

It was a great location and well organised by Sharon Stanley with support from Sharon Neely, Djerck and Speirsy to make sure that the awards were updated and available, room was well prepared, presentations went well and there was a rolling montage of photos that also went out on Insta as a reel... will be shared again!

Thank you to everyone and all in supporting the evening and all the running, social and other events during the year!

There were numerous awards throughout the evening across the League, Distance, Club and special awards.

The full presentation is available [here](#) and photos below, however the winners of key awards included:

The Arrows League: Phil Dean and KC Lloyd

Bonus Trail: Claire Price and Mark Pattison

Outstanding Achievement: Audrey Zilliox

Committee Award: Isabel and Steve Green

Members' Award: Audrey Zilliox



Club League Winner - Phil Dean



Top Trail Runners - Claire Price and Mark Pattison

Our 2024 award winners. Congratulations to everyone



Other News.....

There has been some running too with the last of the XC this season with a good turnout and full teams. Full report on the season to come but this year's team results at [Cross Country](#).



Hatfield 5k Series

This is now open for registration. Its a three race series - 27th August, 3rd and 10th September -Affinity Hatfield 5k series: [my.race.result](#). **Remember that race two is part of the Club League.**

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.

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?

This section will return for our next edition

2 What's coming up?

A number of run events to take note of for the coming months:

- Watch this space for more details on future **parkrun tourism** dates.
- **Will Hague-Blundy at WeTrain**
We are planning another session on 11th March. Limited to 12 people - please log an interest in the polls in Facebook or WhatsApp
- **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>

- **Berkhampstead 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.

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 5 (2024/2025) - Watford 16th February
- XC League Races x 4 / 5 2025/2026 season in 2025 (dates TBC)
- MWRRL races x 5 (dates TBC) including mob match

Nominated races by distance:

- 5k - Hatfield 5k series - 27th August, 3rd and 10th 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

THURSDAY

04/03 - Track Night, Stockwood
Park, Road at St Gs

11/03 - Hills / Road / S&C with **Will
Hague-Blundy** at St Gs

18/03 - Fuel for the Long Run -
Nutrition for Runners. We will have
a short run and then join our guest
speaker **Kate Black** at 20:15

25/03 - Tempo Tuesday

06/03 - Road / Trail at St Gs

13/03 - Road / Trail at St Gs

20/03 - Road / Trail at St Gs

27/03 - 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 a 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 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

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 Djerik 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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