



Harpenden Arrows

Welcome to our March edition of Inflight. With lighter nights approaching I'm sure we are all looking forward to reinstating those summer runs.

Just a few things to note:

WARNING IF YOU RUN ON THE ALBAN WAY

Caroline Bailes, Chair of Striders, made us aware that someone was sexually assaulted whilst running on the Alban Way by the Smallford platform. Whilst this was a couple of weeks ago we cannot stress enough the importance of being extra careful and vigilant when you are out running, especially if you are alone.

MEMBERSHIP RENEWAL

If you've not already renewed your membership can we please ask that you do this asap. Please refer to the email which will have been sent to you during March. Membership fees will again remain the same for 2025 / 2026 - but please do contact Dean at membership@harpendenarrows.co.uk if you would like special consideration from the welfare team or just have any questions at all!

LONDON MARATHON?

Good luck to all Arrows running this epic event on the Sunday 27th April. As you may remember Andrew Dadswell was the Arrow whose name was drawn from our raffle held just before Xmas. He's been seen out on the Harpenden roads (sometimes joined by his wife for some of it) and his training is going well. There will be the normal support group going to the event (see later details), but in the mean time **GOOD LUCK** to you all.

VIENNA AWAY WEEKEND

The Vienna marathon weekend is fast approaching this coming weekend. There are 30 runners comprising of 5 relay teams of 4, 10 half marathons and 4 full marathons (yes, that does add up to 34 because the first runner in 4 of the relay teams are also continuing on to complete a half or full marathon). They will also be doing the parkrun on the Saturday.

We wish them all good luck on the day and ☺ for the weather. Thank you so much John and June for leading the arranging it's so very much appreciated!

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

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. Contact 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?

As usual everyone has been out and about at various events. We've seen Arrows running at the following events - great running everyone.

Oakley 20
Gade Valley Harriers training run
Willen Lakes 10 miles
Ashridge Boundary Run
Cambridge TTH Half Marathon
Lisbon Half Marathon / 10k
Bologna Marathon

- **Scott Clarke** - our intrepid parkrunner set himself the challenge of running all 98 parkrun events in the East of England. He completed the challenge at Oaklands parkrun on the 22nd March. Well done Scott - what's the next challenge?
- **parkrun** - congratulations to June and John Rowlands on running 100 different locations (aka joining the Cowell Club). Congratulations to Louise Crosby on reaching 200 parkruns and David Green on reaching an incredible 300 parkruns.
- **Kate Black** joined the team at St George's for a talk on nutrition covering intake requirements of protein, carbs and fats. Discussions on fasting, vitamin supplements and difference between male/female. Thanks to Kate who turned up despite having torn her ACL last week!

More information can be found by clicking on the links below:

<https://www.bes-pokenutritionaltherapy.co.uk/blog/2025/3/20/nutrition-guide-for-runners>
<https://www.bes-pokenutritionaltherapy.co.uk/new-page>



2 What's coming up?

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

- **parkrun tourism** dates - 12th April at Wendover Woods. 17th May - TBC but could be Bushy or Milton Keynes.

- **London Marathon supporters club** - there will be the annual pilgrimage to mile 24 (near to Blackfrairs Bridge) to support Arrows and others sunning the London Marathon.
NOTE - Thameslink will terminate at St Pancras on the day to its train to St P and then 63 bus to Blackfrairs/
We will then meet at Inn on the Green from 1630 for celebratory drinks with runners and supporters.
- **James Rake** is offering some sports massage taster sessions; potentially 4 sessions (or more if more demand) on the 29th April at St G's from 1930 - 2030. We are proposing to offer these places to the London marathoners, but more or other sessions may be considered in the future. If you are interested please see poll that Simon issued in Facebook / WhatsApp or contact him directly.
- Arrows will be travelling to **Vienna** 4th - 7th April 2025 - currently 30 Arrows are attending; 3 running the full marathon, 10 half marathon and 5 relay teams. There will be a full de-brief in the April edition of Inflight.
- **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>

- **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.
- **MWRRL:** WATCH THIS SPACE AS WE MAY BE COMMITTED TO HOSTING ONE OF THE DIVISION 3 RACES - POTENTIALLY ON 11TH JUNE. NEW VENUE TO BE CONFIRMED AND IT IS A ROAD RACE (RATHER THAN HYBRID ROAD/TRAIL). Details on the league can be found on the website - link below.

ARROWS CLUB LEAGUE

Just a reminder that many of the club league races are available to book now. Many of these do sell out - please see relevant links below if you'd like to sign up.

- Wheathampstead 10k (18 May) <https://www.atwevents.co.uk/e/wheathampstead-10k-and-2k-fun-run-9130>
- St Albans Half (8 June) <https://www.stalbanshalfmarathon.com/>
- Ware 10k (6 July, NOT 10 mile) <https://www.ware10s.co.uk/>
- Hatfield 5k Race 2 (3 Sep) <https://my.raceresult.com/325331/>
- Standalone 10k (5 Oct) <http://www.nhrr.org.uk/standalone-10k.html>
- Hatfield 5 mile (30 Nov) <https://www.atwevents.co.uk/e/atw-hatfield-5-8980>

SUMMER MIDWEEK ROAD RACE LEAGUE is all include

First 2 dates of 4 in the club league have been released. More to follow

after the MWRRL AGM to be held on 31/03/2025. Current known dates are as follows, with potentially another to be added by Arrows.

- Ridlins Running Track, Stevenage (28th May)
- Cassiobury Park, Watford (4th June)

These are 10k evening runs starting at 7.45pm. Nothing to pay, only requirement is to run in a Club top. More details will follow in due course from Steve/Issy Green. As always, any volunteers forfeiting their run will be awarded a minimum of 30 points

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

01/04 - Track Night, Stockwood Park / Road at St Gs
08/04 - Hills / Road at St Gs
15/04 - Speed / Road at St Gs
22/04 - Hills
29/04 - Tempo Tuesday / James Rake massage / Club Social at Inn on the Green post run

THURSDAY

03/04 - Road / Trail at St Gs
10/04 - Road / Trail at St Gs
17/04 - Road / Trail at St Gs - **NOTE GYM NOT OPEN SO WILL MEET OUTSIDE**
24/04 - 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 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 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

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>

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



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