



Harpenden Arrows

Welcome to our April edition of Inflight. As always some great running. We are well into Marathon season - hope your training has / will get the results that you want!

This issue contains:

1. News and Notices
2. What's been going on?
3. What's coming up?
4. This Month's club timetable
5. Other Information

1 News and Notices



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.

MARATHONS

We have had a plethora of runners out there pounding the streets in various marathons. Unbelievable running by everyone. Special mentions to:

Southampton

David Green - 3.49.49

Louise Crosby - 4.25.48

Boston

Peter Thornton - 3.43.25

Tarus Huzar - 3.48.33
Dean Murley - 3.51.36

London

Ian Bryson - 2.50.00
Neringa Cobb - 3.01.16
Dean Murley - 3.12.17
Lyndon Hearn - 3.29.17
Audrey Zilliox - 3.33.38
Jack Brabin - 3.37.34
Aisling Patterson - 3.38.47
David Barr - 4.03.43
Anita White - 4.18.27
Louise Crosby - 4.36.50
Jo Davies - 4.41.51
Claire Price - 4.44.48
Andrew Dadswell - 4.59.07

Special mention to Ammon Piepgrass (5.45.01) who led blind runner Louise Simpson and to Graham Harper (11.23.14) who ran the virtual Marathon.

SOCIAL / OTHER UPDATES

Arrows 18th Birthday Party: Thursday 7th August

Did you know that the Club reaches its 18th Birthday on this day? We realise this is holiday season, but we will meet for a celebratory drink at IOTG and then follow up with a *post Summer event in September*.

Family day: Sunday 22nd June

We are planning a Family afternoon on Harpenden Common.

CPR Training: 15th May

Please book your interest for the CPR training on Thursday 15th May at St Georges at 7:30 - run by the Harpenden First response team. These volunteers are giving up their time for us alongside their other volunteering duties - it would be great to have a full room. Please please please come along!

Watch this space for more updates.

JAMES RAKE SPORTS MASSAGE

James offered some free taster sessions to the club and 3 spots were eventually taken up by JoD, AndyD and Lou. All masseurs have their own style, approach etc and we leave it to you whether to adopt the offer on place from James. He's offered a £20 discount to current Arrows members (code from [Speirsy](#) please if you book before the end of June.

He says 'I first qualified for sports massage in 2016 and have a wide range of experience. I am also qualified in scar massage, oncology, pregnancy and postnatal massage. I am happy to travel to Harpenden, St Albans, Luton, Hitchin, Welwyn and Hatfield. I have helped hundreds of clients with pre and post race issues, back pain, tension over the whole body and various other problems often solving the issue in one or two sessions. Massage is essential to maintain a healthy body.'

He's currently building up his own website but has a booking system [<here>](#) - however, he's also suggested just to message on 07865 645 708 or jamesrakedtt@gmail.com

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.

If you can also think of anyone who might want to offer talks, sessions or anything of value to our community - please do get in touch.

All the best, Sharon & Speirsy

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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. Please ask any committee member or [Membership Sec Dean Murley](#) for details if you've lost it in your joining pack.

2 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!

• **Vienna Marathon Weekend**

Thanks to John Rowlands for preparing the following:

Special mentions to Brian Yates and Janice Nisbet who both ran in the half marathon. Brian was second in M80 and Janice came third in W70 (by a matter of seconds).

Run report for the Arrows at the 42nd Vienna Marathon weekend. Most of us were staying at the official marathon hotel (Arcotel Kaiserwasser) where the Elite runners were lodging (Ethiopian and Kenyan). The Elites were on floor 5, and as David and Jo White were also on the 5th floor they of course counted themselves as part of the Elites. 😊 We started, as always, with a parkrun on the Saturday morning (Donaupark Parkrun, Wien/Vienna) with lovely sunny and mild

conditions. It is definitely a PB potential course, but we were all taking it easy to be ready for race day on Sunday.

The weather took a huge U turn. Friday 20º, Saturday 18º, Sunday 0º (feels like -5º) with a "brisk" North Easterly wind. The start line was absolutely freezing, as was the rest of the day with a high of 6º (feels like 3º) and even a slight smattering of a snow shower.

The race was really well organised (35,000 runners). Bag drops and pick ups were excellent, the starting waves were bang on schedule, the course was well marshalled with plenty of water stops and there was great crowd support. Some of the banners being held up by the supporters were good fun "You finished faster last night" "If you collapse I'll come and pause your garmin" "Run Forrest Run" and more. After the race there was some re-hydration in the hotel bar ☺

It is a fast and flat course. The winner was Haftamu Abadi (Ethiopia) 2:08:28. We did hear the elites discussing tactics on the Saturday, and due to severe cold air they planned not to attempt the course record (2:05)... so we likewise backed off a bit ☹.

All in all a great Arrows away marathon weekend. Watch this space for next years event.

- **parkrun** - our tourism event for April took place at Wendover Woods. 6 Arrows attended this event; a lovely one-lapper through the trees with scenic views as well as a couple of big hills.

Congratulations to Sharon Neely on reaching 50 parkruns and Michael Hessey on reaching an impressive 250.

- **Camio Gratitude 25km** - congratulations to Melissa Bridge who ran in this event. Particulary challenging as Melissa was running in memory of her niece.

3 What's coming up?

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

- **Milton Keynes Marathon** - will take place on Monday 5th May. Good luck to any Arrows running in this event.
- **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>

- **CPR talk and practice** - we will be holding a session at St Georges on Thursday 15th May. Vivienne from Harpenden First Response is offering to give us a talk and some practice and use a defib. Good for newbies and a refresher. Please let Simon Speirs know if you are interested to attend.
- **parkrun tourism for May** - will take place on the 17th May at Luton Wardown. Jillian Russell is the Race Director for this event so we would like to try and organise an Arrows "takeover". Do please come along, either running or volunteering. Please do contact Jillian if you

would like to volunteer.

- **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.

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- **Harpenden Carnival** - Arrows will be taking a stall at the Carnival which this year takes place on Saturday 7th June, starting at 11am. Thank you Phil Dean for the use of your pitch! We are looking for volunteers to help out on the stand (maximum of 1 hour of your time). If you are interested please contact [Dean Murley](#).
- **Local 3k relay race** - will take place on Thursday 17th July in Stevenage. This is a midweek road relay for men and women. Each leg is 3km and 4 members must complete a leg. There is also the option of a mixed leg (women and men). All entries will be made online and the cost is £10 pp. Issy Green will be organising on behalf of Arrows. Watch this space for more information.
- **Arrows 18th birthday** - yes, the Club will be 18 on Thursday 7th August. Watch this space for how we will be celebrating this momentous event.
- **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

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 (18May) <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

Race for us in Division 3 confirmed as:

Stevenage Striders / Hitchin (28th May)

Watford (4th June)

Harpenden (11th June) - Volunteering points on offer so you won't miss out

Royston (26th June)

Welwyn mob-match (9th July)

Eagle eyed would have spotted that Arrows will be hosting. New course out of KWS. We will be in touch for helpers. Current thinking is that we should

have a reduced need for marshalls (versus the event at the rugby club) so more of us can run. Watch this space for more details.

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>

4. 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

06/05 - Track Night, KWS / Road at St Gs

13/05 - Hills / Road at St Gs

20/05 - Speed / Road at St Gs

27/05 - Tempo Tuesday / Club Social at Inn on the Green post run

THURSDAY

08/05- Road / Trail at St Gs

15/05 - CPR Training

22/05 - Road / Trail at St Gs

29/05 - 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.

5. Other Information

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

