



Harpenden Arrows

Welcome to our May edition of Inflight. As always some great running. Yet more great Marathon running plus other events - hope your training has / will get the results that you want!

See Section 4 for this month's schedule of training

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



Luton Wardown parkrun



Wheathampstead 10k

1 News and Notices

WARNING IF YOU RUN ON THE ALBAN WAY

Now a few months old, but worth repeating a final time: 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 months ago we cannot stress enough the importance of being extra careful and vigilant when you are out running, especially if you are alone.

NEW MEMBERS

We welcome our new members Caroline Jaggard and Richard Symons who have joined Arrows in the past couple of months. Welcome and we look forward to seeing you at our Club events.

COMRADES

We wish Louise Crosby and Viddy all the best as they undertake the Comrades Marathon on Sunday 8th June. The race starts in Pietermaritzburg and finishes in Durban. The race distance is approx 89km and participants have 12 hours to complete it.

You may remember that they undertook this event last year but that was running the event uphill. This year they will be running downhill. We look forward to photos and the race report.

CLUB LEAGUE

It's an Evans lockout at the moment with Christine maintaining her 100% record and Dylan taking the lead in the men's table. See below for the remaining races which are included in the league.

Women

1st - Christine Evans 150
2nd - Aisling Patterson 146
3rd - Jo Davies 94

Men

1st - Dylan Evans 146
2nd - David Russell 135
3rd - Phil Dean 126

SOCIAL / OTHER UPDATES

Harpenden Carnival - Arrows will be taking a stall at the Carnival which this year takes place on Saturday 7th June. Dean Murley is organising a rota of volunteers so please contact him if you've not already done so to let him have your availability (maximum 1 hour). Thank you to Phil Dean for hosting us at his stand!

Arrows Hosting MWRRL - Wednesday 11th June at KWS. The race starts at 7.45pm. Please refer to the MWRRL 2025 volunteers Whatsapp group that Speirsy has set up. Please join at <https://chat.whatsapp.com/EY8oOP9MFiMlCtI5GT89WI> We are looking for volunteers to marshall along the route, funnel management, catering etc - perhaps as early as 6pm. If you do not have access to WhatsApp and would like to volunteer then please contact Simon directly - chair@harpendenarrows.co.uk

Family day: Sunday 22nd June

We are planning a Family afternoon on Harpenden Common. Watch this space for more information.

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*.

JAMES RAKE SPORTS MASSAGE

James is offering 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!

- **Milton Keynes Marathon** - congratulations to our three runners, great performance:
 - Nick Acton - 3.00.15
 - David Green - 3.56.17
 - Giles Horridge - 3.00.34

Congratulations also to Melissa Bridge who completed the half marathon in 1.53.51

- **Wheathampstead 10k** - on probably the coldest day its ever been. Great turnout of Arrows with some brilliant results. Congratulations everyone.
- **MWRRL** - kicked off on the 28th May in Stevenage. Many thanks to all our lovely Arrows who turned out to run. Please see below for

further dates - do join us if you can. Speak with [Issy or Steve Green](#) if you have any questions.

- **LiRF training** - 5 Arrows are currently undertaking their LiRF training which means they will be qualified Run Leaders under English Athletics rules and regulations. Much fun has recently when the guys could be seen in Rothampsted park, where Audrey took videos of them undertaking their warm up and then run sessions. Watch out for them taking a session soon. They are Justin Busby, Mark Pattison, Claire Watts, Julie Horrocks and Sharon Stanley. A big thank you to Audrey Zilliox for her leadership, help and support during this process. We are always looking for more people who can step in to make sure we're organised on a training session - especially for new members. Please do come forward - speak to any RunLeader or committee member for more details.
- **CPR Training** - 11 Arrows attended this very useful and informative session. Vivienne from Harpenden First Response team ran the session. Everyone who attended found it very useful and informative and feel somewhat more confident should they ever find themselves in a situation where they needed to administer CPR.
- **parkrun** - our tourism event for May took place at Luton Wardown. Jillian Russell was the Race Director and we had great Arrows support, both running and volunteering. Thank you to everyone who came along.

Congratulations to Daisy Murley (Dean's daughter) who completed her 100th parkrun at Luon on the 24th May.

- **Flitwick 10k** - congratulations to Glyn Francis who ran this event recently.
- **Liege Marafun** - Well done to Chas Andrews who ran the 26.2 miles stopping (many times to partake in local ales) dressed as Obelix from the Asterix series.
- **Thames Path 100** - David White undertook this mammoth event on the 3rd May. The course runs from Richmond all the way to Oxford following a very picturesque route along the Thames. A very challenging run but with support from Chas Andrews, David completed it in within the 24 hour time period (he had 8 minutes to spare). An absolutely brilliant achievement - well done David.
- **Malvern Hills Ultra** - Ed Rhodes ran in this event which goes from Abberley to British Camp at the centre of the Malvern Hills and back again. The event is self-navigated. Another absolutely brilliant performance with Ed achieving a 30 minute pb as well as coming 3rd vet.
- **Bob Graham Round** - Terry Atkinson completed this 66 mile, 27,000 foot elevation, circuit of 42 of the highest peaks in the English Lake District over the Bank Holiday weekend. Around 100 people attempt it, with around 1 in 3 finishing. The event needs to be completed within 24 hours and Terry finished in 23 hours and 41 minutes. Terry

was supported by Chas Andrews and a team of pacers and friends.

- **Phoenix 5 miles** - a fast and flat course in Stevenage which saw June and John Rowlands run on a very hot Sunday morning.

Sorry if anyone was missed in this summary... please do always get in touch for anything newsworthy.

3 What's coming up?

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

- **parkrun tourism for June** - watch this space for more details on date and venue from Julie.
- **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.

- 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 included

Race for us in Division 3 confirmed as:

Watford (4th June)

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

Royston (26th June)

Welwyn mob-match (9th July)

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. 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

03/06 - Track Night, KWS / Road at St Gs **(NB MWRRL day after at Watford)**

10/06 - Hills / Road at St Gs **(NB MWRRL day after!)**

17/06 - Speed / Road at St Gs

24/06 - Tempo Tuesday / Club Social at Inn on the Green post run

THURSDAY

05/06- Road / Trail at St Gs

12/06 - Road / Trail at St Gs

19/06 - Road / Trail at St Gs

26/06 - 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.

As a reward for helping out, there is a t-shirt, bobblehat and (soon) a summer running cap on offer! Please do come forward.

5. Other Information

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

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

