



Newsletter

August 2023

Welcome to the August edition of the HRC Newsletter - we hope you enjoy reading it. And if you missed previous editions, these can be found on the website [here](#).

Member of the month (June 2023)



Member of the Month for June is **Sophie Horler-Impey**.

Sophie has been one of our juniors for over two years and shows that hard work pays off. She is continuously improving and in the last 10 months has taken over 4 minutes off of her 5km PB.

Sophie ran a sub-22 at Newmarket's Summer 5km series and improved on this a few weeks later at the Arkwright 5km race with a sub-20-minute performance.

This effort puts Sophie 4th in the HRC women's club records for the distance. In the Friday Five series she also finished 2nd overall in her age category.

Well done, Sophie!

Don't forget to send in your nominations for July to Lynnette Garstang, **by 7th August 2023**.

Racing news (Ekiden)

Well done to the 12 HRC members who took part in this year's Ekiden relay race, held in the grounds of the Ipswich High School on 23rd July.

This year we entered two teams:

Team A: Mark Novels, John Steel, James Withams, Neal Coombe, Chay Hopkins, and Ben Smith

Team B: Mark White, Chris Hawkins, Mary Ann Tuli, Cheryl Trundle, Barry Osborne, Trev Bunch



183 teams took part, with HRC's Team A coming 24th overall (in a time of 2:53:46), and Team B coming 67th overall (in a time of 3:20:26). Full details of the results can be found [here](#).

To PB or not to PB (Part 2)



To begin with, I must congratulate everyone who has achieved a PB since the publication of the July Newsletter. I suspect all were achieved without following my ideas on concentration. Nonetheless, I'll continue with the hypothesis that to produce your optimum performance on race day requires much more than being in your best physical condition. While I will not always follow the routine that I'm going to prescribe for every race I run, there are usually three or four races that I target each year and it is for these races that I endeavour to adhere to these guidelines.

The catchphrase I was given for these ideas was 'Proper Preparation Prevents Poor Performance' and starts five to six days before the race, when a list should be made of **everything** you **might** take or wear on race day, including alternative clothing dependent on weather conditions, and clothes to change into after the race if your kit gets soaking wet. I have yet to speak to anyone who found sitting in a car in rain-soaked underwear a pleasant experience! Also, make sure your race kit is clean and not stuck at the bottom of the laundry basket, and that any gels, Vaseline, etc., don't need to be bought at the last minute. Sadly, I've made all these mistakes, and more, and the stress they cause can make for a miserable race day.

Probably nearly all of you will comply with the above recommendations but maybe not the other two, which are sleep and visualization. Optimum sleep is one of the most important factors necessary for someone to perform to the best of their ability. Stress is a major factor in the inability to obtain sufficient sleep to fully recover from a hard day's work and as an aid I find visualization great in the week prior to a race. Starting five or six days before race day try and find ten minutes a day to be on your own, away from all electronic devices, where you think positively about how race day will play out. I readily accept this is a ludicrous suggestion for everyone with a hectic home/work schedule and it is nigh on impossible to find the time. I also accept I am a fool, but I managed it by either sitting in the car before driving home after work, or when the evenings were light stopping and sitting in the park during my training runs. That was thirty to forty years ago, and times have changed but if you are sufficiently motivated then you will find a way, and if you manage to visualize just once it is better than none at all. Try to visualize both the race going perfectly and also the things that could go wrong and how you will stay calm and confidently correct any errors such as starting too fast or too slow. Usually, the correct amount of calmness and confidence produces sensible decisions and therefore the result you're seeking.

Whatever you decide to do I wish you well and enjoyment in your running.

Barry Osborne

Junior news

Our juniors took part in the final two Friday 5 races with some fantastic individual and team performances. The girls team (Caitlyn, Kate and Sophie) did particularly well and finished third overall in the series, out of the 14 clubs which took part. Sophie also came second overall in the U15 girls category.

Six of our juniors took part in the third 5km race of the Arkwright Summer Series at RAF Debden, which included the last 400m section on the fabulous new running track. Four of them achieved impressive PBs, including Sophie, who beat her recent PB at Newmarket, with an improved time of 19:58, making her the fourth fastest woman in the HRC club records over the 5km distance.



Junior awards

On Saturday 15th July the Junior awards and summer picnic took place at Thurlow playing fields. It was a great opportunity to play some team games and celebrate the success and dedication of our junior runners (and one slightly older one).



Cross Country – Kate
 Friday 5 Series (Overall) – Sophie
 Friday 5 Series (Special Recognition) – Caitlyn, Cameron, Kate
 Most Improved – Sophie
 Best Newcomer – Ethan B
 Commitment to Running – Harry
 Female Performance of the Year – Sophie
 Male Performance of the Year – Charlie
 5km Time Trial Most Improved – Thomas B
 Coaches Award – Tyler
 Members' Member – Sophie
 Coach Sil's Special Award – Bryan

Junior training sessions (August 2023)

Details of the junior training sessions for August are as follows:

Date	Time	Venue	Activity
Tuesday 1 st August	6.30pm	Top field - Castle Manor Academy	Bingo and team building
Thursday 3 rd August	6.30pm	Kedington (7pm start)	2.4km & 5km Arkwright League Race
Tuesday 8 th August	6.30pm	Top side field - Castle Manor Academy	Agility & conditioning
Thursday 10 th August	6.30pm	Meet at cinema car park, next to the tennis courts	Group run
Tuesday 15 th August	6.30pm	Meet at cinema car park, next to the tennis courts	400m reps
Thursday 17 th August	6.30pm	Ely (7pm start)	5km Arkwright League Race
Tuesday 22 nd August	6.30pm	Castle Manor Academy	Hills
Thursday 24 th August	6.30pm	Meet at cinema car park, next to the tennis courts	Group run
Tuesday 29 th August	6.30pm	Track – Castle Manor Academy	200m reps
Thursday 31 st August	6.45pm	Royston (7pm start)	5km Arkwright League Race

Senior training sessions (August 2023)

Details of the senior training sessions and the coaches leading them in August are shown below:

	Blue	Green	Yellow
01/08/2023	Leisure Centre - 400m reps Mark White	Chapple Drive Mark Novels	Castle Manor - Track Suz Carter-White
08/08/2023	Castle Manor - Track Trev Bunch	Castle Manor - Track Cheryl Trundle	Castle Manor - Hills Hayley Wilson
15/08/2023	Homefield Road Mark Novels	Homefield Road Tracy Pelling	Chapple Drive Joan Nevin
22/08/2023	Wilsey Farm Mark White	Castle Manor - Track Tracy Pelling	Castle Manor - Top Field Suz Carter-White
29/08/2023	Castle Manor - Hills Trev Bunch	Mace Hill Cheryl Trundle	Leisure Centre - 400m reps Hayley Wilson

If you're unsure which group is best for you there's information on the [HRC website](#) which may help, or you can speak to [the coaches](#) on the night.

Club runs/events (August 2023)

Details of Thursday night club runs and other scheduled club events in August are shown below:

3 rd August	5k Summer Series (Haverhill)
10 th August	<u>Sturmer Red Lion Pub Run</u>
17 th August	5k Summer Series (Ely)
24 th August	<u>Summer Route 3</u>
31 st August	5k Summer Series (Royston)

Please keep a look out for any last-minute changes on [Facebook](#) or the [News](#) section of the website.

Further information about Thursday night club runs can be found on the [HRC website](#). Also, take a look at the full [Summer Schedule](#) of Thursday club runs and events between now and the end of September.

Sturmer Red Lion Pub Run

Our next pub run is to be held on 10th August at the Red Lion in Sturmer.

The route is similar to Summer Route 6, taking in Kedington and the notorious rabbit run back to Sturmer, with one or two tweaks along the way. Check out the route [here](#).

Check-in at the pub at 6.30pm, have a leisurely run, then join us back at the pub for a drink (or two). If you arrive a little late, that's ok providing you have someone to run with or you are happy to run on your own. However, to avoid us sending out a search party, please make sure you check back in at the pub by 8pm.



Arkwright & Co 5k Summer Series

The last three Arkwright & Co 5k Summer Series events are being held in August, as follows:

- 3rd August (Kedington)
- 17th August (Ely)
- 31st August (Royston).

Events start at 7.30pm. Keep an eye open for further information about each event on Facebook and the website newsfeed.

The first event in Kedington is being hosted by HRC – see the dedicated [Facebook events page](#) for details. Huge thanks go to everyone who has been involved in planning the event, as well as all those who have agreed to marshal the course or help out in some other way on the day. We're very much looking forward to welcoming runners from participating clubs, but we'd obviously like to encourage as many of our own members to run as possible.

For those who haven't taken part in these events before, it's free to enter and works in much the same way as the HRC time trials – you run, collect a number at the finish, and then hand this in to one of our friendly marshals, simple as that! And remember, the more HRC members that attend, the more points we get.

Further general information about the 5k Summer Series and what to expect can be found [here](#).

We need cake, and lots of it!

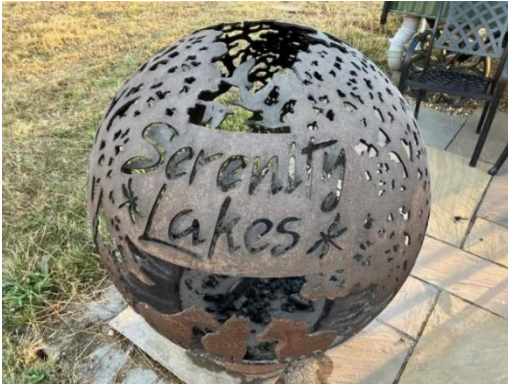


During and after our event on 3rd August we'll be selling cakes to raise money for our charity of the year, East Anglian Air Ambulance. However, we obviously need lots of scrummy cakes to sell!

If you have time, please can you consider donating a cake? Homemade or shop bought is fine – we won't judge. We also need a couple of volunteers to run the cake stall.

If you can donate a cake or would be able to run the cake stall, please let [Stephen Husband](#) know as soon as possible.

HRC 25th Anniversary Summer BBQ



The HRC Summer BBQ, to be held on the afternoon of **Sunday 20th August** at Serenity Lakes in Helions Bumpstead (CB9 7AU), courtesy of Andy Gage, is now only a few weeks away.

This year's event will be similar to last year and will include a 5k fun run, lake swimming, fun and games, raffle, and of course, lots of delicious food (food available at a very reasonable price).

And to make it extra special, we'll be celebrating **HRC's 25th Anniversary**, so there'll no doubt be some additional surprises.

Further information about the BBQ, including timings, etc. will be posted shortly.

In the meantime, to help us plan for the event, please take a couple of minutes to let us know if you'll be attending, along with any dietary preferences, by completing the short form [here](#).

Charity summer raffle

Tickets for HRC's summer raffle, which will be drawn at the BBQ, are now on sale at £5 per strip. All proceeds from the raffle will go to HRC's Charity of the Year, East Anglian Air Ambulance.

To purchase tickets as a donation to the charity visit HRC's [Just Giving](#) page or simply scan the QR code opposite.

When donating, please state your name, the word 'raffle', and the number of strips you are purchasing.



There will be an assortment of fantastic prizes, which currently include:

- ✚ 1 month's free fitness classes @ Just Classes
- ✚ 2 Night stay @ Serenity Lakes
- ✚ 6-week change with @ Tribe Training
- ✚ 60 minute sports massage with Nigel Chapman
- ✚ 12 cupcakes from "Learning to Cake" (Emma Graham)
- ✚ 30 minute deep tissue massage @ NJ Sports & Holistic Therapist
- ✚ Nutrition 1.2.1 with Kelly Mephram
- ✚ Family voucher for @ The Zone Haverhill
- ✚ Bottle of Fizz courtesy of Grace Judge

If you'd like to donate a raffle prize, please contact [Grace Judge](#) or [Mark Novels](#).



The **Round Norfolk Relay** is fast approaching on 16th & 17th of September but **we need your help!**

We have a full team of runners, which is fantastic! However, in order to race we still need a van crew for the nighttime stages. Essentially, we need 2-3 people who can drive the van in shifts overnight.

Also, we need at least five willing volunteers to marshal the change-over stage at Scole. Marshals are needed from early evening until the small hours. If we can't find sufficient volunteers, we'll need to tell RNR that we can't do it this year, which would be a great shame.

If you feel that you could drive the van or marshal at Scole, or have any questions, please contact Stephen Reyes as soon as possible by e-mailing him at **sereyes45@gmail.com**.

Looking forward to September

Keep a look out for next month's edition of the Newsletter. To whet your appetite, here are some of the events that will be coming up in September:

7 th Sept	<u>Summer Route 4</u>
14 th Sept	Treasure Hunt (details TBC)
16 th / 17 th Sept	Round Norfolk Relay
21 st Sept	<u>Summer Route 5</u>
28 th Sept	HRC Time Trial

Comments and feedback

The HRC Newsletter is for everyone so if you have any feedback or suggestions for future articles, please let us know by e-mailing **secretary@haverhillrunningclub.com**
