



Newsletter

September 2023

Welcome to the September edition of the HRC Newsletter. Previous editions can be found [here](#).

Member of the month (July 2023)



Member of the Month for July is **Vashti MacDonald-Clink**

HRC is Vashti's second claim club. However, she represented HRC at every Friday 5 race finishing the series 2nd in the Open Female category and 1st in the FV40 category.

Although she wasn't wearing our vest in the Saffron Striders 5k, she ran a time of 20.46, which is only one second outside our club's top 10 records.

Vashti also gives advice and support for members of the club who are struggling with their running.

Well done, Vashti!

Don't forget to send in your nominations for July to Lynnette Garstang, **by 4th September 2023**.

A delightful afternoon in a stunning location!

Thanks to all those who attended HRC's summer BBQ on 20th August, with special thanks to Andy and Vicky Gage for hosting the event at Serenity Lakes, for the second year running. This year was of course an extra special event as we celebrate 25 years since HRC was formed.

About 50 people attended the BBQ. Some donned their running shoes for a 5k 'fun' run, some ventured down to the lake for a cool but very pleasant swim, whilst others simply relaxed in the sunshine, enjoying a drink and some delicious BBQ food.



The raffle was a great success so thanks to everyone who bought tickets. The proceeds from this along with any profits from the food, as well as cakes made and sold at other events, will be donated to our Charity of the Year. So far this year HRC has raised a whopping £996 for the East Anglian Air Ambulance. A massive thank you to everyone who has contributed in some way.

Junior news

Ten of our juniors took part in the fourth races of the Arkwright Summer Series at Kedington; HRC's home race. Three of them completed the 2km distance (Hebe, Luke and Max) and eight ran alongside the adults in the 5km (Caitlyn, Cameron, Ethan, Kate, Thomas A, Thomas B, and Zach.) We are super proud of them all.



Haverhill is the only club in the series to host a race for under 14s, so a big well done to Sil Clay, Mark Phillips and all the volunteers who helped make it possible. We hope our junior race will grow in popularity in future years and perhaps the other clubs may follow suit and offer their own junior races.

We also had more fabulous performances at the penultimate race of the Arkwright Summer Series at Ely, with four juniors adding their valuable points to the HRC total (Charlie, Harry, Kate and Thomas).

It is always great to see a number of our juniors regularly taking part in local Parkruns on Saturday mornings. A special mention for Ethan, Harry, Thomas A, and Zach who all set personal course records this month at the Clare and Haverhill Parkruns. Keep up the awesome work!

We have recently welcomed Shirley Fowler to the junior coaching team. Shirley is an accomplished marathon runner and a familiar face to most people in the club. Her experience and running wisdom are a fantastic addition to the junior section and we are grateful she has agreed to volunteer her time to help coach our younger athletes.



Junior training sessions (September 2023)

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

| Date | Time | Venue | Activity |
|--------------------------------|--------|----------------------|------------------------|
| Tuesday 5 th Sept | 6.30pm | Castle Manor Academy | Out and back pyramids |
| Thursday 7 th Sept | 6.30pm | Samuel Ward Academy | 1km reps |
| Tuesday 12 th Sept | 6.30pm | Castle Manor Academy | Agility & conditioning |
| Thursday 14 th Sept | 6.30pm | Samuel Ward Academy | 3km Time Trial |
| Tuesday 19 th Sept | 6.30pm | Castle Manor Academy | Bingo and games |

| | | | |
|--------------------------------|--------|--|-------------------|
| Thursday 21 st Sept | 6.30pm | Samuel Ward Academy | 1200m / 600m reps |
| Tuesday 26 th Sept | 6.30pm | Castle Manor Academy | 100m / 200m reps |
| Thursday 28 th Sept | 6.45pm | Meet at cinema car park, next to the tennis courts | 5k Time Trial |

Senior training sessions (September 2023)

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

| | Blue | Green | Yellow |
|------------|---|---|--|
| 05/09/2023 | Castle Manor top field Long reps Trev Bunch | Castle Manor lower field Short reps Tracy Pelling | Castle Manor Hills Suz Carter-White |
| 12/09/2023 | Leisure Centre 1K reps Mark Novels | Leisure Centre 1K reps Cheryl Trundle | Chapple Drive 400/500m reps Joan Nevin |
| 19/09/2023 | Chapple Drive 400/500m reps Trev Bunch | Falconer Rd Hills Cheryl Trundle | Leisure Centre 1K reps Tracy Pelling |
| 26/09/2023 | Falconer Rd Hills Mark Novels | Chapple Drive 400/500m reps Joan Nevin | 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.

Senior club runs/events (September 2023)

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

| | |
|----------------------------|-----------------------------------|
| 7 th September | <u>Summer Route 4</u> |
| 14 th September | Treasure Hunt (see details below) |
| 21 st September | <u>Summer Route 5</u> |
| 28 th September | HRC Time Trial |

Keep a look out for any last-minute changes on [Facebook](#) or the [News](#) section of the website. Further general information about Thursday night club runs can also be found on the [HRC website](#).

Last event of Summer 5k Series (Royston)

We've had a fantastic summer of running in our 5k Summer Series. So far, HRC members have covered a huge 1190km between them in the first five races, including of course HRC's own event in Kedington.



But like all good things, it must come to an end. The very last 5k Summer Series race of 2023 will be on **Thursday 31st August 2023**, and will be hosted by Royston Runners (see details below).

- **Start time:** 19:00 (Note the earlier than usual start time)
- **Race HQ:** The Heath Sports Club, Baldock Road, Royston, SG8 5BG. The Closest post code is SG8 5BJ. (Post code for The Heath Sports Club locates the venue at the nearby golf club)
- **Parking:** Please follow instructions of marshals wearing yellow tabards and please car share if possible.
- **Train:** Royston is on the Kings Cross/St Pancras to Cambridge/Ely/Kings Lynn line. The Heath is 15 minutes' walk from the station.
- **Facilities:** There will be portaloos and urinals onsite (adjacent to Race HQ) for runners to use. Please do not use the toilets in The Heath Café as these are for patrons of the café.
- Refreshments and a bar are available in The Heath Café and water will be available at race HQ.
- Please note that muddy footwear or spikes must be removed before entering The Heath Sports Club cafe. Please help us to maintain good relations with the cafe by adhering to this request!

There will be food and an award ceremony after this race, to bring this year's series to a close. Let's get HRC out in full force for the finale!



On Thursday 14th September we'll be hosting our very own Treasure Hunt, from 6pm at the Rugby Club.

Participating teams can consist of one person or as many people as you like. But remember, you must stay together as a team, and you must all arrive back at the finish together.

The treasure hunt route is just under 6 miles long (unless you get really lost), but possibly less if you know short-cuts. So, having someone in the team who knows Haverhill well will help.

Someone in the team will need to bring a small backpack as you will need to carry some envelopes, pen, and paper (to be supplied). Someone in the team will also need to have the means to record your route as there will be points for the shortest distance covered.

The treasure hunt will start at the Rugby Club at the top of School Lane. Teams can start any time between 6pm and 7pm and will set off a few minutes apart. If you think you'll be super quick, then we'll accept starters up to 7.15pm.

On arrival at the Rugby Club, we'll give you your first clue. You'll run to the place you think the clue is talking about, where you'll find the next clue on a laminated sheet. The sheet will also provide some letters for you to collect, which will spell out a name, and so on.

We'll give you some envelopes that contain the answers, which you can open if you really can't guess the clues. However, you will lose points for every envelope that you open.

When you get back to the Rugby Club, we'll record the time it took you, look at the evidence of your route for distance, and collect back your envelopes. We'll also collect the name that your letters have spelt out.

Each team will start with 50 points and other points will be accumulated (or deducted) as follows:

- Fastest team will get 20 points, 2nd fastest will get 19 points, and so on.
- Shortest distance will get 20 points, 2nd shortest will get 19 points and so on.
- For every envelope opened you will lose 5 points.
- If you can guess the name spelt out from the letters you will get 25 points.



The bar will be open (the Rugby world cup will be on, France Vs Uruguay) so family and non-runners can sit in the 'Beer Patio' and cheer home the Treasure Hunters or watch the rugby.

So, come on me hearties, let's go find some treasure!



The **Round Norfolk Relay** is fast approaching on 16th & 17th of September.

We have a full team of runners, which is fantastic! Stephen will be in touch soon to firm up arrangements but in the meantime, runners should familiarize themselves with their leg of the race and consider the logistics of how they will get to and from their start and finish points.

We also still need help with the support team. Lynnette Garstang has kindly agreed to drive the van, but we need at least one other person (or two assistants) to support her, so the driving can be carried out in shifts. We could also do with a couple of additional nighttime cyclists.

If you feel that you could support in driving the van or as a nighttime cyclist, please contact Stephen Reyes as soon as possible by e-mailing him at [**sereyes45@gmail.com**](mailto:sereyes45@gmail.com).



Thurlow 5M and 10M – Help needed!

Entries are now open for this year's **Thurlow 5 & 10** on **Sunday 22nd October**, incorporating the Suffolk 5M Road Championships. The race is organised by HRC, so it would be great to see as many members running as possible. To enter click [here](#).

As usual, we will need a lot of help from HRC members to ensure it's a success. We will need people before, during and after the race, so even if you're running there will still be something you can do to help.

- Hall set-up and registrations (7am-10am)
- Baggage store (9am to 12pm)
- Car parking (8am-10am)
- Course marshals (9am-12pm)
- Water station helpers (9am-12pm)
- Refreshments (7am-1pm)
- Post-race clear up (12pm-1pm)
- Lead cyclists for both races
- Tail runners for both races

Full instructions will be given, and no previous experience is required! If you're able to help, please e-mail Trevor Bunch at: trevor.bunch@btinternet.com

To PB or not to PB (Part 3)

This is the final article about the additional benefits I believe are available when trying to lower your race times. Hurrah, I can hear many of you say, but as I stated at the start not everyone will want, or be able, to successfully employ the techniques I've outlined, although from listening to and reading the words of international athletes and coaches, to dismiss all of these ideas as mere mumbo-jumbo is erroneous.



Part three being about tactics would normally include strategies applied during a race to upset your competitors, but as most of you are not looking to win races where all your competitors are of a similar ability then by far and away the best race tactic to employ is simply run at an even effort. Physiologists inform us that the most effective way to run for longer is to maintain an even pace and in general this is true. However, where the course is hilly or continually undulating then even effort is better, otherwise you'll expend too much energy on the inclines which you cannot reclaim on the decline. With this in mind we come to the next tactic - know the course beforehand.

With cross-country races this is usually a lot easier than road, because they generally consist of two or more laps and you can warm up on all the course to discover where the hills are, where the ground is extra slippery, or where bottlenecks may occur. Regarding the state of the surface, and the length of your spikes or shoe grip, remember there are sometimes other races between your warm-up and your race starting, during which time the ground could be considerably churned-up by hundreds of different feet.

On the road where to cover the course takes longer than twenty minutes of warm-up then knowing the terrain is much more difficult, although an advance knowledge of the race route is at least helpful, and probably essential to an ambitious runner. Therefore, if the race means a lot to you, please try to get to know the course. If possible, try to travel the race route beforehand by car making a note of where the

inclines begin and end, and where any unfavourable bends occur, and you do not want to be stuck against the curb. It is usually possible to warm-up on the first and last half mile of a race and discover if any quirks exist on either, but to reiterate; knowledge of a course where you are endeavoring to run that distance quicker than ever before in your life can be a great asset in helping you spread your effort more economically.

During the race the other tactic I try to use is to run the tangents. The IAAF states a course should be measured using the 'shortest possible route' or SPR. To obtain their race certificate the route should hug the inside of positive bends and cross the road to minimize the distance on negative corners. Therefore, if measured correctly per SPR it's impossible for someone to run less than the advertised distance and being aware of this fact, if I'm serious about a race I'll try to run the tangents on unfavourable bends, especially if no marshal is present. Some will consider this as cheating. All I'll say is in forty plus years of watching leaders of races use this tactic I've yet to see or hear of any of them being disqualified.

The last tactic I would like you to employ comes after the race is over and it's in preparation for your next race. Whether you're successful or not in achieving your aim please try to behave as impeccably as possible. Accept any praise that comes your way with humility and consideration of others' feelings. With those weaker than you, be kind and generous. With those stronger than you, be truthful and courageous.

Hopefully, someone somewhere has found something useful in this series of articles and all that remains is to wish you many years of running enjoyment.

Barry Osborne

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
