



Newsletter

January 2024

Welcome to the first bumper packed HRC Newsletter of 2024!

We've included all the usual information that you've come to expect, along with articles about the newly elected Committee, our new Charity of the Year, the Secondary Club Colours, and a feature article about Club Standards, which we hope you will find interesting.

A special thank you to Harry Minnette for designing a unique winter HRC logo for this edition.

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Member of the month



Member of the month for November 2023 is **Stuart Nunn**.

Nominated for his unique enthusiasm for, and contribution to, club activities. In particular, for his work on designing and delivering the 'Spooky Special' club run.

Well done, Stuart!

Don't forget to send in your nominations for December to Lynnette Garstang, **by 8th January 2024**.

New and Returning Members

Please give a very warm welcome to the following new and returning members:

- Robert Wigmore
- Liz Paxton
- Molly Carter-Brown
- Grace Richardson
- Eve Richardson
- Lewis Garstang



HRC Annual General Meeting

HRC's Annual General Meeting (AGM) was held on Thursday 7th December 2023. The minutes and associated documents for the meeting are available for members to view on the website [here](#).

During the meeting, a new Committee for 2023/24 was elected as follows:

- **Chair** – Mark Novels
- **Secretary** – Clare Fitzjohn
- **Treasurer** – Grace Judge
- **Men's Captain** – Simon Wallis
- **Ladie's Captain** – Tracy Pelling
- **Ordinary members** – Sil Clay, Cheryl Trundle, Lynnette Garstang, Stephen Husband, Horace Shuriah, and Andy Gage

Following the meeting, Daniel Pelling and Stuart Nunn were co-opted onto the Committee as Ordinary Members, which means that all committee positions have now been filled.

You can find out more about the new Committee by visiting the website [here](#).

A big, big thank you to Trev Bunch and all the other members of the 22/23 Committee for their hard work and achievements over the last year.

HRC Charity of the Year

We are pleased to announce that following a poll of all our members, the new HRC Charity of the Year for 2024 will be **Suffolk Mind**.



Suffolk Mind “works across the Mental Health Continuum, from wellbeing to ‘severe and enduring’ mental ill-health, providing support and information for everyone”.

HRC will set up a Just Giving page early in the New Year, which we'll then use to channel donations from events and activities that we hold to raise funds.

If you have any ideas or suggestions about how HRC can raise money for Suffolk Mind over the next few months, we'd love to hear from you.

HRC Meet Santa!

On 21st December, around 40 runners donned festive costumes and took to the streets of Haverhill for the annual HRC Santa Run.

The 4-mile route took us up and around some of the newer estates off Wrating Road, via Abbotts Road, Falkland Road and Ann Suckling Road, returning to Market Square for some well-earned mulled wine and mince pies.



There were loads of fantastic costumes, but first prize has to go to HRC-MMC (alias Louise and her gang of obedient reindeer), who brought the streets to life with their amazing creation.

Thanks also to everyone who donated generously to our new Charity of the Year, Suffolk Mind. A total of £42 was raised.



And for the record, Santa does exist, because we met him on route. What? You don't believe us? Well, here's the proof!

Junior news



HRC Annual Awards – 24th November

A big well done to our juniors, three of whom picked up well-deserved awards at the Annual HRC Awards. Each has demonstrated consistent effort throughout 2023 and incredible improvements in performance.

Ethan – Most Improved Male
Kate – Time Trial Grand Prix
Sophie – Most Improved Female



Christmas Fun & Games – 19th December

The juniors met up for indoor games at the Samuel Ward Academy. Christmas songs helped to get us in the festive spirit and lots of fun was had by all. Special thanks to Tujan for organising the session and to the rest of the Junior Committee Team for ensuring everyone had a great time.



Christmas Santa Run – 21st December

Some of our juniors joined the adults for a fun run around the streets of Haverhill, taking in lots of the lights on the 4-mile route. We even met Santa! This was the last junior group run before Christmas.

We look forward to seeing everyone back on the 4th January!

Junior Training for Athletes Aged 8 – 12

The Junior section is expanding in the New Year for younger athletes. Spaces are limited. Please register your interest with the HRC secretary at secretary@haverhillrunnngclub.com. More info to follow.

Junior training sessions (January 2023)

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

Date	Time	Venue	Activity
Tuesday 2 nd January		No training	
Thursday 4 th January	6:30pm	Samuel Ward Academy	25 min Tempo
Tuesday 9 th January	6:30pm	Castle Manor Academy	200m Reps
Thursday 11 th January	6:30pm	Samuel Ward Academy	1km Reps
Tuesday 16 th January	6:30pm	Castle Manor Academy	Progressive Hills
Thursday 18 th January	6:30pm	Samuel Ward Academy	25 min Tempo
Tuesday 23 rd January	6:30pm	Castle Manor Academy	800m Reps
Thursday 25 th January	6:45pm	Cinema Car Park	5k Time Trial
Tuesday 30 th January	6:30pm	Castle Manor Academy	400m Reps

Senior training sessions

Tuesday senior training sessions and the coaches leading them in January are shown below:

January 2024			
	Blue	Green	Yellow
02/01/2024	Leisure Centre 400m reps Trev Bunch	Hollands Road Timed out/back Tracey Pelling	Chapel Drive 400/500m reps Joan Nevin
09/01/2024	Hollands Road Timed out/back Trev Bunch	Leisure Centre 400m reps Mark Novels	Falconer Road Hill reps Suz Carter-White
16/01/2024	Falconer Road Hill reps Mark White	Chapel Drive 400/500m reps Mark Novels	Leisure Centre 500m reps Joan Nevin
23/01/2024	Leisure Centre 500m reps Mark Novels	Falklands Road Hill reps Tracy Pelling	Hollands Road Timed out/back Suz Carter-White
30/01/2024	Chapel Drive 400/500m reps Trev Bunch	Leisure Centre 1k reps Joan Nevin	Leisure Centre 400m reps Suz Carter- White

If you are uncertain which group (Yellow, Green, or Blue) is right for you, please take a look at the information on the [website](#) or speak to [the coaches](#) on the night.

Club runs and events

Club runs and other events in January are shown below:

Date	Time	Venue	Details
Thursday 4 th January	6.30pm	Leisure Centre	<u>Winter Route 4 (in reverse)</u>
Thursday 11 th January	6.30pm	Leisure Centre	<u>Winter Route 2</u>
Sunday 14 th January	From 10.45am	Haughley Park	SOAR Suffolk Winter League XC (hosted by Stowmarket Striders)
Thursday 18 th January	6.30pm	Leisure Centre	<u>Winter Route 5</u> (New route for 2024!)
Saturday 25 th January	7pm	Leisure Centre	HRC Time Trial
Sunday 21 st January	From 10.45am	Horseheath Racecourse	SOAR Suffolk Winter League XC (hosted by HRC)

Please wear HI VIZ for all Thursday night club runs (including time trials).

Further general information about Thursday night club runs can be found [here](#) and details of the monthly time trials can be found [here](#). Make sure you keep a look out for any last-minute changes on [Facebook](#) or the [News](#) section of the website.

SOAR Suffolk Winter League XC

The next two XC events that form part of the SOAR Suffolk Winter League are to be held in January.

The first of these events, to be hosted by Stowmarket Striders, will be on **Sunday 14th January** at **Haughley Park, Stowmarket, IP14 3JY**. The Junior race starts at 10.45 and the Senior race starts at 11.00. There's also a fun run for the under 11s, which will take place before the Junior race starts. Full details of the course and the venue is on the Stowmarket Striders website [here](#).



The second (and most important) event in January will be held on **Sunday 21st January** at **Horseheath Racecourse** and is of course being hosted by HRC. That means we need volunteers (and lots of them) to marshal the course, park cars, sell cakes, dig ditches (just kidding) and an array of other activities. Please show your support for the club and to Hayley Wilson (our fabulous Race Director) by volunteering to help. Look out for posts about this on Facebook or via the website newsfeed.

As always, HRC will pay the entry fees for all HRC runners at these events and remember that HRC vests or T-shirts must be worn. Car sharing is strongly recommended to help alleviate any issues with parking.

For further information about the SOAR Suffolk Winter League, including HRC's own event on 21st January, visit the HRC website [here](#).

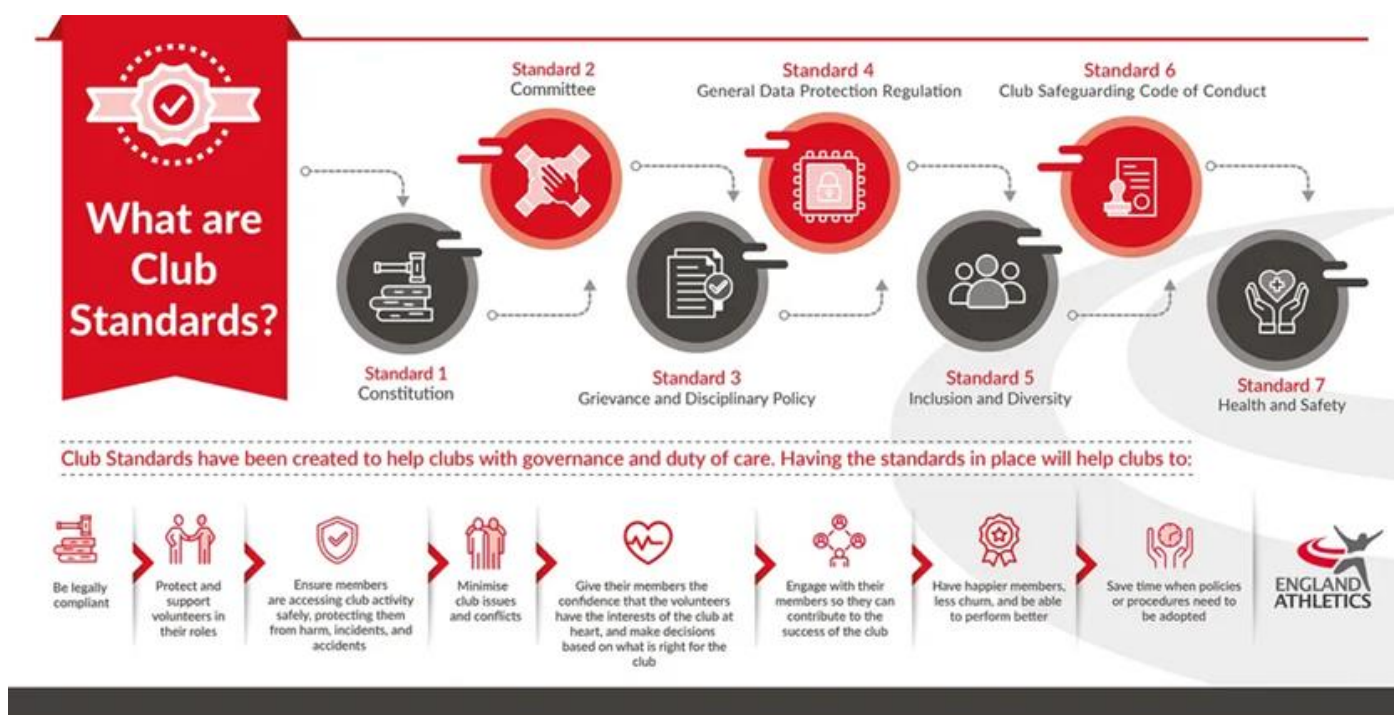
Club Standards

Did you know that as an England Athletics (EA) affiliated running club, we must comply with a prescribed set of standards?

The standards, which have been developed by EA in line with legal legislation and Sport England's code of sports governance (Tier 1), are intended to help clubs like HRC understand what policies and procedures they should have in place for good governance and duty of care towards their members.

- **Good governance** is the foundation of a well-run club. It protects the club's values and reputation whilst looking after the club's funds and people. It also holds those responsible to account for the club's actions and decisions, and is represented by the structures, rules, policies and practices in operation in the club.
- **Duty of care** is a common law that applies to all individuals and organisations. Clubs have a duty of care towards their members and are responsible for ensuring all club activity is safe. Everyone has a role to play in keeping others safe and all club members should know what to do if they have any concerns.

There are 7 standards and these are shown in the following diagram:



You can find further information about these standards on the [England Athletics](#) website.

At HRC we've worked hard to ensure our compliance with the standards, and we're pleased to say that we are one of about 35 clubs across England that has achieved all 7. However, we can't be complacent and on-going work is needed to ensure we remain compliant at all times.

Standard 6 (Club Safeguarding Code of Conduct) requires that HRC agrees to the overall Club Code of Conduct, and that all of its members have individually signed up to the relevant Code(s) of Conduct. We asked you to confirm your agreement to this when you joined the club or renewed your membership.

You should also confirm your agreement to the relevant Code(s) of Conduct on the [myAthletics portal](#).

If you haven't done this already, or can't remember whether you have or not, please take 5 minutes to log on to the portal to check. From 'My Profile' select 'Codes of Conduct and Licensing' from the list on the right-hand side of the screen. From there, you can review and confirm your agreement by checking the appropriate box.

- If you're a senior club member, check the **Senior Athlete Code of Conduct**.
- If you're a junior club member, check the **Children and Young People Code of Conduct**.
- If you are an Official, Coach, Volunteer, or Welfare Officer, you should in addition check the relevant Code(s) of Conduct that are applicable to the role(s) you undertake.

Exciting new venture with Abbeycroft Leisure

HRC, in a new joint venture with Abbeycroft Leisure, are launching **The Active Kindness Rail**.

We believe that sports should be accessible to everyone, but the cost of active wear can be prohibitive. We are therefore looking for unwanted, outgrown, clean, undamaged sports/activewear, with plenty of life left in it, which could be put to good use by someone who might otherwise find it difficult to participate in sporting activity.



Please consider donating your unwanted active gear to **The Active Kindness Rail**. Donations can be made to Abbeycroft at Haverhill Leisure Centre by asking at reception.

Come on everyone, let's remove some of the barriers and get everyone moving.

Please speak to Lynnette Garstang if you need further information about **The Active Kindness Rail**.

Secondary Club Colours for HRC

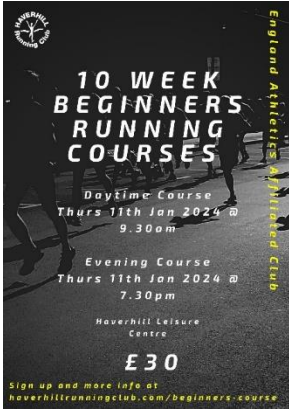
Because variety is the spice of life, and because we can, HRC (like some other clubs) has adopted a set of Secondary Club Colours as an alternative to the Primary Club Colours of black vest with silver writing and side panel, and black shorts. The Secondary Club Colours are simply a reversal of the Primary Colours, i.e., a silver vest with black writing and side panel, as shown below, and black shorts.

Members will now be able to choose which Club Colours they wear for individual races. However, please remember that if participating in official team events, the same Club Colours must be worn by all team members, otherwise we risk disqualification.

A limited stock of vests in the new Secondary Club Colours are available to purchase at £20, so why not treat yourself. There are also vests and t-shirts in the Primary Club Colours, as well as a very limited stock of other items, including hoodies (£15), beanies (£5), buffs (£5) and long-sleeved t-shirts (£10).



Contact Mat Cowell at shop@haverhillrunningclub.com to make enquiries about stock availability and place an order, quoting your name and items (including size) that you require.



Beginners Course

Don't forget that our next Beginners course starts on 11th January 2024, so spread the word!

Delivered by our dedicated coaches, this course is perfect for anyone new to running, or perhaps returning to running after an extended break, and will equip them with the skills, techniques and confidence they need to run a full 5K. It's also timely for those who might want to shed a few of the pounds they acquired over the festive period, or who simply want to improve their fitness in 2024.

The course is also open to existing HRC members (at no additional cost) who may have been prevented from running due to injuries and want to ease themselves back in gently.

For information on how to apply and to see what some of our graduate beginners had to say about the course, take a look at the [Beginner's page on the website](#).

And finally...

If the long dark nights and cold wet weather are making you feel miserable, and lacking the motivation to get out and run, here's a photo of a cute little puppy and kitten to cheer you up!

Don't worry, the lighter evenings are on their way!



Comments and feedback

We hope you enjoyed reading this edition of the Newsletter. If you missed previous editions, you'll find them on the website [here](#).

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
