



Newsletter

May 2024

Contents

	Page(s)
Member of the Month	1
New and Returning Members	1
London Calling	2-3
5K Summer Series (Histon)	4
Junior News	4-6
Senior Training Sessions	6
Club Runs and Events	7
Summer 5k Series (Ely)	7
Friday 5 Series (Sudbury)	8
Ekiden Relay 2024	8
Round Norfolk Relay	8-9
Race Results, PBs and Club Championships	9
Information at your fingertips	10
Have you renewed your HRC Membership?	10
HRC Mission, Vision and Values	10
Next Beginners Course	11
Volunteers – We Need You!	11-12
Dates for the diary	12
Comments and Feedback	13



Member of the Month

Member of the month for March 2024 was **Chay Hopkins**.

Chay was nominated for his fantastic performance in the SOAR Suffolk Winter Cross Country League, retaining 1st position from last year.

Well done Chay!

Don't forget to send in your nominations for April to Lynnette Garstang, **by 6th May 2024**

New and Returning Members

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



Helen Burns; Joanne Slack; Jacqueline Hewitt; Dean King; Eleanor Boswell; Felicity McBrien; Wendy Aldhouse; Sofia Brown; Sarah Hastings; Catherine Barlow; Robert Selleck; Ana Freitas

London Calling!



My day started at 4:25am when I woke up (surprised that I had indeed slept!) a full 5 minutes ahead of the alarm. With nervous excitement, I fuelled with a cup of tea and a bowl of granola with yoghurt. Everyone has different ways to fuel and it's important to find out what works for you.

By 5:15am I was heading to meet John and his lovely family to make the short drive to Bury St Edmunds to catch the Pacer's London Marathon bus. At 6am my eldest son dropped his beautiful wife off at the bus and gave me a much-needed 'son hug' and a good luck card. The bus was a mixture of sleepy people trying to catch a few extra winks, and nervous chattering people.

At 7:50am the bus dropped us at Blue Zone where we were able to access virgin race loos, thank goodness! For the first year London Marathon has used female urinals, which was an absolute game changer. There was no queue, no fuss, complete modesty with a little enclosure surrounding the lower half, and lots of happy ladies smiling and giving each other a subtle thumbs up on leaving the area. Is this what it feels like to be a man?



From 8am to around 10am I had a wander and chatted to a few people and bumped into the lovely Jo Rosenwold with her very smart and, more importantly, very warm purple marshal uniform. I watched the wheelchair and elite runners start on the big screen, then stowed my transparent kit bag onto one of the numbered lorries. It was certainly very chilly waiting around, but the weather but lovely for running.

Around 10am we were led into the starting pens. I chatted with some friendly runners, including a nice chap who was very cold, so I shared some of my discarded clothing with him so he could warm up. Don't worry, I still had my running gear on! Then at 10.44am we were off, blissfully unaware that my tracker and indeed my chip was not working!

It was easier to run than I had anticipated; the pens were not overcrowded and there was plenty of space, with no pushing or shoving. There were times when it became a bit narrower, when you found yourself in the midst of a sea of runners, but generally speaking there was space to breathe.



The support from the crowds was sensational and the highlights for me were going around Cutty Sark and over Tower Bridge. Seeing my family in the crowd on two occasions, plus some friends, gave me a real lift and impetus to keep going.

Although it's a fairly flat course you don't get a huge amount of downhill recovery, although the first few miles of the event are slightly downhill. I dipped in energy a couple of times but drinks, gels, crowd support and a banana helped me to keep going and keep smiling. A smile always helps with any pain, cramps or mindset issues, and helps to communicate to your body that you are essentially OK. So, I do smile through it even if I am feeling discomfort. I am real!



5K Summer Series (Histon)

The first event of this year's 5K Summer Series was held in Histon on 25th April, thereby effectively kicking off the 2024 summer season of events.

It was a great turn-out with 46 members coming along to represent the Club, and some great times (including a few PBs) achieved.

Well done to everyone that took part!

Junior News

'JJs' U11 Section Up and Running!

Our U11 section has been in place for a couple of months now and is proving to be the great success we all knew it would be. We currently have 14 fully signed up members, and lots more trialling.

The JJs usually train on a Thursday evening. Most of the sessions have been held indoors so far, due to the winter weather, but as things warm up, they'll be heading outside to join the U18s on the fields and tracks around Samuel Ward Academy. They had their first taster of this on Thursday 18th April, when a combined warm up session took place.

A big thank you to the JJs coaches - Clare Everitt, Nicola King, Sil Clay and Vron Lewis - who have recently undertaken additional EA and First Aid qualifications. Special thanks to Tujan Sari too for all his coaching support and for coordinating our equipment and facilities.

Finally, a massive THANK YOU to **Lloyd Cowan Bursary** and **East Suffolk Council** for providing the financial support to enable this to happen.



5km Summer Series: Race 1 (Histon)

It was fantastic to see some of our juniors turn up for the first race of the Summer Series, all adding their valuable points to the HRC team total. Brilliant running from Charlie, Harry, Josh and Kate, and a PB for Ethan!



Haverhill Running Festival

Ethan and Kate completed the 10km and our younger Ethan and Luke ran in the Fun Run. Well done to all, but a special congratulations to Kate who was the first female over the finish line in the 10k, and to Ethan for his impressive 44:24 PB!

Triathlete Thomas Heading for Portugal

One of our older juniors, Thomas, has been working incredibly hard over the winter season with the goal of qualifying to compete on the British Triathlon talent pathway. Having attended a cycling day run by the East Region Academy to prove he is safe to ride at speed in a pack, he was due to attend the first competition of the season over the weekend of 20th/21st April. From this competition rankings are generated, and places offered for national races over the summer. Sadly, Thomas was unable to attend due to illness, but we are confident that he will still be awarded a place based on his previous performances.



Over the winter Thomas focuses on single discipline events, mostly swimming and cross-country races, with his triathlon competitions running through the spring and summer months.



Thomas is a very humble and unassuming athlete, but always works incredibly hard to improve his performance. A typical week of training for Thomas comprises of 7 hours of swimming, 2 hours of cycling, 2 hours of running, and a 2-hour skills/transition session. All this effort has delivered some impressive results. In the last year he has competed in the National Championships, the English Sprint Tri Championships at Blithfield, where he won a Silver medal, the Staffordshire and British Supersprint Tri Championships, and Eton Dorney, Windsor, where he picked up another Silver medal. He also raced the Age Group European Sprint Tri Qualifier finishing 4th at Eton Dorney, and the European Sprint Duathlon Qualifier finishing 7th, at Darley Moor, Derbyshire. Having qualified for both events, he will be travelling to Portugal this June to race the duathlon.

We are really proud of him and wish him every success in Portugal. Keep up the great work Thomas!

Clare Castle & Haverhill Parkruns

Well done to all our Junior Parkrunners who have taken part in the Clare Castle and Haverhill Parkruns this month. Let's see if we can get even more at these brilliant events.



Junior training sessions (May 2024)

Please note: As we move into the summer racing season, a few JJ and Junior training sessions may be affected. See below for details and please remember to check our website frequently for any updates.

JJs Training for May

Date	Time	Venue
Thursday 2nd May	6:30pm	Samuel Ward Academy
Thursday 9th May	6:30pm	Samuel Ward Academy
Thursday 16th May	6:30pm	Samuel Ward Academy
Thursday 23rd May	6:30pm	Samuel Ward Academy
Tuesday 28th May	6:30pm	Castle Manor Academy
Thursday 30th May		No Training

Junior training for May

Date	Time	Venue	Activity
Thursday 2nd May	6:30pm	Samuel Ward Academy	1k Reps
Tuesday 7th May	6:30pm	Castle Manor Academy	Games with Seniors
Thursday 9th May	6:30pm	Samuel Ward Academy	3k and Fartlek
Tuesday 14th May	6:30pm	Castle Manor Academy	400m Reps
Thursday 16th May	7:00pm	Ely	5km Summer Series
Tuesday 21st May	6:30pm	Castle Manor Academy	Pyramid Speed Workout
Thursday 23rd May	6:30pm	Samuel Ward Academy	25min Tempo plus Strides
Tuesday 28th May	6:30pm	Castle Manor Academy	3km Time Trial plus Games
Thursday 30th May			No Training

Senior Training Sessions

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

	Blue	Green	Yellow
07/05/2024	Castle Manor BINGO (Combined Juniors and Seniors) Mark Novels, Suz Carter-White and Joan Nevin		
14/05/2024	West Town Park Long reps Trev Bunch	Wilsey Farm Timed out/back Cheryl Trundle	Castle Manor (Top Field) Timed out/back Hayley Wilson
21/05/2024	Mace Hill Hill reps Mark White	West Town Park Long reps Joan Nevin	Castle Manor (Track) 400m reps Suz Carter White
28/05/2024	Wilsey Farm Timed out/back Mark Novels	Mace Hill Hill reps Tracy Pelling	West Town Park Fartlek Hayley Wilson

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 key events in May are shown below:

Date	Time	Venue	Details
2 nd May 2024	6.30pm	Leisure Centre	Summer Route 3
9 th May 2024	6.30pm	Flying Shuttle	Flying Shuttle Pub Run Short Route and Long Route
16 th May 2024	7.30pm	Ely	5K Summer Series
23 rd May 2024	6.30pm	Leisure Centre	Summer Route 6
30 th May 2024	7pm	Leisure Centre	HRC Time Trial
31 st May 2024	7.30pm	Sudbury	Friday 5 Series

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 be found [HERE](#).

Full details of club runs, pub runs, and other events taking place between May and September 2024 can be found in the [Summer club run schedule](#).

5K Summer Series (Ely)



The next 2024 5K Summer Series event will be held in Ely on **16th May 2024** at 7.30pm.

As always, HRC will pay the entry fee, but all runners need to wear an HRC vest or T-shirt.

These are fun and friendly 5K events that take place throughout the summer, with a different club hosting each event. There's always a friendly atmosphere and runners of all abilities are welcomed and well supported.

The majority of participants are not superfast runners so, whether you run or jog the 5K, you'll still get the buzz of being part of these brilliant team events!

And don't forget that HRC will be hosting the event on 8th August. So, even if you don't run, please look out for details of how you can support the event as a marshal, or in some other voluntary capacity.

More detailed information about what to expect from the races, including the dates for future events, can be found on the [HRC website](#).

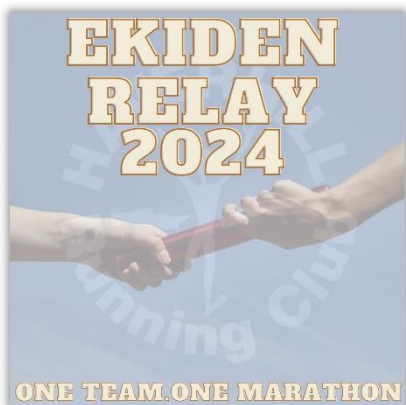
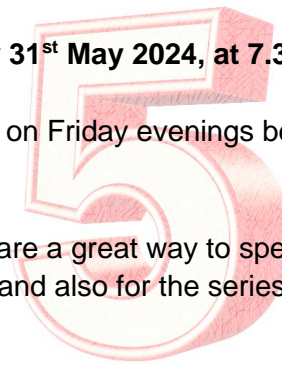
Friday 5 Series (Sudbury)

The first event of the Friday 5 Series will be taking place in Sudbury on **Friday 31st May 2024, at 7.30pm.**

This is a popular series of 5-mile events and accompanying junior events held on Friday evenings between May and July, across Suffolk and Essex.

The races, which are organised by various local clubs, are family friendly and are a great way to spend a summers evening. Prizes are awarded to individuals and teams at each race, and also for the series as a whole (based on a points system).

Details of the Sudbury event will be published shortly. In the meantime, you can find further general information about these events on the HRC website [HERE](#).



This year's Ekiden Relay will be held on **Sunday 7th July 2024.**

Arguably THE BEST event in the racing calendar, the Ekiden originated in Japan and involves teams of runners competing in a relay over long distances. The races are extremely popular, and some attract television audiences of over 1 million!

Ipswich Jaffa Running Club have been staging the only Ekiden Relay held in the UK for over 20 years, and it is now a well-established fixture in the HRC racing calendar, attracting runners from all over East Anglia.

Similar to last year, this year's event is being held in the grounds of the **Ipswich High School**, which has an off road, mainly fast flat lawned course, with each full lap an accurately measured 2.5k.

The Junior Ekiden race (for those under 16) will start at 09:30am. Teams of four will run as a relay in 1.1-mile legs with each team expected to finish within 45 minutes. Children aged 8 and under can take part but must run with an adult. There will be a medal for all junior runners, and a trophy for each winning team (6 categories).

The Senior Ekiden race (for those aged 16 and over) will take place after the Junior race has finished at 10.20am. Teams of six runners will run a total distance of 26.2 miles as a relay, with each leg of the relay covering a different distance: Leg 1 – 7.2k (3 laps); Leg 2 – 5k (2 laps); leg 3 – 10k (4 laps); Leg 4 – 5k (2 laps); leg 5 – 10k (4 laps); and Leg 6 – 5k (2 laps).

This event is open to all members, of all abilities, and is free to enter as part of your HRC membership.

If you're interested in being part of the HRC team(s), please register your interest [HERE](#).

Round Norfolk Relay

Most of you will have heard of the Round Norfolk Relay but for those of you that haven't the title gives the game away: a relay race running 198 miles around the county of Norfolk, consisting of 17 stages, ranging from 5 to 20 miles.

For more information see the [HRC Website](#) or the [RNR website](#) for details of each stage of the event.



HRC has now entered a team for this year's race, so it's now time to think about what role you would like to play. There are a range of things that must be done over the next few months and on the race weekend.

Of course, we need runners, 17 to be precise, so please don't be shy! Pick a stage you'd like to do and let Stephen Reyes (our fabulous RNR Race Director) know. We cannot guarantee that you'll get the stage you ask for, but Stephen will discuss that with you.

There's a time limit on the race and as a result we must average 8:40 minute miles. However, unlike other clubs that have selective entry and only give their fastest runners a place, HRC try to accommodate all levels of runners as part of the race team. This can only be done if the most confident runners take the longer stages, so they can buy the team time. For every runner that can hold a pace under the average we can have those who run over it.

The event is a lot of work, so it would be great if some of you could volunteer to take the lead with one of the following areas of responsibility:

1. Getting a van/support vehicle together.
2. Organising a team of support cyclists.
3. Night timekeeper (this can be shared to avoid one person being up all night).
4. Getting a team of marshals together (we need at least six people to marshal a stage).

If you take part then you probably won't get much sleep over the weekend, but it's such a fantastic experience we know you won't regret it.

If you want to take a lead with any of the four tasks listed above, or cycle, or drive a van, please let Stephen know what you'd like to do as soon as possible. He'll then get those who volunteer together for a planning meeting.

If you're still undecided, take a look at the [October 2023 Newsletter](#) to see what HRC participants had to say about the event last year, and what you'd be missing out on if you let the opportunity pass you by.

And if you have any questions then just ask Stephen if you see him over the next few weeks, drop him a line at sereyes45@gmail.com, or call or text him on 07876565548.

Come on folks! What are you waiting for? Join the HRC RNR Team NOW!



Race Results, PBs and Club Championships

Don't forget to submit any missing race results, including any PBs to Ian Elden via [this link](#). Details of all results will be posted on the website [here](#).

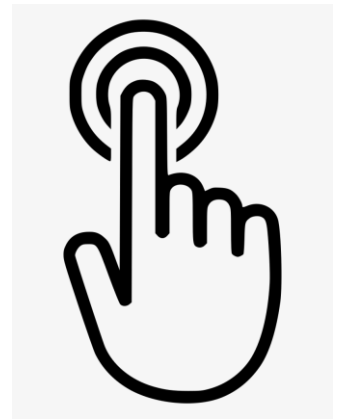
Additionally, don't forget that if you want any of your races to be taken into consideration as part of this year's Club Championships, you'll need to let Ian know via [this link](#). Your best three scores across three different race distances will count, but you can submit as many results as you like, and we'll make sure the best ones are taken into consideration.

Full details of the Club Championship Rules can be found on the website [here](#). If you use Facebook, there's also a helpful video that explains the rules and process.

Information at your fingertips!

Over the last few months and to address feedback given at the AGM in December, we've made a number of improvements to the [HRC website](#), and we've gone to great lengths to ensure the information it holds is always up to date. We've also developed a [Welcome Pack](#) for new members, to help them navigate to relevant information, but existing members may find this useful too.

If you have any questions about the Club and club activities, please do take a look at the website first as the answers to a lot of the most common questions that members raise are there. And if you can't find what you're looking for, let us know so that we can consider how we might address that in future.



Have you renewed your HRC membership?

Make sure you renew your HRC membership **by 13th May 2024**. It's so simple and takes about 2 minutes! Simply click on the link in the payment request that was sent to you and follow the on-screen instructions. And if you can't find it, let us know at membership@haverhillrunningclub.com and we'll send a new one.

If you don't renew your membership by 13th May, you will lose the benefits of England Athletics registration and your HRC club membership may be cancelled.

Don't delay, renew today!

HRC Mission, Vision and Values

We wrote to you in April about some important work we've been doing to develop Mission, Vision, and Values statements for the Club, along with a Club Strapline. We also invited you to contribute by giving us your feedback on what we've done so far.

We've had some good feedback – thank you. However, if you haven't had a chance to comment yet there's still time before the consultation closes on 30th April.

Just to be clear:

- The **Mission Statement** explains, in simple and concise terms, our purpose(s) as a club.
- The **Vision Statement** is a succinct and forward-looking statement that outlines what we aspire to in the longer term.
- The **Values Statements** define the core beliefs and guiding principles that underpin how we operate as a club.

If you'd like to find out more about this development and how you can contribute, please click [HERE](#).

An infographic for Haverhill Running Club. At the top right is the club's logo, a circular emblem with a running figure and the text 'HAVERHILL Running Club'. The main text is arranged vertically: 'Our Mission' in large bold letters, followed by a descriptive paragraph: 'To promote the benefits of running for a range of ages and abilities, provide recreational and competitive running activities, and offer coaching to help everyone achieve their personal goals.' Below this is 'Our Vision' in large bold letters, followed by: 'To create a positive, healthy, diverse, and socially connected running community, where everyone feels supported and valued.' Then 'Our Values' in large bold letters, followed by a bulleted list of five values: 1. 'We provide a **safe and inclusive** running community where everyone is welcome and respected, and where diversity is embraced.' 2. 'We ensure running is **accessible** by making membership affordable and helping remove barriers to participation.' 3. 'We are **passionate** about running, we celebrate individual and team achievements, and we show resilience through peer support.' 4. 'We **support and encourage** everyone to believe in themselves, to achieve their goals in a healthy and positive way, and to challenge themselves to be the best they can be.' 5. 'We demonstrate **social responsibility** by supporting the local community.' At the bottom, the strapline 'Running Stronger Together' is written in a bold, sans-serif font.

Next Beginners Course

A quick reminder that the next Beginners Course will be starting on **9th May 2024**.

The Beginners course is ideal for someone new to running or returning to running after an extended break.

Delivered by our dedicated coaches, it equips individuals with all the essential skills and techniques needed to run a full 5K.

Existing HRC members can also make use of the Beginners course as part of their membership, at no additional cost. For example, you may find it helpful to attend all or part of the Beginners course if you've been prevented from running due to injury and need to regain your confidence.

If you know anyone who you think might benefit from the Beginners course, please pass on the details to them.



10 - WEEK BEGINNERS RUNNING COURSE

Starting Thursday
9th May 2024

9.30am OR 7.30pm

Haverhill Leisure
Centre

£ 3 0



Sign up and information at:
haverhillrunningclub.com/beginners-course



Volunteers – We Need You!



We all love to run and that's great, but we need more volunteers if we're going to continue to operate effectively as a club.

We have well over 250 members but at present we rely on a relatively small cohort of members to undertake voluntary roles. This seems a bit unfair and can lead to some members feeling excluded. Having more volunteers will help avoid this and ensure club activities are accessible for everyone. And yes, volunteering can be fun too!

What would you need to do as a volunteer?

Well, practically anything that's not running! And it's not just about being on the Committee, although that's important too! The following are just some of the other things you could do:

- Becoming a Coach or a Run Leader/Pacer for Thursday night social runs
- Helping organise and marshal HRC events, such as HRC's winter XC event, our 5k Summer Series event, the RNR, and our monthly Time Trials
- Helping out on our stand at events, such as selling cakes and general promotion
- Taking names at the winter XC and summer 5k series events
- Helping organise HRC social events, like the summer BBQ.....the list goes on.

We appreciate that not everyone has a lot of spare time on their hands or may feel that they don't have the requisite skills. However, not all roles require a lot of time, and training will be given when required. All we ask is that everyone, including Associate members, offers to help out in some way. Volunteering to help on just one or two occasions each year would make a big difference.

There are going to be lots of volunteering opportunities over the summer, so next time you see a request for help please consider putting yourself forward.



Dates for the Diary

We know how quickly diaries can fill up so we wanted to give you advanced notice of some notable local events that will be coming up during the year. We'll update the list with other events as more dates are confirmed.

You can find further details for some of these events on the [HRC website](#) by selecting from the dropdown list under 'Events' from the main menu.

May

- 16 5K Summer Series (Ely)
- 31 Friday 5 Series (Sudbury)

June

- 6 5K Summer Series (Newmarket)
- 7 Friday 5 Series (Framlingham)
- 14 Friday 5 Series (Felixstowe)
- 21 Friday 5 Series (Nowton Park)
- 28 Friday 5 Series (Stowmarket)

July

- 4 5K Summer Series (Saffron Walden)
- 5 Friday 5 Series (Great Bentley)
- 7 Ekiden
- 7 Haverhill Festival

August

- 8 5K Summer Series (Haverhill)
- 18 HRC Summer BBQ
- 22 5K Summer Series (Royston)

September

- 14/15 Round Norfolk Relay

October

- 5 Haverhill Tri

November

- 30 HRC End of Year Celebrations and Awards

December

- 5 HRC Annual General Meeting
-

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 newsletter@haverhillrunningclub.com

