



Newsletter

December 2023

**Wishing our members Season's Greetings
and a very Happy (injury free) New Year!**

Member of the month



Member of the month for October 2023 is **Dan Pelling**.

Earlier this year, after running a dramatic 2:54:01 Tarpley 20, Dan thought he would never be able to run again. Despite that he's worked very hard, coming back with an impressive form run in the Chelmsford half, with great pace control in a time of 1:41:44. This was only two weeks after running Abington 10k in 44.38!

Dan has been a very active member of HRC for several years, representing the club at many events including the Round Norfolk Relay, both in the past and this year. He always shows true grit and determination along with a happy smile and friendliness towards other members. Congratulations Dan!

Don't forget to send in your nominations for November to Lynnette Garstang, **by 8th December 2023**.

New and Returning Members

Please give a very warm welcome to the following new members, who joined the Club In November 2023:

- Lee Andersen
- David Farrant
- Enza Gambin
- Jamie Andersen
- Joe Winter
- Paul Mitchell
- Heather Griffin

HRC Awards 2023

The HRC End of Year Celebration and Awards Night was held at the Rose and Crown in Haverhill, on 24th November 2024. This was a most enjoyable evening – it was fantastic to see so many members in one place, at the same time!

Of course, the most important part of the evening was the awards presentation, which was hosted by our very own, Stephen Reyes.

Congratulations to all the award nominees and, in particular, to the following award winners:

❖ **HRC Club Championship (Male):**

- 1st Barry Osborn
- 2nd Mark Novels
- 3rd Darren Elsom

❖ **HRC Club Championship (Female):**

- 1st Cheryl Trundle
- 2nd Mary Ann Tuli
- 3rd Sil Clay

❖ **PB League:** John Steel

❖ **HRC Time Trial:** Kate Russell

❖ **New Member (Male):** Alan Emery

❖ **New Member (Female):** Clare Fitzjohn

❖ **Most Improved Male:** Ethan Bolton

❖ **Most Improved Female:** Sophie Horler-Impey

❖ **Performance of the Year (Male):** Chay Hopkins

❖ **Performance of the Year (Female):** Vashti MacDonald-Clink

❖ **Volunteer of the Year:** Mark Novels

❖ **Member of the Year:** Daniel Pelling

❖ **Special Recognition Award:** Andrew Gage

❖ **Neil Mustoe Award:** Stephen Reyes



During the evening we also paid tribute to our Chairman, Trev Bunch, for all the fantastic work he's done for the Club and its members over the years.

Sil Awarded 'Coach of the Year'



The England Athletics (East Region) Volunteer Awards were held on 18th November 2023 at the Atheneum in Bury St Edmunds. Shortlisted nominees, including our very own **Sil Clay** (HRC's Head Junior Coach), attended the event, along with members of England Athletics and Regional Council in the East Region.

The competition was fierce, but we're extremely excited and proud to congratulate Sil on winning '**Coach of the Year**'.

Sil has been instrumental in setting up and developing the junior section. She welcomes newcomers with her infectious enthusiasm and takes a genuine interest in every child. She encourages everyone to improve and enjoy running, whether they wish to perform at a high level or simply enjoy the social and health benefits of our wonderful sport. In addition, Sil works tirelessly to improve the training conditions for the juniors, ensuring that their safety, wellbeing and enjoyment are always a priority. In the last year alone, Sil secured grants from various local authorities and trusts, totalling nearly £3,000, which has enabled the purchase of floodlights, a gazebo, and additional agility and conditioning equipment.

Sil will now progress to the National event early in the New Year. We wish Sil every success in the next stage of her amazing journey.

Further information about the event and the winners can be found on the [EA website](#).

HRC Annual General Meeting

HRC's Annual General Meeting (AGM) will be held on **Thursday 7th December 2023**. The AGM will be held at **Haverhill Arts Centre** and will start promptly at **7pm**.

We hope that you'll be able to attend the AGM to show your support for the Club. For this reason, the club social run that evening will be brought forward to 6pm to enable as many members to attend as possible.

The AGM agenda is as follows:

- Minutes of last AGM
- Chair's report
- Treasurer's report
- Club Constitution*
- Election of 23/24 Committee**
- London Marathon draw
- Member issues/questions***
- AOB

***Club Constitution**

During the meeting members will be asked to agree two minor variations to the **Club Constitution**. These variations are as follows:

1. Addition of the following wording under 'Club Name & Colours' (p.1): *The secondary Club colours shall be a silver vest with black writing and side panel, with black shorts.*
2. Amendment of the second paragraph under 'Accounts' (p.5) to read as follows (additional wording underlined): *The Club's Financial Year shall run from the date of the bank statements nearest to December 1 to November 30 inclusive. The Treasurer shall present accounts for the previous Financial Year to the Annual General meeting for consideration and copies of these will be available to Members at the meeting. If the Accounts are not accepted at the Annual General Meeting, a qualified Accountant may be appointed to investigate members' concerns. All annual accounts will be subject to an independent audit.*

****Election of 23/24 Committee**

During the meeting members will be asked to elect the 23/24 Committee. The Committee consists of the following roles:

- Chair
- Secretary
- Treasurer
- Men's Captain
- Ladie's Captain
- Ordinary member (x 8)

A description of each of these roles is shown on the website **here**.

Any fully paid-up member can be nominated for one of these roles, which must be supported by two proposers. Nominations should be sent to **secretary@haverhillrunningclub.com** by **12 noon on 6th December 2023**, or they can be put forward on the night.

Positions that are likely to become vacant include the Chair, Secretary, Men's Captain, and some of the ordinary members. One nomination for the position of Chair has already been received from an existing Committee member, but we would obviously welcome other nominations for this and any of the other roles. If you are interested in one of the roles but would like more information first, please refer to the role descriptions on the website, or speak to one of the current **Committee members**.

*****Member feedback, suggestions, and issues for consideration**

During the meeting, members will have the opportunity to provide feedback (positive or negative), offer suggestions, or identify any issues for consideration and/or discussion. Please submit details of any feedback, suggestions or issues to **secretary@haverhillrunningclub.com**, **no later than 12 noon on 6th December 2023**.

We look forward to seeing you at the meeting.

Junior news

Bonfire Burn 10k – 5th November 2023

A huge well done to Ethan who travelled to Impington to race and improve on his 10k PB by over 2 minutes, with an impressive time of 44:39.

ATW Remembrance Run 5k – 11th November 2023

Thomas smashed his 5k PB at Debden Airfield, running a superb 18:45 and finishing in 2nd place in the U20 category. And another great run from Ethan at the same event, finishing 3rd in the U20 category. Well done lads!



Eastern Athletics Cross-Country Championships – 18th November 2023

Charlie, Kate and Thomas all represented HRC at EA XC Championships held at Horseheath. Fantastic running from all of them.

Junior training sessions (December 2023)

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

Date	Time	Venue	Activity
Tuesday 5 th December	6:30pm	Castle Manor Academy	400m Reps
Thursday 7 th December	6:30pm	Samuel Ward Academy	3 x 8 min Tempo
Tuesday 12 th December	6:30pm	Castle Manor Academy	200m Reps
Thursday 14 th December	6:30pm	Samuel Ward Academy	25-minute Tempo
Tuesday 19 th December	6:30pm	Samuel Ward Academy	Christmas Fun & Games
Thursday 21 st December	6.30pm	Haverhill Leisure Centre	Santa Club Run
Tuesday 26 th December	No training		
Thursday 28 th December	No training		

Senior training sessions (December 2023)

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

	Blue	Green	Yellow
05/12/2023	Leisure Centre 1K reps Mark White	Leisure Centre 400m reps Mark Novels	Railway Walk Timed out/back Hayley Wilson
12/12/2023	Leisure Centre 500m reps Mark Novels	Falklands Rd Hill reps Cheryl Trundle	Hollands Rd Timed out/back Tracy Pelling
19/12/2023	Falklands Rd Hill reps Trev Bunch	Railway Walk Timed out/back Joan Nevin	Leisure Centre 500m 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.

Senior club runs and events (December 2023)

Thursday night club runs and other key events in December are shown below:

Sunday 3 rd December	SAOR Suffolk Winter League XC (Woodbridge)
Thursday 7 th December	<u>Winter Route 4</u> (Note: this run is at the earlier time of 6pm and will also be slightly shorter to give people time to get to the AGM, which starts at 7pm in Haverhill Arts Centre).
Thursday 14 th December	<u>Winter Route 3 (in reverse)</u>
Thursday 21 st December	HRC Santa Run (see details below)
Thursday 28 th December	No club run this evening
Saturday 30 th December	The 'Nearly New Year's Eve' Pub Run (see details below)

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

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](#).

SAOR Suffolk Winter League XC (Woodbridge)

The second XC event, forming part of the SOAR Suffolk Winter League, is to be held at **Rock Barracks, Sutton Heath, IP12 3LU** on **3rd December 2023**.

This is a new course, the exact details of which are a closely guarded secret! However, insiders (from Woodbridge Shufflers) say its opposite the barracks incorporating sandy hills and big puddles! Further information about the event, including race times, facilities etc, can be found on the **Woodbridge Shufflers' website**.

We hope to see a good turnout from HRC members and remember, HRC pay the entry fees, so all you need to do is get yourself there. Remember that HRC vests or T-shirts must be worn for these events and car sharing is recommended to help alleviate any issues with parking.

As a reminder, HRC will be hosting its own event on 28th January 2024. We'll need lots of volunteers so get it in your diaries and keep your eyes peeled for further information about how you can get involved.

For further information about the SAOR Suffolk Winter League, visit the HRC website **here**, or take a look at the Suffolk County Athletics Associate website **here**.

HRC Santa (Ho! Ho!) Run

The annual HRC Santa Run will take place on **Thursday 21st December 2023**.

The route (to be confirmed) will be around 4 miles, starting from the Leisure Centre at 6.30pm and finishing in Market Square, where mince pies and mulled wine will be available for a small donation. And as one might expect, seasonal costumes (Santas, Elves, Fairies, Snowmen etc.) are strongly encouraged.

Look out for more details on Facebook and the News section of the website.

The 'Nearly New Year's Eve' Pub Social Run

We're organising a special 'Nearly New Year's Eve' pub social run, on **Saturday 30th December 2023**, starting and finishing at the **Plough Inn** at Brockley Green.

The full route will be about 7 miles and will take you along some lovely undulating country lanes. There is also a cut-off route of about 4 miles. We'll meet outside the pub mid-morning and aim to arrive back at the pub in time for a pre-lunch drink (or two) and, who knows, maybe a bite to eat.

Further information, including meeting times and the routes, will be communicated via Facebook and the News section of the website later in December.



Beginners Course

Do you know any friends or family members that might benefit from our Beginners Course?

With New Year Resolutions on the horizon, now might be a good time to give them a nudge and the encouragement they need to take the plunge.

The next Beginners Course, which starts on 11th January, is for anyone new to running, or perhaps returning to running after an extended break. Delivered by our fabulous coaches, the course will equip individuals with all the skills and techniques they need to run a full 5K.

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](#).

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
