



Newsletter

February 2024

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Welcome to the February 2024 edition of the HRC Newsletter!

Once again, Harry Minnette has wowed us with his creative talents by providing a new logo design for this month's edition. Can't wait to see what he comes up with for March!



Member of the month

Member of the month for December 2023 was **Silke Sheppard!**

Silke is still passionate about running in her 60s. Moreover, she has had two top three age groups within a month of each other, she was 1st FV60 at Salcey Forest Xmas 10k on 9th December, and she's steadily getting quicker!

Some fantastic achievements here - well done, Silke!

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

New and Returning Members

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

- Mark White
- Kevin Jamieson
- Alex Creasy
- Simon Quick
- Alison Butterworth
- Ethan Frisby-Bright



All systems go at Horseheath!

On Sunday 21st January we hosted our fixture for the SOAR Winter League, in rather blustery conditions!

After a few planning bumps to overcome, including not having a venue until the end of November, we levelled up our course by including three new sections of woodland, which added an interesting and technical

change of scenery. The week of the event brought some worrying weather forecasts, including 50mph winds, but after a tense week the forecast improved, and we added lots of extra weights to the set up to keep our gazebos on the floor!

Assisting with the set up on the Saturday were Mark Novels, Tracy Pelling, Dan Pelling, and Barry Osborne. Between us, we set up an exciting course though unfortunately, the famous watersplash was stubbornly frozen over, so we had to plan a detour!



Race day dawned dry but blowy and my nervous anticipation found me there before sunrise! But better to be ready! With the excellent help of several HRC folk we were ready to welcome the clubs from the League.

Chief Marshal Andrew Bell did a sterling job of organising the marshals and ensuring all course preparation was top notch, which certainly made my job easier!

Forty-three junior runners took on their single lap course putting in some superb runs; it was great to see the HRC juniors doing so well. Two-hundred and three seniors completed two laps of our gruelling course, most with smiles on their faces (apart from when going up the hill after the frozen watersplash).



Chay Hopkins managed to squeeze into second place right at the last moment and it was great to see plenty of HRC runners on the course, despite me stealing most of our regular XC crew for marshal roles!

Amazingly, we raised around £200 for our charity of the year (Suffolk Mind) thanks to the brilliant work of our refreshment team, headed by Clare Everitt.

The last thing to say is a HUGE thank you from myself and Andrew to everyone who has helped us over the past few months. We couldn't do any of this without your help and time! Until next time!!!



Hayley Wilson (HRC Race Director)

Junior news



Kate to run for Cambridgeshire!

Congratulations to Kate, whose third place in the U17 Girls category at the Cambridgeshire Athletics Association Cross Country Championships, held at St Neots on Sunday 21st January, qualified her to represent her county at the UK Inter-Counties Cross Country Championships in March. This will be held at Wollaton Park in Nottingham.

Kate loves cross country and her hard work and dedication at training sessions is evident when she races. Well-deserved Kate – we're proud of you!

Suffolk Winter League Cross Country Races

A number of our juniors have been representing the club across the first three races in the series. Alice finished 7th in the U17 Girls category and Josh 8th in the U17 Boys in the first race at Woodbridge. Josh, Kate and Thomas ran at Haughley Park on the 14th January and Ethan, Josh and Thomas ran in our home race held at Horseheath Racecourse. They were joined by Hebe and Molly, who both ran brilliantly in their first ever XC race for the club! One of our newest members, Lewis, also attended as a volunteer on the day providing refreshments for all the runners. Thank you, Lewis.



**Coming soon
Junior Section for
Ages 8-11**



We train 6.30pm to 7:30pm on Thursdays
Samuel Ward Academy, Chalkstone Way, Haverhill CB9 0LD

Induction Day: 15th February
Only 15 spaces

To register your interest or for more information please email
juniors@haverhillrunningclub.com

The Junior Section is led by Head Coach Sil Clay, England Athletics 2023 Coach of the Year (East Region). Her assistant coaching staff are all EA qualified, trained in first aid and DBS checked.

HRC Junior Membership Extended to Athletes Aged 8 – 11

Sil and her team have been working hard over the last few months to get themselves ready to extend HRC junior membership to children aged 8 to 11. At present, we only offer membership to children and young people aged 12 and over.

The needs of and requirements for the 8-11 age group are slightly different, so it's been necessary for HRC to invest in new resources and additional training and qualifications for the coaches, in order to meet very stringent national standards. We're very pleased to say that all this has now been achieved and we are ready to accept the first in-take of children aged 8-11 in February.

If you (or indeed anyone you know) have children in this age group who have an interest in running and/or who you think might benefit from the training that HRC can offer, please get in touch with the Junior Team via: juniors@haverhillrunningclub.com

Junior training sessions (February 2023)

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

Date	Time	Venue	Activity
Thursday 1 st February	6:30pm	Samuel Ward Academy	Fartlek
Tuesday 6 th February	6:30pm	Castle Manor Academy	Out & Back Pyramid
Thursday 8 th February	6:30pm	Samuel Ward Academy	1km Reps
Tuesday 13 th February	6:30pm	Castle Manor Academy	Hills
Thursday 15 th February	6:30pm	Samuel Ward Academy	25 min Tempo
Tuesday 20 th February	6:30pm	Castle Manor Academy	800m Reps
Thursday 22 nd February	6:30pm	Samuel Ward Academy	1200/600m Reps
Tuesday 27 th February	6:30pm	Castle Manor Academy	Agility & Conditioning / Bleep Test (TBC)
Thursday 29 th February	6:45pm	Cinema Car Park	5k Time Trial

Senior training sessions

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

	Blue	Green	Yellow
06/02/2024	Railway Walk Timed out/back Mark Novels	Falconer Road Hill reps Tracy Pelling	Chapple Drive 400/500m reps Hayley Wilson
13/02/2024	Falklands Road Kenyan Hills Trevor Bunch	Leisure Centre 500m reps Horace Shuriah	Hollands Road 1K reps Suz Carter-White
20/02/2024	Hollands Road 1K reps Tracy Pelling	Chapple Drive 400/500m reps Cheryl Trundle	Railway walk Timed out/back Hayley Wilson
27/02/2024	Leisure Centre 400m reps Mark White	Hollands Road Timed out/back Horace Shuriah	Falklands Road Hill 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 key events in February are shown below:

Date	Time	Venue	Details
Thursday 1 st February	6.30pm	Leisure Centre	Winter Route 3
Thursday 8 th February	6.30pm	Leisure Centre	Winter Route 6
Sunday 11 th February	From 10.45	Pakenham	SOAR Suffolk Winter League XC
Thursday 15 th February	6.30pm	Leisure Centre	Winter Route 1
Sunday 18 th February	From 10.45	Southwold	SOAR Suffolk Winter League XC
Thursday 22 nd February	6.30pm	Leisure Centre	Food Bank Run - Winter Route 7
Thursday 29 th February	7pm	Leisure Centre	HRC Time Trial and Social

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 be found [here](#) and details of the monthly time trials can be found [here](#).

Final Races of the SOAR Suffolk Winter League XC

The next event in the series will be hosted by Saint Edmund Pacers on **Sunday 11th February** at **Nether Hall, Pakenham, IP31 2JZ**. The Junior race starts at 10.45 and the Senior race starts at 11.00. There is also a fun run for the under 11s, which starts at 10.45. Details of the course and venue is on the [Saint Edmund Pacers](#) website.

A further event will be hosted by Bungay Black Dog RC on **Sunday 18th February** at **Southwold**. Details of the course and the venue will be shown on the [Bungay Black Dog](#) website shortly, so keep your eyes peeled.

The final race in the series will be hosted by Framlingham Flyers on **Sunday 3rd March 2024** at **Framlingham Castle**. Details of the course and the venue will be shown on the [Framlingham Flyers](#) website in due course.

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

For further information about the SOAR Suffolk Winter League, visit the HRC website [here](#), or take a look at the Suffolk County Athletics Associate website [here](#).

Your Food Bank Needs You!

HRC, in collaboration with REACH, are organising a special Food Bank Run at **6.30pm** on **Thursday 22nd February 2024**.

This is how it works. You bring one or more items of food with you (or as much as you can run with) and then we run from the Leisure Centre to **Wisdom Facilities** on Hollands Road, where REACH volunteers meet us and collect the items. Simple!

Food items urgently needed, some of which you may have left over from Christmas and New Year, include noodles (packet or pot), custard, chocolate treats, sugar, potatoes (tinned or bagged) and crackers. Other items will be gratefully received but they are not urgently needed.

We'll be using a new winter route for this run, which has been designed to pass Wisdom Facilities within the first couple of miles, so don't worry, you won't need to carry your donations with you for the whole run!

Non-members are also encouraged to come along so tell friends and family to get their running shoes on. They won't need to finish the whole run, but their support for this very worthy cause would be appreciated. And if you can't tempt them out on a run, they can always drop off their donations by bike or by car!

This is a fantastic opportunity to give something back to the local community. Foodbanks are there all year round and are sadly being used more and more. There's also been a lull in donations after the Christmas and New Year season, so now is the perfect time to contribute.



Changes to membership fees

With effect from 1st April 2024, England Athletics (EA) will be increasing their athlete registration fee by £2 (from £17 to £19). In addition, and after very careful consideration, we have decided to match this by increasing the HRC membership fee by £2 (from £17 to £19). This means that from 1st April:

- First Claim members will pay a total of £38 for membership (including EA registration); and
- Second Claim members will pay £19 for the HRC portion of the membership fee only.

There will be no change to the fee for Non-Affiliated (U11) Membership, which will remain at £32, and Associate Membership will continue to be free of charge.

We have been mindful of the need to keep membership fees as low as possible. We strongly believe that they continue to offer good value for money and remain competitive when compared to the fees charged by other local running clubs.

As a reminder, membership with HRC currently includes:

- Weekly club training and social runs
- Free entry to team races
- Discounted race entries using your EA URN
- Annual awards
- Support and encouragement of trained coaches
- Other discounts and benefits available from EA.

We do recognise that some members may struggle with payment so we would like to offer support to them if we can. If you think this might apply to you, please get in touch for a confidential discussion via secretary@haverhillrunningclub.com

Membership renewals won't be due until 1st April, but details of the membership renewal process can be found on the HRC website [here](#).

If you need further information or clarification on membership fees or the renewal process, please contact membership@haverhillrunningclub.com

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 [here](#).

Changes to HRC website

Since the AGM and to accommodate the expansion of our Junior Section you may have noticed that we've been updating the content of our website and made small changes to how some information is displayed and accessed. Changes include a slight re-wording of content on the Home page, new Membership pages, and refreshed content on some of the Junior pages.

We hope that you'll think the changes we've made so far are an improvement and we'll continue to review and update content on an ongoing basis. However, if you come across any information that is either not correct, or which you feel could be clearer, please let us know (via secretary@haverhillrunningclub.com) and we'll do our best to put it right.

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
