



Newsletter

July 2023

Welcome to the second edition of the HRC Newsletter!

This month, congratulate our member of the month for May, check out club training, social runs and other events, catch up on what our junior members have been doing, check-in to our Member articles, and make sure you've got the date of the summer BBQ in your diaries.

If you haven't signed up for Ekiden and Round Norfolk Relay yet, there's still time – consider participating or volunteering to help out at these events, or why not just come along to cheer your fellow members on.

We hope you enjoy reading the second edition of the HRC Newsletter. And if you missed the June edition you can find it on the [HRC website](#).

Member of the month (May 2023)

Member of the Month for May is **Andrew Gage**.

Andrew was awarded member of the month for his amazing achievement in the 100-mile challenge (though he actually did 104 miles), and for giving us a video commentary throughout the event.



Andrew is always enthusiastic about running, very supportive of other runners, and is always there to help at club events. Well done, Andrew!

Don't forget to send in your nominations for June to Lynnette Garstang, **by 10th July 2023**.

Junior news



There's been lots of racing for our Juniors this month. So far, our runners have represented the club at all of the Friday 5 Series events, with superb performances from all of them. Sophie is doing particularly well in the U15 Girls competition and is currently sitting in second place overall (after four races). The Juniors also contributed a valuable 7 points to the HRC total in the Arkwright League, with several joining the seniors for the 5km race at Newmarket. More great running and even a couple of PBs (particularly impressive given the sandy course!).

Thank you Bryan

A huge thank you to Bryan Rootes, who is stepping down from his coaching role with the HRC Junior Section after many years of dedicated service. Together with Sil Clay, Bryan was instrumental in setting up this part of the club in 2018 and has been regularly coaching the juniors on Tuesday and Thursday sessions ever since. He has organised countless cross-country runs over the winter months and helped to keep the kids engaged with running throughout the Covid lockdown period. Bryan's enthusiasm, encouragement and sense of fun is appreciated by everyone and will be sorely missed at our training sessions. An accomplished runner and cyclist himself, he will no doubt continue to inspire our young athletes.



European Triathlon Championships – Madrid



One of the attractions of triathlon is the myriad of potential physical and mental problems to overcome, some before the race starts and others during it.

Forty-five minutes before we were to start at this year's event, we were told that the beautifully located, smooth looking lake for our swim had a reading that meant E-coli was too big a risk for it to be entered. Our race was therefore converted to a mini duathlon, as was that of the elite athletes, which included Jonny Brownlee. For us, we were told it would be a 2.5k run, followed by a 2k bike ride, and then a 5k run up to the Royal Palace of Madrid. Different disciplines and completely new courses.

The better swimmers were, naturally, disappointed because they lost an advantage; weaker runners had their disadvantage exacerbated. I had spent time mentally overcoming the swimming thing, so I was sorry not to be put to the test. It was to have been a triathlon after-all.

I am fairly pragmatic about these things and realised that from a results view point it might suit me, and so it proved to be so. Having been looking to finish eighth out of fifteen I managed the top six, having been sixth in both runs and the bike ride, despite having a derailed chain at the mounting point.

I didn't beat the best triathlete in my Age Group from France, from Spain, or the best three from Great Britain, but I was in front of the rest. That's my best result out of twelve GB events. Nice to be counting from the top rather than the bottom, but the experience is fantastic whichever.

A proper (metal) medal at the end and dinner with our "triathlon friends" afterwards completed a memorable day before Joan and I stayed on for a few days walking our legs off looking at the sites. These events are highly recommended, as is Madrid.



John Nevin

To PB or not to PB?

Whether Shakespeare ever asked himself this question is doubtful but one thing I'm sure of is that for every single article written about the art of racing there are tens of thousands of words written on what comprises a good training plan. This could be because many international athletes and their coaches rarely discuss, apart from tactics, how to race because they learnt such things in their teenage years. Those of you who didn't begin to race regularly until you were adults never experienced as an adolescent, summer Saturday afternoons circling a running track in club races.

What I am going to propose in this article many might think of as total twaddle, and just as there is no one training plan that fits all then the same can be said about racing and all its components. Some of you will prefer a more happy-go-lucky attitude to racing and if that is what you want, I wish you well.

I was taught, and still believe, racing and training are opposites, or if you like, two sides of the same coin. Training is (to keep the analogy of money going) the equivalent of saving cash, the physical act of putting pounds and pence into your piggybank of strength, speed and stamina. Racing, on the other hand, is the act of spending some of those savings.

From my experience there are three areas athletes often ignore when racing and these are, and not necessarily in this order of importance:

1. Concentration during the race.
2. Detailed preparation in the week leading up to the race, including visualisation.
3. Race Tactics.

In this issue of the Newsletter, I'll write about concentration. In my teenage years my coach, who ran in the 1956 Olympic Marathon, regularly harangued me to stop daydreaming and concentrate on: a) my pace; b) my form; and c) getting my internal voice to tell me I was running well so I didn't tense up and slow down. To anyone who finds their thoughts wandering when racing I suggest when doing intervals or fartlek, you concentrate on form, feelings and effort. Some will find it beneficial, others less so, but I've yet to speak with anyone who said it made them slower.

Concentrating correctly during a race helps in coping better with the pain and can enable you to be on that razor's edge where to go faster means disaster but to slow down means disappointment. To do this you must accept any problems you have in your life connected to home, work or whatever cannot be influenced while you are racing so therefore have to be put aside. 'Be here now' is the mantra when racing and discomfort is your lot if you want to do your best. However, when finished and hopefully flushed with success, you then can mollycoddle yourself and bathe in the warm satisfaction you so richly deserve.

I'll voice my ideas on points 2 and 3 in a future newsletter but in the meantime, I wish everybody happiness and good health.

Barry Osborne

Tuesday night training sessions (July 2023)

Details of the June training sessions and the coaches leading them are shown below.

	Blue	Green	Yellow
04/07/2023	Wilsey Farm Trev Bunch	Castle Manor top field Joan Nevin	Castle Manor hill Suz Carter-White
11/07/2023	Castle Manor track Mark White	Puddlebrook small field Cheryl Trundle	Puddlebrook large field Tracy Pelling
18/07/2023	Castle Manor track - Out&Back timed efforts (All groups) Trev Bunch & Mark Novels		
25/07/2023	Mace Hill Mark Novels	Falconer Road Hayley Wilson	Homefield Road Suz Carter-White

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.

Thursday night club runs/events (July 2023)

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

6 th July	Dog and Duck Pub Run (Long) Dog and Duck Pub Run (Short)
13 th July	5K Summer Series (Saffron Striders) – see further details below
20 th July	Summer Route 2
27 th July	HRC Time Trial

Please keep a look out for any last-minute changes on [Facebook](#) or the [News](#) section of the website.

Further information about Thursday night club runs can be found on the [HRC website](#). Also, take a look at the full [Summer Schedule](#) of Thursday club runs and events between now and September.

Dog and Duck Pub Pun

Our pub runs have proved to be very popular. Over 40 members joined us for the last one in Steeple Bumpstead!

The next one, to be held at the Dog and Duck in Linton, promises to be just as popular and covers a lovely route across the local countryside.

Check-in at the pub at 6.30pm, have a leisurely run, then join us back at the pub for a drink (or two). If you arrive a little late, that's ok providing you have someone to run with or are happy to run on your own. However, to avoid us sending out a search party, please make sure you check back in at the pub by 8pm,

Check out the routes:

[Dog and Duck Pub Run \(Long\)](#)

[Dog and Duck Pub Run \(Short\)](#)

Arkwright & Co 5k Summer Series

The next event in this year's 5k Summer Series is being hosted by Saffron Striders and will be held at **7.30pm on Thursday 13th July** at Carver Barracks airfield (CB10 2YA).

For those who haven't taken part in these events before, it's free to enter and works in much the same way as the HRC time trials – you run, collect a number at the finish, and then hand this in to one of our friendly marshals, simple as that! And remember, the more members that attend, the more points we get as a club.

This one's flat, fast and definitely PB potential. But whatever you do, **'don't lose your teeth'!**

Ekiden 2023

A reminder that this year's Ekiden race is being held on **Sunday 23rd July 2023**. This is a club funded, chip timed event and a really good opportunity for the whole club to get involved, whether spectating or participating. This year it's being held in the grounds of Ipswich High School.

The Junior Ekiden race will start at 09:30. Teams of four will run as a relay in one-mile legs, with a medal for all junior runners, and a trophy for each winning team.

The Senior Ekiden race will take place after the Junior race has finished at 10.20. Teams of six runners (minimum age 16) will run a total distance of 26.2 miles as a relay, with each leg of the relay covering a different distance, from 5k to 10k.

If you haven't already registered your interest, there's still time. Please message **Stephen Husband** via Facebook or send an e-mail to secretary@haverhillrunningclub.com

Further information about the event can be found on the [Ipswich Jaffa Ekiden web page](#).

HRC 25th Anniversary Summer BBQ

Don't forget that the HRC Summer BBQ is on **Sunday 20th August**, at **Serenity Lakes** in Helions Bumpstead (CB9 7AU), courtesy of Andy Gage.

This year promises to be another humdinger of an event and will include a 5k fun run, lake swimming, fun and games, raffle, and lots of delicious food (available at a very reasonable price).

And to make it extra special, we'll be celebrating **HRC's 25th Anniversary**.



Hopefully, you've got this date in your diary but now is the time to confirm so that we can plan. Let us know if you'll be attending (including dietary preferences) as soon as possible, using the form [here](#).

We'll be looking for raffle prizes, such as bottles (full of course), edibles (chocolates and the like), gifts, gift tokens, etc. If you'd like to donate a raffle prize, please let one of the [committee members](#) know.

Don't miss what promises to be a fabulous afternoon, in great company and beautiful surroundings.

Round Norfolk Relay

The [Round Norfolk Relay](#) is fast approaching on 16th & 17th of September 2023 and I'm pleased to say that we now have a full team of runners, covering all stages.

This race is extraordinary, running as the sun comes up on Saturday, and still running when it rises again on Sunday. The event does test a club, and not just the individuals running. There is a lot of fun to be had but it can be painful. I finished stage 5 some years ago and promptly collapsed in an exhausted heap – the next thing I knew the medics were leaning over me. I was fine but for the first time in my running career I had nothing left to give.

Over the years a number of runners have commented that they experienced a magical run through the forest from just outside Thetford to Weeting, passing near [Grimes Graves](#) on the way. Each stage is unique, and I doubt any other event gives the same level of variety. You might run the same stage over the years but each time it feels totally different.

There will be an HRC marshalling crew at Scole so if you can find the time, please help. You get to meet and greet 100s of runners as you guide them in and then out of the stage changeover area. I suspect we will also need another two drivers for the van crew. taking turns driving through the night, keeping our runners on the road and fully supported.

If you are interested in marshalling, driving, or being involved in some other way, please contact Stephen at sereyes45@gmail.com as soon as possible.

Stephen Reyes

Looking forward to August

Keep a look out for next month's edition of the Newsletter but to whet your appetite, here are some of the events that will be coming up in August:

3 rd August	5K Summer Series (Haverhill)
10 th August	<u>Sturmer Red Lion Pub Run</u>
17 th August	5K Summer Series (Ely)
20 th August	HRC 25 th Anniversary Summer BBQ
24 th August	<u>Summer Route 3</u>
31 st August	5K Summer Series (Royston)

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
