



# Newsletter

## July 2024

### Contents

	Page
Member of the Month	1
New and Returning Members	1
HRC Track Training at Carver Barracks	2
5K Summer Series: Update and Call to Arms!	2
JJ News	3
Junior News	3
Senior Training Sessions	6
Club Runs and Team Events	6
Friday 5 Series	7
Good Luck to the Ekiden Teams	7
Haverhill Show	7
Dog and Duck Pub Run	7
HRC BBQ	8
Round Norfolk Relay	8
Race Results, PBs and Club Championships	9
Dates for the diary	9
Comments and Feedback	9

### Member of the Month



Member of the Month for May 2024 was **Oliver Hughes!**

Oliver was a beginner just two years ago but has made phenomenal progress since then. He works incredibly hard to achieve his goals, fitting his running in around work and family, which has ultimately rewarded him with a fantastic time at the Milton Keynes Marathon of just 3.31 hours!

He not only offers encouragement to others but seeks advice from more experienced runners. He can't always get to Club sessions due to family commitments but he is HRC loyal.

Don't forget to send in your nominations for May to Lynnette Garstang, **by 5<sup>th</sup> July 2024**

### New and Returning Members

Please give a warm welcome to **Tony Phillips**, **Ruby Gordon**, and **Sophie Bowyer** who have joined HRC since the last Newsletter.

## HRC Track Training at Carver Barracks

We are very pleased and excited to announce that HRC has negotiated and agreed shared use of the new Olympic standard athletics track at Carver Barracks, with Cambridge and Coleridge (C&C) Athletics Club.

Track sessions will be held at 7pm (half an hour later than usual) on the **third Tuesday of each month, starting 16th July 2024**. There will be no additional charge to First Claim, Second Claim, and Junior HRC members.

It has been agreed that all Junior members will attend the monthly track sessions at Carver Barracks, instead of going to Castle Manor. Further information about the Junior track sessions at Carver Barracks has been communicated to parents by the Junior team.

We appreciate that not all Senior members will be interested in attending track sessions. We'll therefore continue to provide regular training sessions in Haverhill at 6.30pm, although we may need to combine groups on some occasions (e.g., Blue with Green), depending on how many senior coaches we have available.

The track itself is about 10 miles from Haverhill, so will take about 20 minutes to drive there. We therefore recommend car sharing, where at all possible. Post code for the track is CB10 2YA.

Please note that we will be trialling these arrangements for three months. Providing there is sufficient interest from members, and the arrangements are working satisfactorily, we'll consider introducing them on a more permanent basis. We'll be asking senior members to let us know if they will be attending sessions during the trial so that we can get an idea of numbers.

We are sure that you will agree this is a great addition to HRC's current offer and we hope that you will take full advantage of this fantastic new facility.

---

## 5K Summer Series: Update and Call to Arms!

The next 5K Summer Series event will be held at Carver Barracks, near Saffron Walden, on 4<sup>th</sup> July. This is another local event with a notoriously flat and fast course – definitely PB territory. And you will of course get to see and feel the new athletics track, so we're hoping for a good turnout from HRC members.

Race results, dates for future events, and information about what to expect from these great 5K races can be found on the HRC website [HERE](#).

**Don't forget, HRC's own 5K event will be held in Kedington on 8<sup>th</sup> August.**

We cannot put on these events without the help of our club members. There are lots of jobs to do, including car parking (you could then also run the race), marshalling, refreshments, and tidying up. You'll get full instructions and any equipment required. And please don't worry if you haven't helped before – it's all very easy!

If you're free and able to help, please contact Hayley Wilson (Chief Marshall) via Facebook, or drop a line to [secretary@haverhillrunningclub.com](mailto:secretary@haverhillrunningclub.com). HRC has a great reputation for putting on excellent and friendly races so now's your chance to be a part of that!

## JJ News

### JM Finn Friday 5 Series races

It has been great to see some of our JJs attending the junior races of the Friday 5 Series. Alexander, Amalie, Elizabeth and Ethan (right top) all took part in the first race in the series in Sudbury on the 31st May.

Amalie and Ethan (right bottom left) also competed in the second and third races at Framlingham on the 7<sup>th</sup> June and Felixstowe on the 14<sup>th</sup> June.

Alexander, Jan and Max (right bottom right) all competed in the fourth race at Nowton Park on the 21<sup>st</sup> June.

Well done team. Awesome medals to add to their collections!



### Summer Series 2km (Newmarket)

Well done to Ethan and Jan (left) who both attended the third race of the Summer Series on 6<sup>th</sup> June. It was a lovely warm evening in Newmarket and a great effort from both of them, pictured here enjoying their well-deserved reward. Jan is looking particularly pleased with his two Flakes!

## Junior News

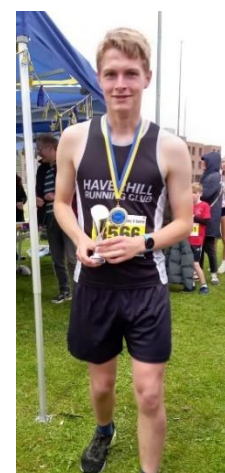
### JM Finn Friday 5 Series (Sudbury)

Charlie, Ethan, Kate, Josh and Zach attended the first race of the Friday 5 Series. Some impressive times were achieved by all five of our athletes. Zach (far right) ran in the Junior 2km and came third overall, whilst the others completed the 5-mile race, in which Kate (right) finished first in the U20 female category! Well done to all of them, they did us proud.



### 200th Parkrun

Well done to Harry (left) for completing his 200th Parkrun at Clare Castle Parkrun this month!



### Summer Series 5km (Newmarket)

Four of our juniors completed the third race of the Summer Series on the 6<sup>th</sup> June, gaining points for the HRC team total. Charlie, Ethan, Harry, and Thomas (right) all ran superbly on the challenging course at Newmarket, which was a mixture of grass, concrete, and lots of sand. Well done!





### **JM Finn Friday 5 Series (Framlingham)**

Well done to Josh and Kate, who attended the second race of the Friday 5 Series on the 7th June. Josh came an impressive 6th overall and Kate took first place in the U20 female category again! Awesome running.

### **JM Finn Friday 5 Series (Felixstowe)**

Congratulations to Ethan, Josh and Kate (left), who attended the third race of the Friday 5 Series on 14<sup>th</sup> June. Josh came first in the U20 male category and Kate second place in the U20 female category.

### **JM Finn Friday 5 Series (Bury St Edmunds)**

More great running from Charlie, Ethan, Josh and Kate (right and below left), who ran in the fourth 5-mile race of the Friday 5 Series at Nowton Park on the 21<sup>st</sup> June. Kate secured another first place in the U20 female category! Anaïs, Ellie, and Zach (below middle and right) all ran brilliantly in the U15 race and Anaïs secured third place in the U15 female category.



### **European Duathlon Championships (Portugal)**

Thomas (right) travelled to Coimbra, Portugal, on the 15<sup>th</sup> June to compete in the European Championships, representing Great Britain.

He managed to finish an impressive 8th in the 16-19 Male Age Group Sprint event, which included a 5km run, 20km bike, followed by another 5km run. Well done, Thomas, we couldn't be prouder.



### **Annual Junior Section Awards**

Sunday 14th July is the Annual Junior Section Awards. This is an event for the whole family to come along, bring your own picnic, and join in some fun and games. This year we would like to invite all the members of the new JJ Section and their families to come along as well, to help us celebrate the last year of running in the Haverhill Running Club Junior Section. Further details with timings and venue will be communicated shortly.



### Lloyd Cowan Bursary Athletics for All Event

Sil travelled to North London on the 18<sup>th</sup> June to assist with the coaching at the Lloyd Cowan Bursary Athletics for All Event. Local school children, aged 10 to 11, were encouraged to take part in various track and field events throughout the morning and even got a chance to run a lap with Olympic, World and Commonwealth 400m champion, Christine Ohuruogu MBE.

The Lloyd Cowan Bursary was set up in memory much-loved athletics coach Lloyd Cowan who sadly died from Covid aged just 58. The bursary award grants to young athletes and coaches and our own HRC junior section has itself benefited from one of these grants. <https://lloydcowanbursary.org.uk/>



### JJs Training for July

Date	Time	Venue
Thursday 4th July	6:30pm	Samuel Ward Academy
Thursday 11th July	6:30pm	Samuel Ward Academy
Thursday 18th July	6:30pm	Samuel Ward Academy
Thursday 30th July	6:30pm	<b>Castle Manor Academy</b>

### Junior training for July

Date	Time	Venue	Activity
Tuesday 2nd July	6:30pm	Castle Manor Academy	Progressive Hills
Thursday 4th July	<b>7:00pm</b>	<b>Saffron Walden</b>	<b>5km Summer Series</b>
Tuesday 9th July	6:30pm	Castle Manor Academy	800m Reps
Thursday 11th July	6:30pm	Samuel Ward Academy	Sports Day with U12s
Tuesday 16th July	6:30pm	Carver Barracks Athletics Track	Track Training
Thursday 18th July	6:30pm	Samuel Ward Academy	1k Reps
Tuesday 23rd July	6:30pm	Castle Manor Academy	Hills
Thursday 25th July	6:30pm	Samuel Ward Academy	600m/1200m Reps
Tuesday 30th July	6:30pm	<b>Castle Manor Academy</b>	Mixed Training with Seniors

## Senior Training Sessions

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

	Blue	Green	Yellow	Track (all groups)
02/07/2024	Homefield Road (Blue/Green) 600m reps Mark Novels		Castle Manor (Top Field) Timed out/back Suz Carter-White	
09/07/2024	Falconer Road Hill reps Trev Bunch	Castle Manor (Top Field) Timed out/back Horace Shuriah	Castle Manor Kenyan Hills Hayley Wilson	
16/07/2024	Castle Manor (Blue/Green) 400m reps Joan Nevin		Homefield Road 600m reps Suz Carter-White	Carver Barracks Track Trev Bunch
23/07/2024	Castle Manor (Track) 200m reps Mark White	Falconer Road Hill reps Mark Novels	Leisure Centre 400m reps Hayley Wilson	
30/07/2024	Castle Manor (All groups) Juniors and Seniors Combined Session Junior Lead			

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.

This is the first month that we've been able to include training at the Carver Barracks athletics track. Please let us know if you'll be attending the session on 16th July, by adding your name to the list [HERE](#). We'll ask you to do this each month, but you can add your name to the other dates too, if you're confident that you'll be attending on those dates.

## Club Runs and Team Events

Club runs and other key HRC team events in July are shown below:

Date	Time	Venue	Details
Thursday 4 <sup>th</sup> July	7.30pm	Carver Barracks	<a href="#">5K Summer Series</a>
Friday 5 <sup>th</sup> July	7.30pm	Great Bentley	<a href="#">Friday 5 Series</a>
Sunday 7 <sup>th</sup> July	09.30 (Juniors) 10.20 (Seniors)	Ipswich High School	<a href="#">Ekiden</a>
Thursday 11 <sup>th</sup> July	6.30pm	Dog and Duck, Linton	<a href="#">Dog and Duck Pub Run (Short)</a> <a href="#">Dog and Duck Pub Run (Long)</a>
Thursday 18 <sup>th</sup> July	6.30pm	Leisure Centre	<a href="#">Summer Route 4</a>
Thursday 25 <sup>th</sup> July	7.00pm	Leisure Centre	<a href="#">HRC Time Trial</a>

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 on Thursday evenings between May and September 2024 can be found in the [Summer club run schedule](#).

## Friday 5 Series

The last of the Friday 5 events will take place in Great Bentley on Friday 5<sup>th</sup> July 2024. These popular 5-mile events and accompanying junior events 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).

You can find further general information about these events on the HRC website [HERE](#).

---

## Good luck to the Ekiden Teams

Only a few days to go until the 2024 Ekiden Relay Race, which is being held in the grounds of the [Ipswich High School](#) on **Sunday 7<sup>th</sup> July**.

This year we hope to have three senior teams and two junior teams competing in the event. We'd like to wish good luck to the all the team members who are taking part!

Further details about the event can be found on the [HRC website](#).

---

## Join us at the Haverhill Show

If you're not going to Ekiden, why not join us at the Haverhill Show?

HRC have an activity stand at the event, complete with a shuttle run for the kids to showcase our club and raise funds for our Charity of the Year, Suffolk Mind, so do come over and say hello. And if you can spare an hour or two, it would be great to have some extra support on the stand!

if you can help, please message Tracy Pelling or Lynette Garstang directly, or drop us a line to [secretary@haverhillrunningclub.com](mailto:secretary@haverhillrunningclub.com).



## Dog and Duck Pub Run

We know how much you all love the HRC pub runs! Well, the next one is taking place at the [Dog and Duck](#) in Linton on **Thursday 11<sup>th</sup> July 2024**.

Meeting at the pub from 6.30pm, we'll check you in and send you off on your countryside adventure, across fields and pastures green, arriving back at the Dog and Duck for some light refreshment.

You'll have the choice of the **full route** (about 6 miles), or the **shorter route** (about 4.5 miles). Whichever you chose, please make sure you are familiar with the route, or bring along the instructions with you.

And of course, don't forget to bring the bug spray! We'd also recommend wearing long socks or running tights as some of the paths can get a little overgrown.

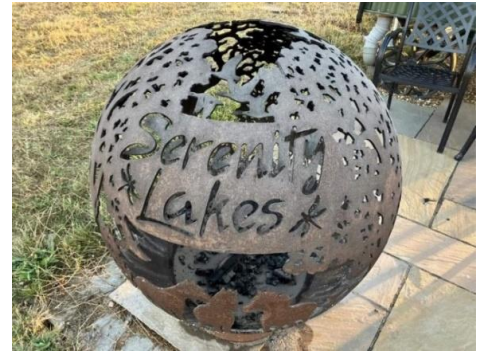
More details will be posted on Facebook and the News section of the website nearer the time.

---

## HRC Summer BBQ

Yes folks, it's almost time for the HRC Summer BBQ, which will be taking place on **Sunday 18<sup>th</sup> August 2024**. Once again, Andrew Gage is kindly hosting the event at **Serenity Lakes**, a stunning venue located in Helions Bumpstead (postcode CB9 7AU).

This year it promises to be another lovely afternoon, with a host of activities for your enjoyment, including a 5k fun run, a raffle, other fun and games, and lots of delicious food (available at a very reasonable price).



Hopefully, you've already got this date in your diary but now is the time to confirm so we can plan. Let us know if you'll be attending (including any 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: A Reminder!

Don't forget that the Round Norfolk Relay (RNR) takes place on 14<sup>th</sup> and 15<sup>th</sup> September – and **we need YOUR help!**

We need runners of course, 17 to be precise, one for each stage of the relay, so pick a stage and let Stephen Reyes know (contact details below). We can't guarantee that you'll get the stage you want, but Stephen will discuss that with you. Take a look on the [RNR website](#) for details of each stage.

Remember that there's a time limit on the race, which means we need to average 8:40 minute miles, but don't let that put you off! Unlike other clubs that only use their fastest runners, HRC try to accommodate all levels of runners within the team by giving the most confident runners the longer stages, so that they can buy the team time.

And yes, we still need volunteers to lead or support with things like:

1. Organising and/or driving a support vehicle.
2. Organising and/or being part of a team of support cyclists.
3. Night timekeeper (this can be shared to avoid one person being up all night).

If you'd like to volunteer for one of these roles, please let Stephen know as soon as possible.

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

To express your interest in running and/or volunteering for the support team, please speak to Stephen if you see him at Club training and events, drop him a line at [sereyes45@gmail.com](mailto:sereyes45@gmail.com), or call or text him on 07876565548.

**Come on folks! We can't do this without you. Join the 2024 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.

---

## 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.

### July

- 4 5K Summer Series (Saffron Walden)
- 5 Friday 5 Series (Great Bentley)
- 7 Ekiden
- 7 Haverhill Festival
- 11 Dog and Duck Pub Run

### 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](mailto:newsletter@haverhillrunningclub.com)

---