



Newsletter

June 2024

Contents

	Page(s)
Member of the Month	1
New and Returning Members	1
5K Summer Series (Update)	2
Junior and JJ News	2-4
Senior Training Sessions	4
Club Runs and Team Events	4
Friday 5 Series	5
Ekiden Relay 2024	5
Round Norfolk Relay	5-6
Race Results, PBs and Club Championships	6
HRC Mission, Vision and Values	6
Haverhill Show	7
Dates for the diary	7-8
Comments and Feedback	8

Member of the Month



Member of the Month for April 2024 was Tracy Pelling.

Tracy is always a massive help to members with their training plans, taking people under her wing, giving lots of advice, and always smiling and very supportive.

And to top it off, she's a great runner too, having recently completed the London Marathon in a very respectable time.

Well done, Tracy!

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

New and Returning Members

Please give a warm welcome to the following new and returning members who have joined HRC since the last Newsletter:

Jan Wolny; Corbin Robinson; Kate Marsh; Nicolas Bosc; Harry Martin; Vilma Johnson; Andrew Gedny; Amalie Frisby-Bright; Kian Marsh; Amelia Fountain

5K Summer Series (Update)

The second event of this year's 5K Summer Series was held in Ely on 16th May.

Fairly flat, but lumpy over the cut grass round the fields, and multiple rabbit holes to try and avoid - certainly not what you'd call a PB course, but still great fun with some excellent times from our runners.

This was the first event of the series with a junior 2K event, with impressive running from two of our juniors (Ethan and Max).



The next 5K Summer Series event will be held in Newmarket on **6th June**.

And don't forget, HRC's own 5K event will be held in Kedington on **8th August**, so get ready to volunteer as we'll need lots of marshals!

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](#).

Junior and JJ News

Storeys Field Parkrun

Amalie and Ethan attended Storeys Field Parkrun, and both achieved PBs. Amalie knocked 50 seconds off of her previous best, with a time of 31:38, and Ethan managed to knock 2 mins 4 seconds off of his, giving him a PB of 21:34. Amazing improvement from both. Well done!

Haverhill Junior Parkrun

Well done to Jan, who completed the Junior Parkrun in a time of 10:45. Great running!



Summer Series (Ely) - 2km Race

Two of our awesome JJs completed the second race of the Summer Series. Brilliant running from Ethan and Max (left), who both enjoyed a well-deserved ice cream at the end of their 2km.

Ashdon 3km Fun Run

A big well done to Ethan, Martha and Hermione (right) for competing in the 3km Fun Run. Great running!





Newmarket Heath Race

Our racing JJs (left) took part in the Fun Run on the historic Newmarket Heath. Max and Ethan finished in 11th and 12th place overall. Ethan was also joined by his little sister Amalie, who was also representing the club in her HRC vest. All wearing their medals with pride.



Stradbroke Triathlon

Thomas (right) took part in a local triathlon as preparation to competing in Portugal next month. The event consisted of a 160m swim, 19km cycle, and 3km run. He was really pleased with how the race went and finished 8th male overall, and 2nd in his age group. A fantastic result!



The Ashdon 10km & 3km Fun Run – 6th May 2024

Well done to Thomas (left) for competing in the 10km race in Ashdon, and also to Eric, Ethan and Isla (far left) for taking part in the 3km. Superb running from all.

5km Summer Series (Ely)

Well done to our juniors who completed the second race of the Summer Series, gaining points for the HRC team total. Brilliant running from Charlie and Harry (right) and from Josh, despite the challenging terrain. Josh was second home for the club and Charlie fifth.



JJs Training Sessions (June 2024)

Date	Time	Venue
Tuesday 4th June	6:30pm	Castle Manor Academy
Thursday 13th June	6:30pm	Samuel Ward Academy
Thursday 20th June	6:30pm	Samuel Ward Academy
Thursday 27th June	6:30pm	Samuel Ward Academy

Junior Training Sessions (June 2024)

Date	Time	Venue	Activity
Tuesday 4th June	6:30pm	Castle Manor Academy	Bingo
Thursday 6th June	7:00pm	Newmarket	5km Summer Series
Tuesday 11th June	6:30pm	Castle Manor Academy	Short Hill Reps
Thursday 13th June	No Training		
Tuesday 18th June	6:30pm	Castle Manor Academy	200m Reps
Thursday 20th June	No Training		

Tuesday 25th June	6:30pm	Castle Manor Academy	Out and Back
Thursday 27th June	<u>No Training</u>		

Senior Training Sessions

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

	Blue	Green	Yellow
04/06/2024	Castle Manor (Track) 200m reps Mark Novels	Homefield Road 500m reps Tracy Pelling	Mace Hill Hill reps Horace Shuriah
11/06/2024	Homefield Road 500m reps Mark White	Castle Manor (Track) 200m reps Cheryl Trundle	Leisure Centre 1K reps Hayley Wilson
18/06/2024	Castle Manor Kenyan Hills Tracy Pelling	Leisure Centre 1K reps Joan Nevin	Homefield Road 500m reps Suz Carter-White
25/06/2024	Leisure Centre 1K reps Joan Nevin	Castle Manor Kenyan Hills Mark Novels	Castle Manor (Track) 200m reps Cheryl Trundle

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 Team Events

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

Date	Time	Venue	Details
Thursday 6 th June	7.30pm	Newmarket	<u>5K Summer Series</u>
Friday 7 th June	7.30pm	Framlingham	<u>Friday 5 Series</u>
Thursday 13 th June	6.30pm	Fox and Hounds Steeple Bumpstead	<u>Fox and Hounds Pub Run (Steeple Bumpstead)</u>
Friday 14 th June	7.30pm	Felixstowe	<u>Friday 5 Series</u>
Thursday 20 th June	6.30pm	Leisure Centre	<u>Summer Route 7 (New)</u>
Friday 21 st June	7.30pm	Bury	<u>Friday 5 Series</u>
Thursday 27 th June	7.00pm	Leisure Centre	<u>HRC Time Trial</u>
Friday 28 th June	7.30pm	Stowmarket	<u>Friday 5 Series</u>

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

June is a busy month with virtually all the remaining Friday 5 events (except one) taking place. The first of these will be held in Framlingham on 7th June, with the other June events taking place in Felixstowe on 14th, Bury St Edmunds on 21st, and Stowmarket on 28th. All races start at 7.30pm.

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](#).

Ekiden Relay

A further reminder that this year's Ekiden Relay will be held on **Sunday 7th July 2024**.

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 a million!

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

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. As well as the senior race, there's also a junior race for runners under the age of 16, so it's an event that everyone can get involved in.

Remember, the event is open to all members, of all abilities, and is FREE to enter as part of your HRC membership. It's also a fun day out, for spectators as well as runners.

Further details about the event can be found on the [HRC website](#) and if you're interested in being part of the HRC team(s), please register your interest [HERE](#).

Round Norfolk Relay: We Need You in Our Team!

You may have heard of the **Round Norfolk Relay** but, just in case you haven't, it's a relay race running 198 miles around Norfolk.

Consisting of 17 stages, from 5 to 20 miles, it starts at Kings Lynn on Saturday morning and finishes back at Kings Lynn on Sunday morning. Take a look on the [RNR website](#) for details of each stage.

This year's RNR takes place over the weekend of **14th and 15th September** so it's time to think about what role you'd like to play. There's plenty of things to do over the next few weeks and on race weekend.

We need runners of course, 17 to be precise, so pick a stage and let Stephen Reyes, our fabulous RNR Race Director, know (contact details at the end of this article). We can't 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, which means we need to average 8:40 minute miles. However, unlike other clubs that only give their fastest runners a place, HRC try to accommodate all levels of runners within the

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 can run over it.

As you can imagine, there's a lot of planning and organising involved so we also need a dedicated support team. That means we need lots of 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 (contact details below).

If you take part in the RNR then you probably won't get much sleep over the weekend. However, it's such a fantastic and unique experience we promise that you won't regret it.

And 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.

To express your interest in running and/or volunteering for the support team, or if you have any questions, please speak to Stephen Reyes if you see him at Club events, drop him a line at sereyes45@gmail.com, or call or text him on 0787656548.

Come on folks! What are you waiting for? 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.

HRC Mission, Vision and Values

Thank you to everyone who took the time to comment on our club mission, vision, values, and strapline. Your comments were valued and appreciated.

The general consensus from the feedback was that the draft statements and strapline were pitched correctly, so we'll be adopting those going forward. The final versions are now on the website [HERE](#) and we'll shortly be giving consideration to how they can be used most effectively to support Club promotion.



Haverhill Show



**SUNDAY
7TH JULY**

10:00AM - 4:00PM
FREE ENTRY

LOCAL CHARITIES & GOOD CAUSES
LIVE MUSIC, CAR SHOW
ARENA PERFORMANCES
SPLASH PARK, CAR BOOT
FUN RIDES & ATTRACTIONS
ARTS & CRAFTS, BABY SHOW
HOT & COLD FOOD, LICENSED BAR
... AND SO MUCH MORE!

CELEBRATING LOCAL TALENT, BUSINESSES & SERVICES

So much to see and do!

RECREATION GROUND, HAVERHILL, CB9 8HF

Join us on Sunday 7th July at the Haverhill Show

HRC will be providing an activity stall with a coned shuttle run to showcase our club and raise funds for our Charity of the Year, Suffolk Mind.

The Haverhill Show is a very family friendly day, which includes a host of fun activities. It celebrates all that is fabulous in Haverhill, so it's obvious why HRC should be represented.

Bring friends and family along to the show and don't forget to come over to the HRC stand to say "Hi"!

And, for those not running in the Ekiden Relay, it would be great if a few of our members could come along for an hour or two to take a turn at staffing the stall. Your help would be very much appreciated.

If you can help, please let us know by messaging Tracy Pelling or Lynette Garstang, or by sending an e-mail to secretary@haverhillrunningclub.com.

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.

June

6	5K Summer Series (Newmarket)
7	Friday 5 Series (Framlingham)
14	Friday 5 Series (Felixstowe)
21	Friday 5 Series (Nowton Park)
23	Newmarket 10K
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
