



Newsletter

March 2024

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Welcome to the March 2024 edition of the HRC Newsletter and another great logo design from Harry Minnette! Which one's your favourite?

Member of the Month



Member of the month for December 2023 was **Hayley Wilson**.

Hayley was nominated and voted Member of the Month for undertaking the role of Race Director for HRC's Suffolk XC Winter League event at Horseheath.

Being Race Director is no mean feat, but Hayley's brilliant organisation skills meant that, despite a few challenges along the way, the event went off without a hitch. Hayley even persuaded the windy weather to hang fire until after the event had finished. And, to top it all, there was some great feedback from participants.

Taking this into account, along with the dedication and passion she demonstrates in her role as a HRC coach, it is clear that Hayley is a committed HRC member. She's also made some great improvements to her own running over the last few weeks.

Well done, Hayley!

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

New and Returning Members

Please give a warm welcome to the following new and returning members, including several new junior members:

- James Morrell
- Caitlin Longland
- Jennie Buddington
- Oscar Irvine
- Max Bell
- Debar Lin
- Thawdar Lin
- Alexander Lindsey
- Lewis Ward

Food Bank Run



On Thursday 22nd February, HRC held its first Food Bank Run for **REACH** in Haverhill.

Despite the somewhat miserable weather, 24 members turned out for the run, and a shopping trolley full of donations was collected for this very worthy cause.

Thanks to everyone who took part but especially to Julie Graves for organising the event. We hope to organise further food bank runs in the future, so keep a look out for these.

Lovely Day for a Run!

On Sunday 25th February, several members donned their HRC running kit and kick-started the 2024 road race season with the Tarpley 10 / 20.



The sunny weather provided perfect conditions and all our runners did brilliantly, with several achieving some well-deserved PBs!

And special congratulations to Dan Pelling who showed true grit and determination to stage a magnificent come-back after the trials and tribulations from last year's event! Well done everyone!

Junior News



Suffolk Winter League

A number of our juniors visited Pakenham to run in the fourth race in the series, hosted by the Saint Edmund Pacers.

Well done to Caitlyn, Cameron, Charlie, Josh, Sophie and Thomas for braving all the mud and hills!



First Parkrun

Congratulations to Isla on completing her first ever Parkrun! Isla ran really well and finished the 5km with a big smile on her face, so we're sure it will be the first of many!

Under 12s Start Training with HRC

HRC junior membership has now been extended to 8–11-year-olds.

The first training session took place on 15th February and our youngest athletes seemed to have a fantastic time. Well done to Sil and everyone involved for getting this project off of the ground.

If you, or anyone you know, have children aged 8-17 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 (March 2024)

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

Date	Time	Venue	Activity
Tuesday 5th March	6:30pm	Castle Manor Academy	200m Reps
Thursday 7th March	6:30pm	Samuel Ward Academy	Fartlek
Tuesday 12th March	6:30pm	Castle Manor Academy	Hannah Irwin / Team Games
Thursday 14th March	6:30pm	Samuel Ward Academy	1km Reps
Tuesday 19th March	6:30pm	Castle Manor Academy	Bingo / Games / Teambuilding
Thursday 21st March	6:30pm	Samuel Ward Academy	1200 / 600m Reps
Tuesday 26th March	6:30pm	Castle Manor Academy	Agility & Conditioning
Thursday 28th March	6:45pm	Cinema Car Park	5k Time Trial

Senior Training Sessions

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

	Blue	Green	Yellow
05/03/2024	Hollands Road Time out/back Horace Shuriah	Falklands Road Hill reps Tracy Pelling	Leisure Centre 1K reps Suz Carter-White
12/03/2024	Special event (juniors/seniors) at Samuel Ward Academy		
19/03/2024	Falconer Road Hill reps Mark White	Railway Walk Timed out/back Joan Nevin	Leisure Centre 500m reps Suz Carter-White
26/03/2024	Leisure Centre 500m reps Mark Novels	Hollands Road 1K reps Cheryl Trundle	Falconer Road Hill reps Hayley Wilson

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.

You'll see that we have a special event on Tuesday 12th March, which replaces the normal Tuesday training session that evening. See further details about this event later in the Newsletter.

Club Runs and Events

Club runs and other key events in March are shown below:

Date	Time	Venue	Details
Sunday 3 rd March	From 10.45	Framlingham	SOAR Suffolk Winter League XC
Thursday 7 th March	6.30pm	Leisure Centre	<u>Winter Route 5</u> (in reverse)
Thursday 14 th March	6.30pm	Leisure Centre	<u>Winter Route 6</u> (in reverse)
Thursday 21 st March	6.30pm	Leisure Centre	<u>Winter Route 7</u> (in reverse)
Thursday 28 th March	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](#).

Hanna Meets Haverhill

On **Tuesday 12th March**, in place of our normal Tuesday night Training session, we've arranged for Juniors and Seniors to come together for a special event featuring **Hanna Irwin**, professional long-distance runner.

The event, which will be held from **6.30 to 7.30pm at the Samuel Ward Academy**, will include a 15-min inspirational talk from Hannah with an opportunity for questions, followed by sports day fun and games led by our fabulous Junior team.



A little bit about Hannah...

"My name is Hannah Irwin. I am a professional long-distance runner for Mizuno, and I represent Great Britain and Northern Ireland.

I first represented Great Britain and Northern Ireland over 10,000m in 2022 at the European Cup. I then went on to compete at the Commonwealth Games in Birmingham for Northern Ireland in the 10,000m final.

My journey was put on hold when I came out of the race with a broken foot. I was unable to run for 4 months and did not compete for 8 months. I worked hard on all my weakness in that time and came back stronger than ever and have since run for Great Britain again over 10,000m, setting national records for Northern Ireland over the 10,000m and half marathon.

My personal bests include 15.40 for 5,000m, 32.25 for 10,000m and 71.04 for the half marathon.

At the start of this year, I was struck with another injury and have just started to gradually reintroduce running into my training schedule. I hope to improve significantly on all of my personal bests this year as I strongly believe that injuries and setbacks offer us an opportunity to come back stronger and faster than ever before."

This is a unique opportunity for Seniors and Juniors to come together for what promises to be an enjoyable evening, so it would be great to see as many members there as possible. And it all takes place indoors, so you won't run the risk of getting wet if it rains!

Final Race of the SOAR Suffolk Winter League XC

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 venue are shown [here](#).

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

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](#).



HRC Litter Pick

Are you interested in helping the environment by getting involved in a litter pick on either Sunday 17th or 24th March, from 2-3pm?

We know a few of you already do this but thought it may be a great way to get more people involved and tidy up where we run. Litter grabbers and bags will be provided, and the litter collected will be disposed of by West Suffolk Council. There will also be an opportunity to have a photo taken, to be used in the local press to help create positive vibes about the club.

If you haven't already done so, please let Clare Everitt know your preferred date and availability.

The Active Kindness Rail

After a few weeks of planning with [Abbeycroft](#), and with the support of HRC members and the local community for their kind donations, the Active Kindness Rail is now up and running!

Those who want to participate in sport but who find the high cost of active wear prohibitive can now use the Active Kindness Rail to help overcome this barrier. All they need to do is visit the Leisure Centre and ask to see what's on the Rail.

If you know someone who might benefit, please pass on the information to them. And remember, the success of the Rail depends on having sufficient stock of active wear so please keep the donations coming in.

Thanks to Lynnette Garstang, there's been lots of interest in this new venture, with promotional coverage in both the [Haverhill Echo](#) and on BBC Radio Suffolk.

Further information can be obtained by e-mailing kindnessrail@haverhillrunningclub.com

Membership Renewals

Don't forget that your membership will be due for renewal on 1st April 2024. The only exceptions to this are **new** members who joined after 1st January 2024, whose membership may run to 31st March 2025.

The membership renewal process can be found on the HRC website [here](#). Unless we hear from you to the contrary, we'll assume that you want to renew your membership and a request for payment of the membership fee will be sent to you on or shortly after 1st April.

If you've logged on to your profile on the EA Portal recently you may have noticed the following message:

"Ahead of the new affiliation year we are asking all athletes and runners to make sure that they have signed up to the relevant Code of Conduct. All registered athletes must sign up to the Senior Athletes or Children & Young People (if under 18) Code of Conduct via the 'CODES OF CONDUCT & LICENSING' page in your myAthletics profile.

Sign up now to ensure your athlete registration remains valid for the 2024/25 affiliation year."

Please ensure that you have signed up to the relevant Code of Conduct to avoid any issues with your membership renewal. If you carry out any other roles (e.g. coach) then please also make sure you sign up to those Codes of Conduct too.

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](#).

Wear Your HRC Kit with Pride!

As a reminder, HRC approved kit must be worn when competing in team races. We would also encourage members to wear it for individual races, especially if you are registered as an HRC athlete for an event.



However, why not wear them at other times too, such as for Park Runs, HRC social runs, HRC Time Trials, and other events? Wearing the club kit helps promote the club and show that we're a team.

So come on folks! Get your kit on and wear it with pride!

Dates for the Diary

We know how quickly diaries can fill up so we wanted to give you advanced notice of some notable 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.

March

- 3 SOAR Suffolk Winter League XC (Framlingham)
- 2 Cambridge Half Marathon
- 12 Special Training Night with guest speaker (Hannah Irwin)

April

- 7 Suffolk Road Relays
- 7 Haverhill Running Festival
- 14 Bungay 10 and Half Marathon (Part of Suffolk Grand Prix)

May

- 31 Friday 5 Series (Sudbury)

June

- 7 Friday 5 Series (Framlingham)
- 14 Friday 5 Series (Felixstowe)
- 21 Friday 5 Series (Nowton Park)
- 28 Friday 5 Series (Stowmarket)

July

- 5 Friday 5 Series (Great Bentley)
- 7 Ekiden

August

- 8 5K Summer Series (Haverhill)
- 18 HRC Summer BBQ

September

- 14/15 Round Norfolk Relay

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 secretary@haverhillrunningclub.com