



Newsletter

November 2023

Welcome to the November 2023 edition of the HRC Newsletter.

Contents

	Page(s)
HRC End of Year Celebration and Awards Night	<u>1</u>
HRC Awards Nominations	<u>2</u>
Member of the month	<u>2</u>
Andy's Race Roundup	<u>2-3</u>
Junior News	<u>3-4</u>
Senior training sessions	<u>4-5</u>
Senior club runs and events summary	<u>5</u>
Spooky Special Club Run	<u>6</u>
Notice of HRC Annual General Meeting	<u>6</u>

End of Year Celebration and Awards Night

Have you booked your tickets for HRC's **End of Year Celebration and Awards Night**?

This is an opportunity for members and their guests to come together to celebrate team and individual achievements. And this year, it's extra special as we'll also be celebrating HRC's 25th Anniversary!

Awards Night is being held at the **Rose and Crown** in Haverhill on **Friday 24th November 2023**, from **7pm to 11.30pm**. Tickets are reasonably priced at £22.50 per person, which includes a two-course carvery meal and disco (provided by a DJ from Disco Kitchen).

So come on folks! What are you waiting for? Avoid disappointment and book your tickets now using the booking form (link below):

[HRC End of Year Celebration and Awards Night 2023 - Booking Form](#)

If you've already booked your tickets, please make payment using the payment instructions sent to you by e-mail, **as soon as possible**.

HRC Awards Nominations

Has someone in Haverhill RC done something over the past year that you think is worthy of recognition?

If the answer is yes, then please send us your nominations and help us find this year's winners using the link below:

HRC Awards Nominations 2023 – Nominations Form

You do not have to nominate in every category, but for each nomination you make please provide a detailed reason for why you are nominating that person and why they deserve it. The committee will review all the nominations and decide the winners based on the reasons given, so if you don't give any reasons, we have nothing to go on!

The closing date for nominations is **midnight on Sunday 12th November**. Voting for Member of the Year will open later in the month.

Member of the month (September 2023)



Member of the month for September 2023 is **Stephen Reyes**.

Absolutely everyone knows and loves Stephen, whether it's for being shown the dodgy sideways Greek dance in a beginners course, or for his bright pink tabard when he's parking you at a local race.

Stephen has been a member of Haverhill Running Club since 2007 and is such a great ambassador for the club, and the sport.

Stephen's nomination this month comes as a result of the amazing job he did this year (and every year) in planning, organising, and recruiting for the Round Norfolk Relay, even using his persuasive recruiting skills only days before the event. If it wasn't for Stephen and his efforts, we would not have a team entered, not to mention organising the support team. Stephen would have started this planning way back in the spring, while he was training for this year's London marathon.

Well done Stephen for your hard work!

Don't forget to send in your nominations for October to Lynnette Garstang, **by 6th November 2023**.

Andy's Race Roundup

It's been a great few months' of running for HRC members. I'm still struggling to understand Chay Hopkins' amazing run coming 1st in the Stour Valley Path 100km ultra run (62miles) in an amazing time of 9 hours, 1 minute and 37 seconds, over 1½ hours faster than the person in 2nd place. Having been one of the last finishers in that race myself I can appreciate the amazing feat of endurance Chay achieved!

It was good to see Paul Sherritt making a comeback by completing the Town and Gown 10k race in 67 minutes. With no training, that's impressive, as was Jan Walker's new PB of 1:04:00, along with Mandy Wilson who knocked 7 minutes off her PB and most importantly felt great about her running! Ben Smith and John Steel also achieved PB's, as did Clare Clark with a massive 3-minute PB of 1.00.42 – she'll no doubt be breaking the sub hour barrier very soon! It was disappointing to find out later that the official course was 120m short, but averaging up they still would have been records.

Abbingdon 10k also gave opportunities for some great running. 46:12 for John Steel and 44.31 for Dan Pelling who is enjoying being back running and well on the way to recovery after his heart attack during the Tarpley 20 race in February. Our own monthly time trial has also seen some great efforts. John Steel ran the September event with a best of 21:34, followed by a park run PB of 21: 29! I even managed a 24 second PB in the October time trial, beating the 24-minute mark for the first time.

Emma Butler and Natalie Smith represented the club at Peterborough, with Natalie getting a 3m PB over the distance, whilst employing the 'Jeffing' technique, proving it's an effective tactic over long distances. Karen North ran her second 10k race at Duxford Dash and achieved a PB of 60.51.

A whole group of HRC runners travelled to Chelmsford for a flat (ish) country lane marathon. Mark Novels came second in his age group, Carl Oldford got a Strava PB, and best of all Tracy Pelling knocked 18 minutes off her best marathon time. It was wonderful to share her happiness at the end. Dan Pelling had a long wait for us after finishing the Half Marathon race in 1.41, which again is a great accomplishment.

And finally, HRC hosted its own Thurlow 5 and 10-mile race. Lots of members helped with the organisation so were unable to run but they got prime viewing positions to watch the race. Ben Smith won his age category, and John Steel beat his last 5-mile race by two minutes. Josh Wigmore ran his first 5-mile race in a time of 29:52, which for such a young runner shows great promise. Silke Shepherd and Suz Carter-White enjoyed the event immensely – it was perfect weather after the massive amounts of rain the day before!

Andy Gage

Junior news

Abington 5km & 10km

Five of our juniors travelled to Abington to race on the 1st October. Charlie, Kate and Sophie competed in the 5km and Alice and Ethan took on the 10km. They all ran superbly and Charlie was third male in the 5km. Well done team!



Cambridge Town & Gown 10km

Well done to Charlie who also ran the Town & Gown 10km in Cambridge on the 15th October with a finishing time of 37:44.

England Athletics Coach of the Year Nomination



Our very own Sil Clay, Head Coach of the Junior Section, has been shortlisted for Coach of the Year in the East Region Volunteer Awards. This is a fantastic achievement and thoroughly deserved. The awards will take place on the 18th November and the category winners will progress to the National event early in the New Year.

Sil has been instrumental in the setting up and development of the junior section. She welcomes all newcomers with her infectious enthusiasm and takes a genuine interest in every child. She encourages them all to improve and enjoy the sport, whether they wish to perform at a high level or simply enjoy the social and health benefits of our wonderful sport.

Sil works tirelessly to improve the training conditions for the juniors; with their safety, wellbeing and enjoyment always given priority. In the last year alone, Sil has secured grants from various local authorities and trusts, totalling nearly £3,000. This funding has enabled the purchase of floodlights, a gazebo, and additional agility and conditioning equipment.

Whilst her fundraising efforts over the last year have been fantastic, arguably her biggest success to date has been the progression of the initial group of young runners who have recently moved up to the adult section of the club. She has encouraged and inspired these young athletes to become life-long runners and will no doubt do so with many more.

Thank you for all you do Sil and best of luck on the 18th.

Junior training sessions (November 2023)

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

Date	Time	Venue	Activity
Tuesday 7 th November	6:30pm	Castle Manor Academy	Short Hills
Thursday 9 th November	6:30pm	Samuel Ward Academy	400m Paired Efforts
Tuesday 14 th November	6:30pm	Castle Manor Academy	Bingo & Team Building
Thursday 16 th November	6:30pm	Samuel Ward Academy	5km / 8km Group Run
Tuesday 21 st November	6:30pm	Castle Manor Academy	Out & Back Pyramids
Thursday 23 rd November	6:30pm	Samuel Ward Academy	Figure 8 Continuous Tempo
Tuesday 28 th November	6:30pm	Castle Manor Academy	Agility & Conditioning
Thursday 30 th November	6:45pm	Cinema Car Park	5k Time Trial

Senior training sessions (November 2023)

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

	Blue	Green	Yellow
07/11/2023	Leisure Centre 500m reps Mark Novels		Chapple Drive 400m/500m reps Hayley Wilson
14/11/2023	Leisure Centre 400m reps Mark White	Falconer Road Hill reps Cheryl Trundle	Leisure Centre 1K reps Suz Carter-White
21/11/2023	Falconer Road Hill reps Trev Bunch	Chapple Drive 400m/500m reps Tracy Pelling	Leisure Centre 400m reps Hayley Wilson
28/11/2023	Chapple Drive 400m/500m reps Mark Novels	Hollands Rd Timed out/back Joan Nevin	Falconer 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.

Senior club runs and events summary (November 2023)

Thursday night club runs and other key events in November are shown below:

Thursday 2 nd November	'Spooky Special' Club Run (see details below)
Thursday 9 th November	<u>Winter Route 4</u>
Thursday 16 th November	<u>Winter Route 1 (in reverse)</u>
Thursday 23 rd November	<u>Winter Route 2 (in reverse)</u>
Thursday 30 th November	HRC Time trial

Please wear HI VIZ for all Thursday 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 also be found on the [HRC website](#).

'Spooky Special' Club Run

As we'll soon be celebrating Halloween and Guy Fawkes night, we've replaced the usual Thursday club run on 2nd November with a 'Spooky Special'.

We'll meet at the Leisure Centre for a prompt start at 6.30pm but, instead of doing one of our usual winter routes, we'll take you on a journey round the town's haunted back alleys to visit a few historic and spooky places and discover some of Haverhill's gruesome past.

The route is approximately 4 miles and we'll be telling you some spooky stories (all true) enroute. As such, we'll embark on this spooky adventure as one group and move at a pace that is appropriate for runners of all abilities.

Of course, a spooky special club run like this would not be the same without some spooky costumes, so feel free to get creative and come dressed as spookily as you dare. Vampires, witches, ghosts and ghouls are all welcome – or any other spooky creation of your choosing. But whatever you wear, **don't forget to include some Hi Viz and a head/chest torch (if you have one)** as it's going to be dark, so very, very dark!

And after the run, why not join us for a drink at the pub and a further opportunity to scare the locals?

So, get on your broomsticks and join us for what promises to be a 'spooktacular' evening!

Notice of HRC's Annual General Meeting

This year's Annual General Meeting (AGM) will be held at 7pm on **Thursday 7th December 2023**, at Haverhill Arts Centre. All members are invited and encouraged to attend. Further information, including the agenda, will be sent out to members closer to the date of the meeting.

Please note that the club run that evening will be brought forward to 6pm to ensure members are able to attend the AGM.

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