



Newsletter

October 2023

Welcome to the October edition of the HRC Newsletter. This edition includes a special extended feature article on the **Round Norfolk Relay** (see pages 2 – 8), which we hope you enjoy reading.

Previous editions of the Newsletter can be found [here](#).

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Member of the month (August 2023)



Member of the month for August 2023 is **Chay Hopkins**.

Chay came 1st in the SVP100 – Stour Valley Path 100km ultra run (62miles), in an amazing time of 9 hours 1 minute and 37 seconds. This was over 1.5 hours faster than the second place person. This race is the longest point to point race in East Anglia.

Chay also finished 3rd in the last of the Summer 5k, and has shown he can perform over all distances and terrains, also enjoying the X-Country events.

Well done Chay!

Don't forget to send in your nominations for September to Lynnette Garstang, **by 9th October 2023**.

Round Norfolk Relay: Reflections on a fantastic team event!

The Round Norfolk Relay (RNR) took place on 16th and 17th September. The RNR is an extraordinary event consisting of 17 stages (5 to 20 miles per stage), covering a total distance of 198 miles, running as the sun comes up on the Saturday until it rises again on the Sunday. There are 17 runners (one per stage), along with a dedicated support crew (cyclists, drivers, timekeepers) in each team. Everyone who is involved, no matter their role, makes a significant contribution – it really is a whole team event.

This year, HRC came 49th out of 57 teams and finished the race in 27 hours and 34 minutes, around 48 minutes less than predicted. You may think 49th doesn't sound that good, but it most certainly is when you consider that most teams only use their fastest runners. HRC takes a more inclusive approach to ensure everyone can participate, irrespective of their speed or ability – it's all about the taking part.

To give a personal touch and show how passionate those involved are about the event, we asked each of them to say a few words about their experience and draw out some highlights that made it special for them.

RNR Overview (Stephen Reyes): For me the RNR has always been about the team rather than the individual. No single person can make the event as special as it is and this year it has felt extra special. I tried to relax and enjoy the moment rather than fret about times, will everyone turn up, or what I do if things go wrong – and believe me, there's a lot that can go wrong! For example, this year, when Alan Emery came in to finish his stage at Hunstanton, I clicked the button on the stopwatch to pause it so I could see his time but stopped the watch altogether! However, no bikes were taken off the roof of the car on height barriers, no one was injured, and no one got lost in the North Norfolk Marshes. That said, we could never have anticipated Stage 14 being cancelled in the early hours of the morning due to a ram raid of a cash machine from a shop in Feltwell!

I got involved in the RNR shortly after joining HRC. Interestingly, I have only run three times - the infamous stage 5, and stage 17 twice. I just love seeing each runner before they start, experiencing their pre-race nerves, and listening to their runner's modesty. Almost all runners explain the reasons why they might not be as fast as they should be but, you know what, it doesn't matter. From my perspective it's a race - just run as hard as you can and that's enough. As each runner completes their stage, I see the sweat, tears, and the pride they have in themselves. This year there were some new faces in the team and that is wonderful, and all of them wanted to come back next year. Kate Russell and her mother stayed with the race until Cromer – they just couldn't bring themselves to go home.



During the weekend there were some amazing performances. There were debut appearances from Alan Emery, Kate Russell, Sheree Reilly, Carl Oldford, Darren Elsom, Clare Fitzjohn and Charlie Minnette. One thing that I would like to continue is having our junior members have priority for stages 3 and 16. These are the only two stages that let 15-year-olds race and all I can say is that Kate and Charlie were superstars.

The crew this year worked very hard to ensure the event was a success for HRC. Alison Austin is a Godsend - she knows the North Norfolk coast like the back of her hand. I always giggle to myself when I see other club cyclists with carbon fibre bikes and fancy Lycra clothing. Our Alison outperforms all of them on her 20-year-old steel (very heavy) mountain bike. Mary Ann was my side kick this year, she volunteered to assist me, as due to injury she couldn't run. Her role was to make sure daytime runners' onward transport was stress free and to help them with their pre-race nerves.



The hardest job is being in the van during the hours of darkness. This year David Bray and Lynette Garstang volunteered. I have worked with David before; he is calm, reassuring and knows what needs doing. He did so much behind the scenes. Lynette is a force of nature but also organised, calm and extremely capable. I didn't have to worry at all about the nighttime stages with such talent in the van. Suzanne Pattinson came back from her holiday in France direct to Norfolk to cycle during the night, what a total star. Mark Phillips cycled in the last stages, making sure the Minnette family were safe. Claire Everitt and Dan Pelling cycled the later day stages, making sure the runners were safe and motivated.



Ever since I fell asleep at the wheel (with my eyes open) driving back from Kings Lynn having been up 30 hours I have relied upon Bill Banner to take charge of the nighttime keeping. He takes over at Horsey Mill. When I go to find him and start 'mansplaining' about what needs doing, he just looks at me with pity in his eyes before taking the watches off me and getting on with the job with such care and competence (Bill would never push the wrong buttons on the watch). He is totally reliable and one of the most reassuring men you could ever meet.

Let's think about next year, maybe we can have a few more club members join the crew, shadow Alison on the technical coastal cycling paths, learn how to time keep and join the van crew and share the driving. We are an amazing club, and it always shows on RNR weekend.

Daytime crew (Mary Ann Tuli): People who get up at 3am: shift workers, parents of babies, insomniacs and RNR support crew and Stage 1 runner. This merry little crowd comprised Stephen (driving the car), me (support), Ali Auston (bike escort), and Alan Emery (Stage 1 runner). This was my first time as support crew, and I loved it! Seeing all the hours of hard work, stress and frantic WhatsApp activity come together is humbling. I can't put into words how it feels to know how disappointing it would be for something to go wrong (runner not being where they should be, getting lost, bike falling apart etc) yet knowing it wouldn't matter because it's all about taking part and doing our best as a club. I think as runners we all recognise that internal dialogue. The day crew supported stages 1 to 9, so we saw most of the Norfolk coast (and what a beautiful day it was), 9 amazing runners and their supporters, and met up with the night crew. This year my lasting memory will be sharing Kate Russell's first RNR. Her enthusiasm, team spirit and confidence are the traits I think we all strive for as members of HRC. She's a darn fast runner, too!



Stage 1 (Alan Emery): What an honour it was to start the RNR for HRC. Travelling up with Stephen, Mary Ann and Allison just added to the whole team experience. Knowing that same baton completed the 198 miles the next morning. It's a real privilege to be a part of a great team, runners and more so organisers.

Stage 2 (Shirley Fowler): If you're an early bird, Stage 2 (13.76 miles) is great, though I clocked 14 exactly this year. The start from the light house with its amazing views is spectacular. You're then down on the sand dunes running through the sand, with sea & beach huts on the left, and golf course on the right. Then you go towards the owl sanctuary and onto a wooden walkway – it looks nothing like the photo description, but it's nice to run on. Then you're on uneven grass with open views for miles until you hit the road and meet your cyclist. The diversion this year was strange as I'd not a clue where I was heading to from the printed directions, but you're then on the road again with your cyclist heading to the boat yard, then the grassy verge full of chatty walkers. Then you see the windmill and you know you are almost home. You meet your cyclist for the finish and can even get a little downhill sprint to the baton line – fab views and a pretty fast section if you're still fit to run by then!





Stage 3 (Kate Russell): Stage 3 was a lovely course partly along the beach. I thought it may be tricky to navigate, however, there were plenty of marshals. I really enjoyed doing this stage and would definitely do it again.

Stage 4 (Mat Cowell): Stage 4 is 11.4 miles of mostly self-navigated (keeping the sea on your left!) trail running along the stunning Norfolk coastline. From the end of the beach road in Wells, with the mix of day visitors, runners, and marshals organising a race in their midst, the route tracks the edge of the tidal marsh and this year the run was at low tide (I know others haven't been so lucky!). The highlight really is the scenery – the creeks and marshes with the sea beyond is quite something, especially on a sunny September day. The trail then passes by Stiffkey and Blakeney Point, so if you've visited the seals then you'll recognise the observation point at Morston, with plenty of people milling around with ice creams and shouts of encouragement. No refreshments for runners though and on along the path to Cley, clambering up a path through the trees to the Wiverton Café where the lovely Alison met me on the bike to take me along the main road, holding up the traffic until the last stretch along another trail.



The changeover is on Cley beach for just a hundred metres or so on the stones to hand over to Stage 5 and then collapse. Absolutely loved this run, better than Stage 5 unless you 'really' like running on sinking pebbles and big hills!

Stage 5 (Sheree Reilly): In a moment of madness, I signed up and was lucky enough to gain a place in The London Marathon. So, when I heard about the RNR I thought it would be a perfect way to start to get into shape. I wanted a challenge and wow did I get one! I arrived super early and the wait for the baton was part of the excitement - there was such a feel-good vibe about the place, and everyone was so lovely. I ate some peanut butter and jam sandwiches and waited. The baton arrived and I just smiled and laughed in absolute naivety. My smile soon dulled to the colour of the shingle – I'd never run on it before and I cannot think of a harder surface to run on – it was brutal and actually the hardest element of the run; it seemed to go on for ever, but the view and sea breeze kept my mood and momentum up. The many hills that followed resulted in many mutterings under my breath, but the spectacular views made every single one of them worthwhile, complimented by the sunshine. The lasting memory of the day for me is the kind words of encouragement from passers-by, who spurred me on up the hills that seemed like mountains at the time – although the views were absolutely spectacular. I really hope to be involved again next year – it is such a great event, full of camaraderie. A challenge, but a worthwhile one and I am very grateful for the experience.



Stage 6 (Dan Pelling): I love this event! Happily, it was the 3rd year I've been able to take part and I was delighted to run Stage 6, from Cromer to Mundesley. As some of you know my participation as a runner in this year's event wasn't expected due to a heartfelt 'event' in February. Thankfully, my recovery has been much better than expected and following a positive run in the Felixstowe 10 the previous week, I was given the green light to take part. We waited in glorious sunshine at the Cromer changeover point for a happy, smiling, and somewhat relieved Sheree to crest the top of the coastal path and pass on the baton. Then I was off, running down the zigzag path to the promenade, dodging past beach lovers and holiday makers all the way to the last hut where encouraging spectators directed me up the steps to escape the crowds, up the steep weaving path through the woods, trying to avoid the dog walkers, and eventually scrambling up the slope to the lighthouse. What a relief to see Alison waiting with her bicycle! We joined the coastal road and I felt like I could finally get into a rhythm. As we carried on along the undulating road, I felt stronger and more confident. Alison was encouraging me to take it easy up the hills and overtake other teams on the downs and flats. I was smiling and really enjoying my running. We were flying as we came

into the beautiful seaside village of Mundesley, getting faster all the time. It was so much fun I actually didn't want to stop as I handed the baton to Daniel Everitt. We had completed the stage in exactly one hour – much faster than expected, gaining valuable time for the Team. The lovely support crew was there to greet and support at changeover – thank you all, looking forward to next year's adventure.



Stage 7 (Dan Everitt): I was a little nervous to start with as it was only my second time running this stage. Dan Pelling had made a great start on his stage, and I knew he could be super speedy. He was way ahead on his time, so we had a really quick unexpected change over, and his enthusiasm carried me off down the hill with Clare in hot pursuit. As per normal I started off too quick and paid for it later. Overall, Stage 7 is

quite easy as there are only two left turns and one T junction. I did manage to overtake two other teams, but I was also overtaken by three others. Clare as always was great support, which carried onto Tracy's stage. Can't wait for next year and maybe a different stage.

Stage 8 (Tracy Pelling): I was very happy to run Stage 8 for a second year, Lessingham to Horsey, which is 7.52 miles on road through the Norfolk countryside. Last year I ran towards a gently dipping sun but this year the light stayed for longer. I had Clare to keep me company on the bike – we chatted briefly and then when I needed my breath, I asked her to tell me stories, which she happily did. Clare told me she had done this stage with our fondly remembered running buddy, Neil Mustoe. I am sure she cycled, and I ran all the better after this story, not wanting to let our friend down. She told me a story of a café that we passed that has quirky teapots (her sister Sarah told me the same thing the year before) which made me smile and remember the previous year so that the experiences linked happily in my mind. We passed another runner who had very thin legs and a somewhat awkward running gait, but who was clearly enjoying the run. We were passed by speedier runners who called words of encouragement. Lovely, brave, strong, fragile quirky running teapots all of us! We joked with a supporter, asking if her car was the prosecco car and she encouraged us the last few miles as she passed calling out that we were nearer to a bubbly drink. As we neared the finish, I took the run up another gear. I love a sprint and pushed my arms quicker, assuming what I'm reliably told is my 'sprint grimace'! The joy of seeing my buddy waiting to take the baton helping to propel me quicker to the end as did hearing my husband and friends cheering me. I am smiling now just remembering it.



Nighttime crew (Lynnette Garstang): As support crew you get a real feel of the excitement throughout the whole event. It's been great shouting support to our runners, as well as to the other teams. I'm sure the guys who were on the bikes this year would say the same.

Stage 9 (Carl Oldford): Running as the sun goes down over your right shoulder and a light coastal breeze, the 16 miles of a relatively flat route is an awesome way to bring the summer to a close. The support cyclists, van crew, timers and organisers really bring HRC's running community together. You really feel it during an event like this more than any other. Roll on next year as I'll offer to run and cycle, or volunteer for the van crew, just to be a part of it.

Stage 10 (Darren Elsom): I started stage 10 just after dark and set off for just over 18 miles running down the A143 that would see the event move inland and away from the coastal sections. I went out way too quick, getting carried away by having the team support vehicle behind me! However, after a couple of miles I settled in and on the horizon, I could see flashing beacons from the support vehicles of the runners in the distance. I've never chased vans before – this was a new challenge! Despite the sound of traffic, it was actually quite tranquil, with the occasional cheer of support



from Lynette in the support vehicle. I did manage to catch a few vans and the support from other teams and runners was fantastic. As I approached the end of my stage, I was more than ready to hand the baton over and send Clare on her way into stage 11. It felt amazing to be part of such a big event and the camaraderie among the team including the volunteers and support crew made the event extra special. This was my first RNR and I will certainly be putting my name down for next year.



Stage 11 (Clare Fitzjohn): I was a late entrant to the RNR, stepping in a week before the race for another member who could no longer participate, to run Stage 11. Having never run in a formal race before and relatively new to running, I was quite apprehensive about running 12.45 miles and in the dark! However, I needn't have been. Throughout that week and on the day, I was offered words of advice and encouragement - to go out and have fun - and

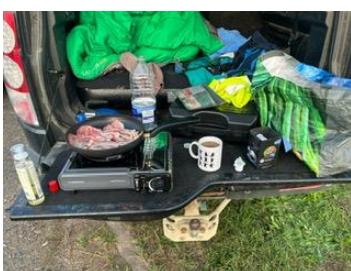
that I did! Along the run, I had support from Suzanne, who provided chat and encouragement to the end and the welcoming from different runners, and their teams made the whole experience phenomenal. Sign me up for next year!

Stage 12 (Mark Novels): I did Stage 10 last year and loved every minute, so the decision to put my name forward this year was easy. Stage 12 (Scole to Thetford) is a little longer (nearly 20 miles) and believe me, when you've got a dodgy Achilles, it can feel a very long way! That said, there's nothing quite like running along a quiet, deserted road, in the pitch dark, at 2.30am. There's certainly no risk of getting sunburnt! Of course, things didn't go quite to plan this year. Firstly, Clare ran Stage 11 so fast that I missed her arrival at Scole, so got off a few seconds late. I then took a wrong turn in the last half mile and had to double back, ending up running an extra 1.4 miles and adding a few minutes to my time. That'll teach me for not using the GPX route on my Garmin though to be fair, the guy in front did the same – I blame him of course! Special thanks to Suzanne (on the bike) for keeping me awake, Lynnette and David in the van for lighting the way, and Bill for his words of support and encouragement between stages. Roll on next year!



Cyclist for Stages 11 and 12 (Suzanne Pattinson): This was my fifth RNR, each time as a cyclist, and this time in the middle of the night over two legs. It was cooler than previous outings (my fault for not wearing enough layers) but still fun and well worth being part of it. The date is already in my diary for next year!

Stage 13 (Andy Gage): Early to bed and early to rise, arriving at Thetford with Toby in the darkest part of the night. Mark appears out the gloom exhausted and relieved, passing the baton over gratefully. I start running, the van close behind throwing contrasting shadows with my headtorch. Out of town and into the woods, a barn owl flashes in front of me distracting me. I'm focussing on pace and consistency whilst enjoying the surroundings. Halfway I turn out the woods along a bigger road before turning again into a sleeping village. My shadow splits in front of me and without turning I know there are competitors approaching, their running lights compete with my head torch and my shadow dances with the beam of the van following. Every runner gives a cheery but inane greeting as they pass, I whisper jealous but unheard insults to their backs, and push myself faster. Another right-hand turn and I am on the home stretch, the sky is still pre-dawn, but the welcome lights of people appear 500m in front, just keep going a bit longer and in no time, I hand over the baton myself and gratefully scoff flapjacks sitting on my heated car seat whilst toby prepares for his turn to run.



Stage 14 (Sil Clay): I have done RNR a few times but this year I felt the team spirit even more. Even though I sadly didn't get to run my leg due to it being cancelled, accompanying Toby on Stage 15 was just as good. It was great to see how everyone came together and looked out for each other. Yes, it is a race, but speed wasn't the driving force or of paramount importance. All the efforts were celebrated in equal measures. All you have to do is bring your best,

experience a wonderful running weekend, and HRC togetherness. Most of all, the presence of the backup crew was so present in real time - great response and updates. I think they deserve medals as well, or something as a recognition of their much-needed involvement.



Stage 15 (Toby Wilson Waterworth): Stage 15 is one of the last night stages of the course, running for some 10.6 miles from just outside Wissington, to the River Great Ouse crossing at Downham Market. Commencing in the dark, the first third of the stage is on elevated back roads with extensive views across open farmland, until the road starts to gently climb into the village of Southery. Thereafter it flattens out for a few miles and joins the A10. Heading north in the direction of Downham Market, the road reverts again to a gentle but persistent increase in elevation, for 4 miles, as the hedges on either side of the road thicken. The consolation is that dawn will be breaking, and you will likely see a glorious sunrise in the distance over the trees to the East. Passing by the village of Hilgay, over the beautiful River Wissey and Ryston Hall, the course enters and turns west/left on the outskirts of Downham Market. Undulating for the last 2-mile road section, you hand over the baton at the bridge over the River Great Ouse. And, if you are lucky, will be met by Andy Gage dishing out hot tea and a bacon butty from the back of his Land Rover.



Stage 16 (Charlie Minnette): Being part of the RNR relay team was a really great experience. I wish this event took place more often, but I guess that's what makes it so special. Running over the bridge into the early morning sun at the end of my stage was a highlight for me. The support and encouragement I received from everyone was amazing - thank you.

Stage 17 (James Minnette): This was my third RNR. The first time it was a 19-mile night run, the second time as cycle support, and this year I had the privilege of running the final 12-mile stage into the stadium at Kings Lynn. My run started with a 'proud dad' moment when my eldest son Charlie (who had just run the previous stage) handed me a very sweaty, yellow baton in Stowbridge. I found the run quite tough this year and did my best to disguise the cramping calves as I ran the final 100m on the track, doing my finest tin man impression and secretly wishing I'd trained a bit harder. Until now, only Mark Phillips (my superb support cyclist) knew that I had to stop for a tactical stretch just out of sight of the stadium. It was lovely being cheered across the line and greeted by all the smiling HRC faces, knowing the huge effort that the whole team had put into getting us over the finish line. The HRC team spirit and general sense of camaraderie across all the clubs is awesome. It really is a special event and I've enjoyed the RNR every time I've been involved. Young, old, fast, or slow, get yourself signed up for 2024 - you won't regret it!



Cyclist for Stages 16 and 17 (Mark Phillips): A sense of camaraderie from the start with addictive team updates on WhatsApp, waking in the early hours of the morning, discovering Stage 14 had unexpectedly been cancelled. Would I be late to support Charlie and James Minnette for their stages? Fortunately, the organisers and our support team adapted to the change with ease. Charlie keenly warmed up with a beautiful sunrise as a backdrop and then smashed his stage overtaking several runners; he certainly made the team proud! Passing the baton to his dad, James, who started his stage with a sudden sense of



urgency, later commenting 'I think I may have started a bit quick'. Settling into a great pace on the Fen rivers way path, an area I've not explored before, but intrigued by the amazing church ruins ahead. We eventually got back onto the road, and James has chewed through the miles leaving several runners in his wake and the finish is just around the corner. Not perturbed with the sudden onset of cramp he brings the baton home with vigour and a smile. Fantastic running from team Minnette! RNR is not like any other race, it's a truly amazing team event!

We hope this glimpse into the wonderful world of RNR has inspired you to get involved for next year's race, which takes place on **14th and 15th September 2024**. So, what are you waiting for, get your name on the list - we promise that you'll have the time of your life!



Joan's making a comeback!

A sunny if windy Sunday (17th September), saw me on the start line for the Humber 10k in Cleethorpes. As many of you know it has been a long journey, a year this month, to return from non-running related injuries to a level of fitness where I could compete once more in an event. I was excited and nervous at the start, but once underway I enjoyed the course, the run, and the fellowship of other runners.

A year is a long time and keen to progress too much too soon set me back. I have learnt slowly that progressive steps will bring their reward. Support and encouragement from John, club members, and others also helped enormously.

It was a bonus to finish first female in the over 70s. On this note, men over 70 received trophies but the ladies stopped at 65! I therefore contacted the organisers to point out that this is discriminatory and in this era of equality they should make the awards the same. As a consequence, the organisers changed their policy and I have now received a trophy. Result!



Thank you all so much for your positive comments and support on Facebook.

Joan Nevin

Junior news

Arkwright Summer Series



Four of our juniors took part in the sixth and final race of the Arkwright 5km Summer Series at Royston. (Charlie, Ethan, Harry and Thomas). It was a tough course in drizzly conditions, but they soldiered on and achieved some impressive times. Well done lads.

Kate picked up the 'Best Female' trophy for HRC for her combined performance over the Series, adding to her growing collection of trophies. Congratulations.

Shelford Fun Run

Charlie, Harry and Kate took part in the Shelford 5km road race on the 10th September. It's a fantastic, well-organised event and attracts more runners every year. All three ran well on a very warm day!

Round Norfolk Relay

This year Kate ran Stage 3, the 6-mile leg from Burnham Overy to Wells-Next-The-Sea. It's a tough stage to navigate and Kate also had mixed surfaces to contend with. She completed her run in just under 52 minutes and earned herself a personalised stage medal and a well-deserved ice cream. Charlie ran Stage 16 the following morning, a 6-mile leg from Downham Market to Stowbridge. His leg was all on road, and he finished in an equally impressive time of 37 minutes.



Junior training sessions (October 2023)

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

Date	Time	Venue	Activity
Tuesday 3 rd October	6:30pm	Castle Manor Academy	Continuous Hills
Thursday 5 th October	6:30pm	Samuel Ward Academy	600m Reps
Tuesday 10 th October	6:30pm	Castle Manor Academy	400m Reps
Thursday 12 th October	6:30pm	Samuel Ward Academy	1km Reps
Tuesday 17 th October	6:30pm	Castle Manor Academy	200m Reps
Thursday 19 th October	6:30pm	Samuel Ward Academy	Figure 8 Continuous Tempo
Tuesday 24 th October	6:30pm	Castle Manor Academy	Agility & Conditioning
Thursday 26 th October	6:45pm	Cinema Car Park	5k Time Trial
Tuesday 31 st October	6:30pm	Castle Manor Academy	100m Reps

Senior training sessions (October 2023)

For details of the senior training sessions and the coaches leading them in October please check the HRC website [here](#).

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 (October 2023)

The schedule of Thursday night club runs and other key events in October are shown below:

Thursday 5 th October	Winter Route 1
Thursday 12 th October	Winter Route 2
Thursday 19 th October	Winter Route 3
Sunder 22 nd October	Thurlow 5M and 10M (see details below)
Thursday 26 th October	HRC Time Trial
Sunday 29 th October	SOAR Suffolk Winter League - Framlingham (See details below)
Thursday 2 November	Halloween/Guy Fawks 'Spooky Special' club run

Please wear HI VIZ for all Thursday club runs from now on.

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](#).

SOAR Suffolk Winter League (Framlingham)

The SOAR Suffolk Winter League (Cross Country) kicks off with its first event of six in Framlingham on 29th October. Each of these events is hosted by one of the running clubs in Suffolk and are great for building strength, stamina, and co-ordination. So, if you like off-road and don't mind a bit of mud, then these races are definitely for you.

The Framlingham event on 29th October is a picturesque three-lap course starting in the grounds of historic Framlingham Castle. Full details of this event will be posted very shortly.

And don't forget, HRC will be hosting its own event on 28th January 2024. We'll need lots of volunteers for that event, so keep your eyes peeled for further details.

For further information visit the HRC website [here](#), or take a look at the Suffolk County Athletics Associate website [here](#).

Thurlow 5M and 10M – Help needed!

Entries are now open for this year's **Thurlow 5M & 10M** on **Sunday 22nd October**, which incorporates the Suffolk 5M Road Championships. Click [here](#) for details.

This race is organised by HRC, so we need lots of help from HRC members to ensure it's a success. We will need people before, during, and after the race, so even if you're running there will still be something you can do to help.

We need volunteers for:

- Hall set-up and registrations (7am-10am)
- Baggage store (9am to 12pm)
- Car parking (8am-10am)
- Course marshals (9am-12pm)
- Water station helpers (9am-12pm)
- Refreshments (7am-1pm)
- Post-race clear up (12pm-1pm)
- Lead cyclists for both races
- Tail runners for both races



Full instructions will be given, and no previous experience is required! If you're able to help, please e-mail Trevor Bunch at: trevor.bunch@btinternet.com

End of Year Celebration and Awards Night

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

This special event, which coincides with HRC's 25th Anniversary, is taking place on **Friday 24th November 2023** (7pm to 11.30pm) at the **Rose and Crown** in Haverhill.

Tickets are £22.50 per person and includes a carvery meal, choice of deserts (special dietary requirements also catered for), and a disco. Members and their guests are all welcome.

Most importantly, we'll be celebrating the achievements of our members through the presentation of various awards, so we hope that you'll be able to join us for what promises to be a great evening.

To book your tickets, please complete the booking form using the following link:

[HRC End of Year Celebration and Awards Night 2023 - booking form](#)

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