



Newsletter

August 2024

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Are you coming to the HRC Summer BBQ on 18th August? Don't miss out on what promises to be a fabulous afternoon.

See bottom of page 7 for details.

PLUS

Tickets for HRC's End of Year Celebration and Awards Night, to be held on 30th November at Haverhill Golf Club, are now on sale.

See bottom of page 8 for details.

Member of the Month

Member of the Month for June is **Max Bell**.

Max is an enthusiastic runner who was part of the inspiration behind the development of the Junior Juniors, HRC's new dedicated section for 8- to 11-year-old children.

Max was nominated for the camaraderie he showed at the last Friday Five race in July. Max finished his race only then to run back to support his teammate who was emotional, offering them encouragement and helping them over the line. Max epitomised the HRC strap line, that we are truly 'Running Stronger Together'.

Well done, Max - we are all proud of you!



Don't forget to send in your nominations for July to Lynnette Garstang, **by 9th August 2024**

New and Returning Members

Please give a warm welcome to Debra Barritt, Benjamine Moore, Jessica Bush, Keshia Rajdeosingh, Kata Kardos, Donna Bray-Ladds, Emily Clark, Lucy Wallis, Emilia Wilson and Fern Hastings.



Great Track Session at Carver Barracks!

There was a fantastic turnout for our first track session at Carver Barracks on 16th July, with around 50 junior and senior members attending.

Thanks to Trev Bunch for a brilliant workout - hope you all enjoyed it.

To avoid us getting into hot water with the MoD, just a couple of things to bear in mind at future sessions:

- The front gates must be locked/shut while we're using the track, so please make sure you're there by 7pm, otherwise you may not be able to get in!
- If you wear spikes, make sure they are appropriate for track running (not too long) and please remember to remove them before entering the pavilion or using the toilets.
- For the time being, please don't use the grassed area in the centre of the track.

The next track session will be on **20th August 2024**. We look forward to seeing you all there

HRC Performs Well in the Friday 5s

The last of the six J M Finn Friday 5 events took place in Great Bentley on Friday 5th July 2024.

We'd like to extend our gratitude to every club member who put on the club vest and represented HRC during the Friday 5 series. Everyone who took part did the club proud, with some fast times and a few PBs being achieved. A special mention goes to the following members, who came in the top three of their respective age categories:

- Ethan Frisby-Bright - MU11 overall 2nd Place
- Zachary Godfrey - MU15 overall 3rd Place
- Kate Russell - FU20 overall 1st Place
- Joshua Wigmore - MU20 overall 2nd Place
- Mark Novels - MV60 overall 3rd Place

Full details of the results from across the series can be found [HERE](#).

Another Fantastic Ekiden!

The 2024 Ekiden Relay took place in the grounds of the Ipswich High School on Sunday 7th July. 189 teams took part in the senior race, and 61 teams took part in the Junior (U16) race.



Well done to our Men's Open team (Ben Smith, Stephen Husband, Chay Hopkins, Nathan Sims, James Withams and Joe Winter) who came 9th, and to our Mixed Open team (John Steel, Ethan Bolton, Paul Mitchell, Michael Banner, Chryl Trundle and Kate Russell) who came 90th. Well done also to our U16 Boys team who finished 5th, and our U16 Girls team who finished 10th in the junior race (see the Junior section below for more details).

The full set of results can be found [HERE](#).

Congratulations to our latest Beginners!



Congratulations to our latest group of Beginners who completed their 10-week course at the HRC Time Trial on 25th July. Some great performances from these folks who should all be very proud of their achievement.

The next Beginners course will start on 26th September, so please spread the word among your friends and family, and indeed anyone else who you think might benefit from this great course.



**10 - WEEK
BEGINNERS
RUNNING
COURSE**

Starting Thursday
26th September 2024

9.30am OR 7.30pm

Haverhill Leisure
Centre

£ 30



Sign up and information at:
haverhillrunningclub.com/beginners-course



JJ News

JM Finn Friday 5 Series (Stowmarket)

Well done to Amalie, Ethan, Jan and Lucy (right) who ran in the fifth race of the series on the 28th June. Amalie and Jan took part in the 1km and Ethan the 2km.



Kesgrave Kruisers 2km

Ethan and Amalie (left) both took part in the 2k race on the 30th June and finished with excellent times and some awesome new T-shirts!

JM Finn Friday 5 Series (Great Bentley)

Great running from Amalie, Elizabeth and Ethan (right) who all ran in the final race of the series on the 5th July. Amalie took part in the 1km and Ethan and Elizabeth the 2km. Ethan finished in joint 2nd place overall in the series in the U11 Boys category. Congratulations to him and all of the JJs who took part over the last few weeks.



Ellisons Ekiden Relay (Ipswich)

Well done to Ethan (left) who joined Cameron, Erik and Zach to take part in the Junior Ekiden 4 x 1 mile relay race in the grounds of Ipswich High School on the 7th July. The team finished in 5th place.

Junior News

5K Summer Series (Race 4 – Saffron Striders)

Seven of our juniors completed the fourth race of the 5K Summer Series on the 4th July, gaining points for the HRC team total. Anaïs, Erik, Ethan, Harry, Lewis, Josh and Thomas all ran superbly around the airfield at Carver Barracks with some fantastic personal bests achieved by Anaïs, Ethan, and Harry.

JM Finn Friday 5 Series (Great Bentley)

Kate (near right), Harry, and Zach (far right) took part in the final races of the series in Great Bentley on the 5th July. Zach claimed first place in the U15 2km race, after a sprint to the line. In the 5-mile race Kate was second U20 female and Harry achieved a PB. Great running from all three of them in very wet conditions.



Kate finished 1st place overall in the series in the U20 Female category, Josh 2nd overall in the U20 Male category, and Zach 3rd overall in the U15 Boys category. Congratulations to them and to all of the other Juniors who took part.

Ellisons Ekiden Relay



Well done to our two teams of runners (far left) who took part in the Junior Ekiden 4 x 1 mile relay race in the grounds of Ipswich High School on the 7th July. Caitlyn, Hebe, Isla and Jamie made up the girls team and Cameron, Erik, Ethan F, and Zach the boys team. The boys finished in 5th place overall and the girls in 10th. Kate and Ethan B (near left) also ran in one of the HRC Senior mixed relay teams, taking a 5km leg each.

HRC Awards & Fun Day

On the 14th July, the Juniors and JJ's, with their families, met with the coaching team at Samuel Ward Academy. We played some team games, had a picnic, and held our 2024 awards ceremony. It was a great opportunity to celebrate the success and dedication of our young runners.

A big congratulations to all the recipients of this year's awards:

- Cross Country – Kate
- Friday 5 Series Overall – Kate
- Friday 5 Series Special Recognition - Amalie F-B, Ethan B, Ethan F-B, Josh, Zach
- Most Improved Male – Josh
- Most improved Female – Hebe
- Commitment to Running Male – Ethan B
- Commitment to Running Female – Kate
- Male Performance of the Year – Thomas
- Female Performance of the Year – Kate
- Coaches Award Male – Harry
- Coaches Award Female - Molly
- Members' Member – Ethan B
- Coach Sil's Special Award – Thomas
- Ekiden Relay Special Recognition – Caitlyn, Hebe, Isla, Jamie, Cameron, Erik, Ethan F, Zach



First Track Session at Carver Barracks

We had a fantastic turnout for our first track session at Carver Barracks on the 16th July. The juniors took part in a challenging 200m rep workout and worked really hard. Everyone is looking forward to the next one on the 20th August!



JJs Training for August

Date	Time	Venue
Thursday 1 st August	6:30pm	Samuel Ward Academy
Thursday 8th August	6:40pm	Kedington Summer Series 2km
Thursday 15th August	6:30pm	Samuel Ward Academy
Thursday 22nd August	6:30pm	Samuel Ward Academy
Thursday 29th August	6:30pm	Samuel Ward Academy

Junior training for August

Date	Time	Venue	Activity
Tuesday 6th August	6:30pm	Castle Manor Academy	200m Reps
Thursday 8th August	6:40pm	Kedington	Summer Series 2km / 5km
Tuesday 13th August	6:30pm	Castle Manor Academy	Hills
Thursday 15th August	6:30pm	Samuel Ward Academy	25min Tempo + Strides
Tuesday 20th August	7:00pm	Saffron Walden	Track Session (Out & Back)
Thursday 22nd August	6:30pm	Samuel Ward Academy	600m/1200m Reps
Tuesday 27th August	6:30pm	Cinema Car Park	1km Reps
Thursday 29th August	6:45pm	Cinema Car Park	Time Trial

Senior Training Sessions

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

	Blue	Green	Yellow	Track (all groups)
06/08/2024	Wilsey Farm Timed out/back Trev Bunch	Homefield Road 500m reps Joan Nevin	Castle Manor (Top Field) Timed out/back Suz Carter-White	
13/08/2024	Mace Hill Hill reps Mark White	Castle Manor (Track) 200m reps Cheryl Trundle	Falconer Road Hill reps Tracy Pelling	
20/08/2024	Castle Manor (Top Field) Blue/Green Groups - Timed out/back Joan Nevin		Castle Manor (Track) 400m reps Horace Shuriah	Carver Barracks Track Mark Novels
27/08/2024	Homefield Road 500m reps Trev Bunch	Mace Hill Hill reps Tracy Pelling	Leisure Centre 1K 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.

IMPORTANT: Please let us know if you'll be attending track training at Carver Barracks on 20th August, by adding your name to the list [HERE](#). If you access the list from your mobile phone or iPad, you may need to download and install the 'Google Sheets APP' first. If you still have problems, simply let us know you'll be attending by responding to the Facebook or web news post when it comes out.

Club Runs and Team Events

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

Date	Time	Venue	Details
1 st August 2024	6.30pm	Leisure Centre	<u>Summer Route 8 (New for 2024)</u>
8 th August 2024	7.30pm	Kedington	<u>5K Summer Series (Kedington)</u>
15 th August 2024	6.30pm	The Plough, Hundon	<u>Hundon Plough Pub Run</u>
22 nd August 2024	6.30pm	Royston	<u>5K Summer Series (Royston)</u>
29 th August 2024	6.30pm	Leisure Centre	<u>Summer Route 2</u>

Keep a look out for any last-minute changes on [Facebook](#) or the [News](#) section of the website.

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](#).

5K Summer Series (Kedington)

The next 5K Summer Series event be hosted by HRC and will take place on **Thursday 8th August** in Kedington.

Given that we're playing a home game we expect a good turnout from HRC members. Remember, it isn't just about how fast you can run, it's about being part of the team and scoring points – everyone's important, no matter what position you finish in. And yes, there's a steep hill involved early on, but that's why we do hill training! In any case, once you get to the top it's downhill practically all the way back to the finish line.



The event would not of course be possible without our dynamic duo (Andrew Bell and Hayley Wilson) who have worked tirelessly to organise the event. Not forgetting, of course, our band of volunteers, without whom the event would just not be possible. Thank you all!

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

Did someone say: 'Pub Run'?

Following the resounding success of previous pub runs, we're pleased to confirm that the next one will be taking place from **The Hundon Plough on Thursday 15th August 2024**.

Meeting at the pub from 6.30pm, we'll check you in, send you off on your countryside adventure, and meet back at the pub for some light refreshment. If you want food, you're advised to book in advance.

You'll have the choice of the full route (about 7 miles), or the shorter route (about 4 miles), which can both be accessed [HERE](#). Whichever route you chose, please make sure you are familiar with it, or bring along the instructions with you. Both routes are along quiet country lanes, so no trail running this time!

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

Haverhill Running Club

SUMMER BBQ

5K Fun Run
Games
Raffle
Great food

18th Aug 2024
From 2pm

Serenity Lakes
Board Barn Farm, Camps Road,
Helions Bumpstead, CB9 7AU

The HRC Summer BBQ is Nearly Here!

Don't forget that the HRC Summer BBQ will be taking place on **Sunday 18th August 2024**.

As always, there'll be a host of activities for your enjoyment, including a 5k fun run, a raffle, other fun and games, and lots of delicious food (at a very reasonable price). Unfortunately, it won't be possible to offer swimming in the lake this year, but we're sure you'll enjoy what else we've got to offer.

If you haven't yet told us you'll be coming, now's the time to do so as we need to plan food etc. Please use the form [HERE](#) or scan the bar code in the poster opposite to let us know if you'll be attending, along with details of any specific dietary preferences, as soon as possible, and certainly **no later than 12th August**.

Raffle tickets will be going on sale shortly. If you'd like to donate a raffle prize please let one of the **committee members** know.

Round Norfolk Relay: A Gentle Reminder!

Don't forget that the Round Norfolk Relay (RNR) takes place on 14th and 15th September. That's only a few weeks away!

If you've already put your name down to run, please make sure you e-mail Stephen Reyes with your full name and date of birth (**sereyes45@gmail.com**).

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).

Without sufficient volunteers we won't be able to participate in the event so please do consider putting yourself forward for one of these roles by e-mailing Stephen as soon as possible. Alternatively, call or text Stephen on 07876565548 if you need to clarify anything before you commit.

And if you need more encouragement, take a look at the **October 2023 Newsletter** to see what HRC runners and volunteers had to say about last year's event, and what you'd be missing out on if you let the opportunity pass you by. Alternatively, have a chat with any of our members who have taken part in previous years. Seriously folks, it's a fantastic event!

Come on folks! We really can't do this without your help. Join the 2024 RNR Team NOW!

HRC End of Year Celebration and Awards Night

We're pleased to announce that this year's End of Year Celebration and Awards Night will be held at **Haverhill Golf Club** on **Saturday 30th November 2024**.

This prestigious event will celebrate everything that's good about the Club, especially its members and their fantastic achievements over the last 12 months.

Tickets are very reasonably priced at £25, which includes a welcome drink, hot and cold buffet with dessert, the awards ceremony itself, and of course dancing, courtesy of Disco Kitchen.

We know it's early days, but tickets are limited. So, why not reserve your tickets now for what promises to be a fantastic evening. Simply complete the booking form **HERE** or scan the bar code on the poster opposite.



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.

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
