



# Newsletter

## November 2024

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**Have you submitted your nominations for the HRC Awards yet?**

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

**Don't miss the opportunity**

**[Click here for details](#)**



### Member of the Month

Member of the Month for September 2024 was **Jimmy Morrell**.

Jimmy has made great progress in his running over the last few months.

Key achievements have included an impressive 10-mile PB at Felixstowe in a time of 1.15.49, a great run as part of HRC's Round Norfolk Relay team, and the Stour Valley Ultra. He also ran his first ever marathon earlier this year in Brighton, with an impressive time of 3 hrs and 45 mins.

Well done, Jimmy!

Please send your nominations for October to Lynnette Garstang slightly earlier this month, **by 31<sup>st</sup> October 2024**.

### New and Returning Members

Please give a warm welcome to Chris Bareham, Robert Drury, Jeremy Stanhope, Joe Sayer, Emma Hastings, Sarah Thacker, Trevor Hastings, and Amie Turner.

## Celebrations for Sil

Congratulations to Sil for receiving a community award from Councillor Heika Sowa from Suffolk County Council.

This award is made to individuals who have made a difference to their community, working and inspiring others to go the extra mile. It's fantastic to see Sil's tireless work with the HRC Juniors and JJs to be recognised and celebrated in this way.



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## October Race Rundown

It's been a fantastic month for HRC, with so many members improving their times and achieving new PBs. Details have been posted on Facebook each week but in case you've missed these posts, or are not on Facebook, here's a quick rundown of the highlights. Apologies to anyone we've missed.

- Hayley Wilson ran Felixstowe 10M narrowly missing her 10M PB but still beating her previous course time by a staggering 20 minutes!
- Ross Arnold ran the Nicholas Hospice 10k coming away with a new 10k PB of 46:11.
- Joe Winter ran the Ipswich Half Marathon achieving a new PB in a great time of 1.28.
- Mark Novels ran the Berlin Marathon in 3.17, placing him in the top 5% of his age category and giving him an age qualifying time for London, New York and Boston!
- Andy Gage gave an impressive run in the 51K South Downs ultra and the Beachy Head Ultra – the latter having great views but with an elevation of around 4,500 ft - ugh!
- In the Cambridge Town & Gown 10K, Chay Hopkins achieved an astounding 32:58 finish time putting him in 2nd position in the club records! There was also a steady flow of PBs from other Club members, including Nathan Sims, Kate Russell, Lisa Bruton and Jimmy Morrell.
- In the Abington 10K Josh Wigmore finished 4<sup>th</sup> overall taking 1st for his age category, alongside Ethan Bolton who finished 2nd with a new PB. There were PBs from other Club members too, including Joanne Rosenwold, Rhiannon Marie, Diena Bolton and Ross Arnold. In the 5k, Stephen Husband took overall 2nd and notched up an impressive PB too!
- Kristina Selleck ran a great race in the Capel 5M as part of the Suffolk Grand Prix.
- At the Great Easter Run, Chay Hopkins finished in an amazing time of 1.10, putting him 26<sup>th</sup> out of 3000, and giving him a championship qualifying time for the 2025 London Marathon. James and Charlie Minnette both came in under 1.40.
- Jimmy Morrell ran the Lady Bower 54K ultra in an impressive 7.44, despite the mixed terrain!
- Ben Smith ran his first marathon in Chelmsford, achieving an impressive time of 3.21.
- Shirley Fowler ran the Blickling HM in a time of 2.05, coming 3rd in her age category.
- Clare Fitzjohn and Simon Wallis ran the Amsterdam Marathon, both achieving sub-3.40s. This was Clare's first marathon and a new PB for Simon.
- Lisa Bruton, Ross Arnold and Ray Mooney achieved great times in the Duxford Dash. Lisa also ran the Royal Parks Half Marathon, achieving a 4 min 33 second PB.
- Alan Emery could have had a quiet weekend at home, but instead decided to run the Jurassic Coast 100km ultra! Seriously impressive.
- Joanne Rosenwold achieved a great time in the Fen 10.
- There were fantastic performances by our JJs and Juniors at various events throughout the month – details of these can be found in the JJ and Junior update below.

Well done everyone – you are all amazing!



## Journey of Joy?

'Journey of Joy' is the slogan adopted by the organisers of the 50<sup>th</sup> Berlin Marathon, which took place on 29<sup>th</sup> September 2024. An odd pairing, especially in view of all the hard work that goes into training before the race, not to mention the pain you have to endure to finish it! That said, the 'joy' of participating in such a fantastic event that is now the largest of the world majors, with a staggering 54,280 finishers in 2024, cannot be denied.

Everyone has their own reasons for doing a marathon. Conquering fear of failure and challenging oneself both physically and mentally are some of the reasons. However, it can be an emotional experience too, and this was certainly the case for me in Berlin. Berlin gave me the opportunity to run a world major in one of my favourite cities, a city that was once home to my own ancestors.



Having secured my place in December I set my sights firmly on improving my PB, from 3 hours 24 minutes, to 3 hours 15 minutes.

But alas, my plans were scuppered when I discovered I needed two operations, one on my left foot, which meant pulling out of training and cancelling events I'd booked early in the year. But I remained resolute that Berlin should not be affected, albeit that I might not achieve the time I wanted.



Training commenced in mid-May and carried on throughout the summer months, finishing with a three-week taper before the event. By that time, I was confident that I could go the distance but less confident that I could achieve or maintain the pace I needed to improve my time. I was also worried that problems with my foot could flare up again. But hey, runners are always complaining about something – there's always a niggle or six to worry about, right?

On 26<sup>th</sup> September, Kurt and I set off to Berlin with a nice new pair of bright orange Pumas and an equally bright orange running top that could stand out in the crowd! After settling into our hotel, we caught the U Bahn over to the old Tempelhof airport to pick up my race bib and visit the Expo. The Expo was impressive in terms of its size and might have been a lot of fun, but the queues to

pay for goods were dreadful, so we settled on a beer and chicken burrito instead! Over the next couple of days, we wandered around Berlin (sometimes aimlessly) to check things out and find the best observation spots for Kurt. The city was a buzz of excitement.

On race day, I got up around 5.30am, had breakfast and ambled the 1.7 miles from our hotel to the start area in Tiergarten. The sky was bright blue and although it was a little chilly in the shade, it was pleasantly warm in the sunshine – perfect weather for a 26-mile run.

Having deposited outer layers at the extremely well organised bag check, I visited the 'usual' places, did a quick warm up, and made my way to starting block D on the Strasse des 17 Juni, which runs between the Brandenburg Tor and Siegessäule, the victory column that stands on the large circular roundabout further down. At 9.15am, after standing around getting cold for about half an hour, the start gun went off. However, although my block was part of the first wave, it took 15 minutes to reach the start line and get on my way!



[f](#) [@](#) /WorldMarathoner



I won't go into too much detail about the route, other than the fact that it takes in a lot of the main areas of central Berlin and is very flat – bliss! This meant pacing was easier, and I was pleased to achieve and maintain an average pace of around 7.30 min/km. On the whole, the race felt very comfortable, and I probably could have gone a bit faster early on, but I didn't want to screw things up for myself in the later stages.

Around 35km my legs were starting to get a bit tired, and my brain was teasing me with the option of walking for a bit or having a stretch, but I resisted, knowing full well how hard it would be to get going again. The next 6km felt like an eternity but then, just after the 41km marker, we emerged onto Unter den Linden, and the Brandenburg Tor was in sight. As I passed under Brandenburg Tor, I felt a wave of emotion but that was quickly squashed by the realisation that there was still around 0.2 miles to go to the finish line. The sound of the crowds cheering was carrying me forward, but even so, why does that last 0.2 miles always feel like it may as well be another 3?

As I crossed the finish line, I stopped my watch (as you do) and whilst I hadn't achieved my target of 3 hours 15 minutes, I had come very close, with 3 hours and 17 minutes. I also later found out that I had finished in the top 16% overall and in the top 5% of the 60-65 age category, which made me feel very proud.

Running the Berlin Marathon has not been without its challenges, but it's been an exciting and rewarding experience and one that I will always cherish. It has also made me realise what I now want from my running and given me the courage and the confidence to pursue it. All things considered, I guess it really was a 'Journey of Joy'.



**Mark Novels**

## HRC Member to Represent England

Following the recurrence of a past medical condition, John Nevin has sadly not been able to participate in any racing events since September 2023. Apart from the Abington 5K, which he ran with his grandchildren, last month's Great Eastern Half Marathon in Peterborough was his reintroduction to the world of racing, and an opportunity to qualify to represent England as a Masters Athlete.



Clearly, John's treatment at the Royal Papworth has been very successful as his race time and position at Peterborough was sufficient for him to regain his place in the English Athletics Masters Half Marathon team for 2025, which will take place in Swansea on 8<sup>th</sup> June.

Huge congratulations to John for this achievement, which was confirmed in a letter from England Athletics, who commented that *"the standards of masters road running are improving every year, so this is a huge achievement"*.

If anyone is interested in securing a place as a Masters Athlete, irrespective of distance, John would be very pleased to discuss the procedure for qualification.

# JJ News

## New Hoodies for our JJs

**JMP**  
Furniture Solutions

[www.jmpfurniture.co.uk](http://www.jmpfurniture.co.uk)



A massive THANK YOU to our kit sponsor JMP Furniture Solutions (Shirley Fowler) for kindly providing HRC hoodies to all of our younger club members.

Established for over 25 years, JMP Specialise in the design, manufacture and installation of bespoke furniture for every room in the house. Whether you are looking for a one-off piece of free-standing furniture, or a fully fitted home office/bedroom/Media wall, JMP specialise in bringing your ideas to life.



As a family run business, JMP prides itself on offering an exceptional, personalised service from the design stage right through to delivery/installation. All of its furniture is manufactured in-house and installed by its own team of highly skilled fitters.

If you are looking for something that is a little bit special, why not have a completely bespoke item designed and manufactured to your exact requirements by JMP.

### Inter-Schools Cross Country Event

Castle Manor hosted an inter-school cross county event. This was a great opportunity for our JJs to compete against their peers and also spread the word about our fantastic club (see photo left).

### Ipswich Jaffa Cross Country Event – Bourne Park

Six of our amazing JJs (right) took part in the U11 mixed team 3 x 2km relay race at Bourne Park on the 20th October. They all ran amazingly. HRC Juniors & JJs came 6th out of 11 teams overall.





### Castle Playing Fields Junior Parkrun

Congratulations to Lucy (top left) on her first place and brilliant 2km PB of 11:29!

### The Founder of Parkrun Meets Ethan

Paul Sinton-Hewitt CBE (top centre) was lucky enough to meet the legend Ethan at Storeys Field parkrun this month!

### Cambridge Town & Gown 3km

Well done to Ethan (top right) who achieved an amazing time of 13:16 in the 3km in Cambridge on the 6th October.

## Junior News

### New Hoodies for our Juniors



[www.qacoustics.co.uk](http://www.qacoustics.co.uk)



Another massive THANK YOU goes to our Junior kit sponsor Q Acoustics (Mark Phillips) for kindly providing HRC hoodies to all of our Juniors.

Q Acoustics, a multi-award-winning hi-fi brand founded by audio experts in 2006, is excited to announce its sponsorship and support of the Haverhill Junior Running Club. The company hopes its patronage will help encouraging young people to stay active and pursue a healthy lifestyle while strengthening ties with its diverse community.



George Dexter, Managing Director, Q Acoustics, expressed his enthusiasm for the collaboration: *“We are delighted to be sponsoring the Haverhill Junior Running Club. At Q Acoustics, we recognise the importance of supporting initiatives that encourage physical activity and foster community spirit. The club does fantastic work in providing a platform for young athletes to grow and develop their skills, and we’re proud to be a part of their journey.”*

### **Ipswich Jaffa Cross Country Event – Bourne Park**

Eleven of our amazing juniors took part in the relay races at Bourne Park on 20th October. They all did brilliantly. A special mention for Thomas (left), who ran the 1st leg for one team and the 3rd leg for another team. He was only 10 seconds slower on his second 3km! Two of our teams finished in 3rd and 4th place and HRC Juniors & JJs came 6th out of 11 teams overall.

### **100th Parkrun for Zach**

Congratulations to Zach (right) who completed his 100th Parkrun in style this month with a first place finish and a Clare Castle course PB of 19:23!

### **Tiptree 10 Mile**

Great running from Ethan (below) with a PB in the 10 mile race at Tiptree on the 13<sup>th</sup> October. He completed the course in 1 hour 11 mins!



### **Great Eastern Run**

Well done to Charlie (right) for completing his first Half Marathon in Peterborough on the 13<sup>th</sup> October. He did a brilliant job pacing his Dad to a time of 1:36.

## JJ training for November

Date	Time	Venue
Thursday 7th November	6:30pm	Samuel Ward Academy
Thursday 14th November	6:30pm	Samuel Ward Academy
Thursday 21st November	6:30pm	Samuel Ward Academy
Thursday 28th November	6:30pm	Samuel Ward Academy

## Junior training for November

Date	Time	Venue	Activity
Tuesday 5th November	6:30pm	Castle Manor Academy	Mini circuit
Thursday 7th November	6:30pm	Samuel Ward Academy	Fartlek
Tuesday 12th November	6:30pm	Castle Manor Academy	Pyramid – Out & Back
Thursday 14th November	6:30pm	Samuel Ward Academy	1km Reps
Tuesday 19th November	<b>7:00pm</b>	<b>Saffron Walden</b>	<b>Track</b>
Thursday 21st November	6:30pm	Samuel Ward Academy	Bingo
Tuesday 26th November	6:30pm	Castle Manor Academy	200m Reps
Thursday 28th November	<b>6:45pm</b>	<b>Cinema Car Park</b>	<b>Time Trial</b>

## Senior Training Sessions

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

	Blue	Green	Yellow	Track (All Groups)
05/11/2024	Railway Walk Timed out-backs Mark White	Chapple Drive 400/500m reps Joan Nevin	Falkland Road Hill reps Horace Shuriah	
12/11/2024	Hollands Road 1K reps Cheryl Trundle	Leisure Centre 500m reps Tracy Pelling	Leisure Centre 1K reps Hayley Wilson	
19/11/2024	Chapple Drive All Groups - 400/500m reps Joan Nevin			Carver Barracks Track Training Mark Novels
26/11/2024	Leisure Centre 400m reps Mark Novels	Falconer Road Hill reps Mark White	Railway Walk Time out/back 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.

All training sessions are at 6.30pm, with the exception of track training at Carver Barracks, which is at 7pm. Please let us know if you'll be attending track training at Carver Barracks on 19<sup>th</sup> November, by adding your name to the list [HERE](#).

## Club Runs and Team Events

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

Date	Time	Venue	Details
3 <sup>rd</sup> November 2024	From 10.40am	Framlingham	<b><u>Race 1 of Suffolk Winter XC League</u></b>
7 <sup>th</sup> November 2024	6.30pm	Leisure Centre	<b><u>Winter Route 4</u></b>
14 <sup>th</sup> November 2024	6.30pm	Leisure Centre	<b><u>Winter Route 5</u></b>
21 <sup>st</sup> November 2024	6.30pm	Leisure Centre	<b><u>Winter Route 6 (in reverse)</u></b>
28 <sup>th</sup> November 2024	7pm	Leisure Centre	<b><u>HRC Time Trial</u></b>

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**.

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## Suffolk Winter League XC Series

The first Suffolk Winter League XC event will be held in Framlingham on 3<sup>rd</sup> November 2024. Details below:

- **Venue:** Framlingham Sports Club, Badingham Road, IP13 9HS.
- **Date:** Sunday 3<sup>rd</sup> November
- **Approx. Race Times and Distances:**
  - Juniors (11-16) 10.40am.
  - Under 11's 10.42am
  - Seniors (17+) 11am.
- **Fees:** It's FREE – HRC will pay all entry fees for HRC members
- **Facilities:** Parking, Changing Rooms, Toilets, Showers all available at race HQ.
- **Refreshments:** There will be a 'tea and cake' stall (cash only), and the Clubhouse Bar will be open after the race.
- **Further Info:**
  - Please carshare wherever possible as this greatly reduces the strain on the host club.
  - The start/finish area will be on Castle Meadow – a 5 min walk from Race HQ.

Dates for the remaining Winter League XC events, including HRC's own XC event on 19<sup>th</sup> January 2025, are shown on the **HRC Website**. Make sure you get these dates in your diary!

These are fantastic team events and are a huge amount of fun. We know that some of you are not attracted to the idea of cross country running, but how do you know unless you give it a go?

- Yes, the terrain might be a bit more challenging than you've been used to, but variety is the spice of life, and the challenge of cross country will help you become a stronger runner.
- Yes, it could be a bit muddy, but it washes off!
- Yes, it might be a bit cold and possibly a bit wet, but you won't notice it after you've been running for a bit. And of course, there's always a nice hot bath to look forward to when you get home!

Even if we can't persuade you to run in these events, we hope you won't need any persuading to volunteer to support our own event in January.

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## 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 must let Ian know via [this link](#), **no later than 24<sup>th</sup> November**. 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 the process, though please note that the rules will change in December (see further details below)

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## New Look HRC Club Championship for 2025

After much consideration, we've decided to make some changes to the format of the Club Championship.

The new format aims to encourage more support for local races, greater participation by our members at these races, and better promotion of HRC at both team and individual events.

The new format will apply to results submitted for eligible races that take place on or after 1<sup>st</sup> December 2024.

Full details of the 2025 Club Championship, including the rules and the eligible events that you can submit results for, are now on the HRC website [HERE](#). Please take a moment to review this information to ensure that your race planning takes it into account.

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## Welfare Matters!

A warm welcome to both new members and old from your HRC Welfare Team – Trev Bunch, Suzanne Pattinson, and Tracy Pelling.

Please feel free to chat to any of us about anything welfare related. We are often around on a club night and are good listeners. We can help signpost if you need support, or if you have a concern about anyone else.

Take a look at the [Welfare Page](#) on the HRC website for more information.

You might also find the following link very helpful: <https://www.englandathletics.org/welfare/mental-health-and-wellbeing/>

Balancing work, family and training can be a challenge but as our strap line says, we're **“running stronger together”**. Also being there for each other, if for some reason we are unable to train.

You welfare matters, so do reach out!

## HRC End of Year Celebration and Awards

A reminder that this year's End of Year Celebration and Awards Night will be held at Haverhill Golf Club on Saturday 30<sup>th</sup> November 2024.

Please reserve your tickets **by 14<sup>th</sup> November** by completing the booking form [HERE](#). Or you can scan the bar code on the poster below to access the booking form. Don't miss what promises to be a great evening!



And don't forget to send in your nominations for the various Awards.

You can submit your nominations [HERE](#).

Closing date: 12 noon on 4<sup>th</sup> November 2024.

Voting for Member of the Year is also coming shortly, so keep an eye open for that.

## Notice of Annual General Meeting

The HRC Annual General Meeting will be held at **7.45pm on Thursday 5<sup>th</sup> December 2024** (after the Club run), **at Haverhill Arts Centre**. An agenda will be published in due course.

The AGM is the point at which the current committee year comes to an end and, whilst some of the current members may decide to stand for nomination for another term, we are likely to need some new faces. As such, now is the time to consider whether you would like to get involved.

The Committee plays a critical role in both the day-to-day running of the Club, as well as in determining and implementing operational strategy. It's a great opportunity to get involved and support the Club and can be very interesting and rewarding. Most importantly, the Club cannot continue to exist without it!

With this in mind, please consider nominating yourself for one of the roles. Links to descriptions of the main roles can be found [HERE](#). And if you are unsure, please feel free to speak to the Chair or any of the other Committee Members (details [HERE](#)), who would be happy to provide you with further information.

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## 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.

### November 24

- 3 Suffolk Winter League XC (Framlingham)
- 30 HRC End of Year Celebrations and Awards (Haverhill Golf Club)

### December 24

- 1 Suffolk Winter League (Woodbridge)
- 5 HRC Annual General Meeting (Haverhill Arts Centre)

### January 25

- 12 Suffolk Winter League XC (Haughley Park)
- 19 Suffolk Winter League XC (Horseheath)

### February 25

- 9 Suffolk Winter League XC (Pakenham)
- 16 Suffolk Winter League XC (Southwold)

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## Anything for the Kindness Rail?

Now that the summer months have passed, why not take the opportunity to have a rummage through your old running gear to see if there's anything you can contribute to the Active Kindness Rail. All items in good condition would be very much appreciated. Simply take them along to the Leisure Centre to donate them.

## **Last Call for our Charity of the Year!**

Awards Night will be our last opportunity to raise money for Suffolk Mind, our Charity of the Year for 2024. If you, or someone you know, would like to donate a raffle prize, to be drawn at the HRC Celebration and Awards Night on 30<sup>th</sup> November (details on page 11 above), please speak to someone on the Committee or drop us an e-mail to [secretary@haverhillrunningclub.com](mailto:secretary@haverhillrunningclub.com)

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## **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](mailto:newsletter@haverhillrunningclub.com)

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