



Newsletter

October 2024

Contents

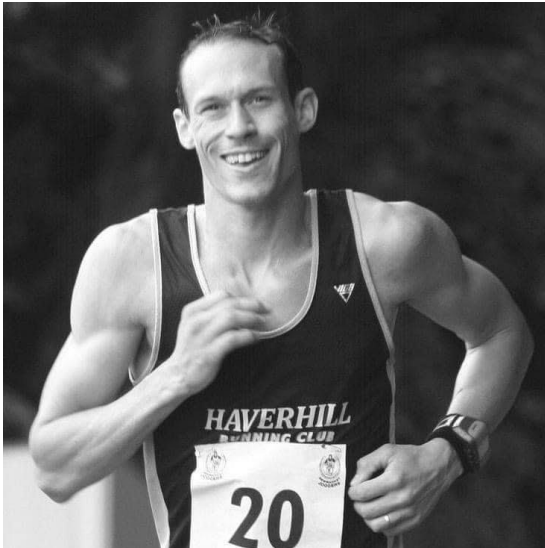
	Page
Member of the Month	1
New and Returning Members	1
Round Norfolk Relay – Another Triumph!	2
JJ News	3
Junior News	3-4
Senior Training Sessions	4
Club Runs and Team Events	5
Suffolk Winter League XC Series	5
End of Year Celebration and Awards	6
Race Results, PBs and Club Championships	7
Dates for the diary	7
Comments and Feedback	7

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

Don't delay, book today!

[See page 6 for details](#)

Member of the Month



Member of the Month for August was **Andrew Bell**.

Andrew has been a running club member for a very long time and has even been the Club Chair in the past. He gets Member of the Month for August for taking on the role of Race Director for HRC's very successful 5K series event in Kedington.

Organising the race had many obstacles, having to overcome the many different terrains, closing off roads, and ensuring it was a safe and great race for all participants.

The feedback on the day from all participating clubs was exemplary and made HRC very proud.

A massive 'well done' Andrew!

Don't forget to send in your nominations for September to Lynnette Garstang, **by close of play on 4th October 2024**

New and Returning Members

Please give a warm welcome to Arthur Smithson, Will Munro-Dovaston, Ralph French, Marli Bagley, Lexi Davis, Sarah Jacobs, and Jade Morgan.

Round Norfolk Relay – Another Triumph!

The Round Norfolk Relay (RNR) took place on 14th and 15th September and as always, it didn't disappoint. The weather was perfect, the atmosphere was electric, and everyone enjoyed the unique experience.

A big thank you and huge congratulations to the HRC team – runners, cyclists, timekeepers, drivers and of course our fabulous RNR leader, Stephen Reyes. HRC came 54th overall and there were some fantastic performances from our team members in their individual stages. Those involved are shown below:

Stage	From/To	Miles	Runner	Cyclist	Drivers/Timekeepers
1	Kings Lynn to Hunstanton	16.32	Ben Smith	Alison Austin	Stephen Reyes and Horace Shuriah
2	Hunstanton to Burnham Overy	13.75	Mat Cowell	Alison Austin	
3	Burnham Overy to Wells	5.76	Ethan Bolton	Alison Austin	
4	Wells to Cley	11.14	Sheree Reilly	Alison Austin	
5	Cley to Cromer	10.81	Dan Pelling	Alison Austin	
6	Cromer to Mundesley	7.90	Kate Russell	Alison Austin	
7	Mundesley to Lessingham	9.24	Tracy Pelling	Clare Everitt	
8	Lessingham to Horsey	7.52	Dan Everitt	Clare Everitt	
9	Horsey to Belton	16.60	Stuart Nunn	Suzanne Patterson	Lynnette Garstang, Mark Novels, and Mary Ann Tuli
10	Belton to Ditchingham	17.72	Andy Gage	Suzanne Patterson	
11	Ditchingham to Scole	14.90	James Morrell	Vilma Johnson	
12	Scole to Thetford	18.88	Alan Emery	-	
13	Thetford to Feltwell	15.00	Shirley Fowler	-	
14	Feltwell to Wissington	7.27	Sil Clay	-	
15	Wissington to Downham Market	10.59	James Minnette	-	
16	Downham Market to Stowbridge	5.49	Harry Minnette	-	
17	Stowbridge to Kings Lynn	11.73	Charlie Minnette	James Minnette	



Next year's event will be held on 14th and 15th September 2025 so, irrespective of whether you've taken part before or not, in any capacity, we hope you'll consider putting your name forward to run or cycle one of the stages, drive the support vehicle, or help out in some other way – there are always plenty of jobs to do!

And if you're still not totally convinced, speak to Stephen or any of the 2024 team members who would be happy to offer you their perspective and help you come to an 'informed' decision. Or why not come along to the RNR team social at 7pm on Wednesday 2nd October, at the Flying Shuttle, to find out more.

Here's looking forward to RNR 2025!

JJ News

Southend Open

Ethan and Amalie (right) took part in some track races at Southend Open. Amalie ran in the 120m and 400m. Ethan took part in the 100m, 200m, and 1500m races. Well done both!



Junior News

Round Norfolk Relay

Well done to Charlie, Ethan, Harry and Kate (below), who all took part in the Round Norfolk Relay as part of the HRC squad completing over 200 miles. Tremendous efforts from them all. Any juniors who are 15 or older by next September are eligible to take part, so let us know early if you are interested.



A Triathlon and an Aquathlon for Thomas

An early start and a long day of racing for Thomas as he competed in THREE triathlons at the Super Series in Eton, Windsor. Each involved a 350m open water swim, 4.7km bike ride, and 1.5km run. This was a new format for Thomas, who was competing against the best of his age and seniors. It was fast and furious and even tougher than he expected. Thomas showed amazing resilience in finishing all of his races. Well done!

Thomas also raced a Sprint Aquathlon in the hilly grounds of Belvoir Castle, competing in an 800m Swim and 5km run. He came first overall by about 7 minutes! Congratulations Thomas.

JJs Training for October

Date	Time	Venue
Thursday 3 rd October	6:30pm	Samuel Ward Academy
Thursday 10 th October	6:30pm	Samuel Ward Academy
Thursday 17 th October	6:30pm	Samuel Ward Academy
Thursday 24 th October	6:30pm	Samuel Ward Academy
Thursday 31 st October	6:30pm	Samuel Ward Academy

Junior training for October

Date	Time	Venue	Activity
Tuesday 1 st October	6:30pm	Castle Manor Academy	400m Reps
Thursday 3 rd October	6:30pm	Samuel Ward Academy	600m/1200m Reps
Tuesday 8 th October	6:30pm	Castle Manor Academy	Hills (Short & Sharp)
Thursday 10 th October	6:30pm	Samuel Ward Academy	Fartlek
Tuesday 15 th October	7pm	Carver Barracks	Track
Thursday 17 th October	6:30pm	Samuel Ward Academy	25min Tempo + Strides
Tuesday 22 nd October	6:30pm	Castle Manor Academy	200m Reps
Thursday 24 th October	6:45pm	Cinema Car Park	Time Trial
Tuesday 29 th October	6:30pm	Castle Manor Academy	Progressive Hills
Thursday 31 st October	6:30pm	Samuel Ward Academy	600m/1200m Reps

Senior Training Sessions

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

	Blue	Green	Yellow	Track (All Groups)
01/10/2024	Chapple Drive 400/500m reps Trev Bunch	Leisure Centre 400m reps Horace Shuriah	Falconer Road Hill reps Joan Nevin	
08/10/2024	Falconer Road Hill reps Mark Novels	Hollands Road 1K reps Joan Nevin	Chapple Drive 400/500m reps Hayley Wilson	
15/10/2024	Leisure Centre All Groups - 1K reps Horace Shuriah			Carver Barracks Track Training Mark White
22/10/2024	Leisure Centre 500m reps Mark Novels	Falklands Road Hill reps Cheryl Trundle	Hollands Road Timed out/back Suz Carter-White	
29/10/2024	Falklands Road Kenyan Hills Trev Bunch	Railways Walk Timed out/back Joan Nevin	Leisure Centre 500m reps Cheryl Trundle	

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 15th October, by adding your name to the list [HERE](#). You may need to download and install the 'Google Sheets APP' first, but if you still have problems, simply let us know you'll be attending by responding to the Facebook or web news post.

Club Runs and Team Events

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

Date	Time	Venue	Details
3 rd October 2024	6.30pm	Leisure Centre	Winter Route 7
10 th October 2024	6.30pm	Leisure Centre	Winter Route 1
17 th October 2024	6.30pm	Leisure Centre	Winter Route 2
24 th October 2024	7pm	Leisure Centre	HRC Time Trial *
31 st October 2024	6.30pm	Leisure Centre	Winter Route 3

* Please note that due to a clash with Halloween and a potential increase in Health and Safety risk, the October Time Trial will be held a week earlier than usual.

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](#).

Suffolk Winter League XC Series

Dates for the 2024/25 Suffolk Winter League XC Series have been announced (see the [HRC Website](#) for details). The first of these events will be held in Framlingham on 3rd November 2024 and HRC's own event will be on 19th January 2025, so 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 quite so much 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 support our own event as a volunteer in January.

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 30th November 2024**.

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

To reserve your tickets for what promises to be a thoroughly enjoyable evening, simply complete the booking form [HERE](#) or scan the bar code on the poster below to access the booking form.



The poster features a black background with a shimmering gold glitter border at the top and bottom. The text is centered and reads:

Haverhill Running Club

*Celebration
and Awards
Night*

30TH NOVEMBER 2024 - 7-11PM

HAVERHILL GOLF CLUB

WELCOME DRINK, BUFFET, AWARDS, DISCO

DRESS TO IMPRESS

TICKETS £25



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.

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)
-

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
