



Newsletter

December 2024



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**Season's Greetings and
a Happy New Year to
all our members**

Member of the Month

Congratulations to **Chay Hopkins** and **Clare Fitzjohn** who were voted as joint Member of the Month for October 2024!



Chay finished 14th with a sub 33 minutes and a spot on the leader board in the Cambridge Town & Gown. Then just one week later, he ran a 70-minute Half Marathon, another spot on the leader board and a championship qualification for the London Marathon in 2025. Absolutely fantastic!

Clare smashed her first Marathon in Amsterdam by achieving a sub-3.40, giving her a 'good for age' qualifying time for the London Marathon in 2025, and all off the back of a leg injury!

Please send your nominations for November to Lynnette Garstang **by 6th December 2024.**

New and Returning Members

Please give a warm welcome to Steve Foster and Jakub Bielez.



The HRC Annual General Meeting will be held at **7.15pm on Thursday 5th December 2024** (after the Club run), at **Haverhill Arts Centre**, 42 High Street, Haverhill, CB9 8AY. The club run that evening will be at a slightly earlier time of 6pm to ensure members have time to get to the meeting afterwards.

Details of the meeting, including the Agenda and other key information relating to specific agenda items, are on the website [HERE](#).

A key objective of the AGM (under item 7) will be to elect a new Committee. All roles (Chair, Treasurer, Secretary, Men's Captain, Ladies Captain and x 8 Ordinary Members) are up for election. Role descriptions for each of these roles can be found [HERE](#).

Some existing Committee members have agreed to stand for re-election but due to the resignation of other members, we are especially keen to receive nominations for the roles of Treasurer, Ladies Captain and Men's Captain.

If you are interested in these or any of the other committee roles, please do consider standing for election. Nominations can be submitted before or during the meeting. And if you are unsure, please take a look at the role descriptions and/or speak to the current post holder, or the Chair (details [HERE](#)), who will be more than happy to explain what's involved.

Remember, this is your club, but it cannot continue to operate without your support!

We look forward to seeing you on 5th December.

Award for Junior Team

Congratulations to Sil and her team who were runners up for 'Club of the Year' at the Active Suffolk Awards in November.

This award is yet further evidence of the Team's hard work and tremendous accomplishments over the last few months.

We are all immensely proud of you and what you have achieved!



November Race Rundown

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

- Ross Arnold combined running and strength to come 27th (of 169) in the Nuclear Fallout 14km OCR.
- Alan Emery swapped his usual ultra distances for the Bonfire Burn 10k, and even managed to get a PB whilst doing it, finishing in 45:55.
- Sunday 3rd November marked the start of the Cross-Country season, kicking off in Framlingham. Haverhill was well represented in both junior and senior races, with every runner doing HRC proud.
- Bill Banner, Glenn Fruish and Liz Paxton took part in the Remembrance 10k with Glenn managing a sub-50. Danielle Hutton also took part in the race, which also happened to be her very first 10k.
- Andy Brown took part in the George Memorial 10k, a great race over in Wisbech.
- Joanne Rosenwold and Kristina Selleck smashed the Stowmarket Scenic 7, with Joanne managing a huge 4 minute 11 PB (59:34), and Kristina managing a sub 1 hour.
- Several members ran the Stebbing Remembrance 10 miler, a fantastic race just up the road, albeit slightly hilly. Huge well done to Ben Smith, John Steel, Sheree Reilly, and especially to Hayley Wilson who managed a 3 min PB.
- Sil Clay and Shirley Fowler found a brilliant coastal half marathon to run.
- We had fantastic representation at St Neots Half Marathon. With the race quite possibly being one of the last that will contribute to the final PB league standings, runners came out focused and determined:
 - Stephen Reyes managed a sub 2hr time, mere seconds from his time 5 years ago.
 - Sarah Carpenter managed a time of 2:12, a week after recovering from a chest infection.
 - Simon Wallis managed a PB of 1:34:43, over 2 minutes off his previous best 8 years ago.
 - Competing for top of the PB leader board, Andy Gage and Hayley Wilson both put in a cracking performance, with Andy smashing out another PB run of 1:43:09 (25 mins better than his last performance here), and Hayley beating her previous PB by 30 minutes and conquering the sub 2 hour by some margin, finishing in 1:47:49.
 - Juniors Ethan and Amalie also took part in the fun run, with Ethan managing an impressive finish in 10th position.
- We had two amazingly talented runners representing HRC at the Eastern Counties Cross Country Championships. Joshua Wigmore and Kate Russell showed us just why they are two of the most talented runners in the region, with both putting on a confident performance and doing HRC proud.
- Nine members braved the adverse weather and took part in the Norwich Half Marathon, including Christine Taylor, Diene Bolton, Ethan Bolton (in an amazing 1:36), Andy Brown, Karen North (who got a PB), Mandy Wilson, Natasha Smith and Stacey Castle.
- Jan walker ran the Southwold 10k with her daughters.
- In Hadleigh, Mary Ann Tuli did the 5 Mile race, a difficult course even without the wind, and Chris Bareham ran the 10 Mile race.
- Jack & Ben Hazlewood ran the Silverstone 10k, a course which offered precisely zero protection from the wind. They sailed through it with determination, Jack even running an impressive 54:45.
- Final standings in the Suffolk GP were announced – congratulations to Kristina Selleck and Ben Smith who both placed 2nd in their respective age categories!

Well done everyone!

JJ News

St Neots Fun Run

Well done to Amelie and Ethan (near right) for representing the club at the Fun Run in St Neots on the 17th November.

Suffolk Winter XC League (Framlingham)

Brilliant running from Fran, Lucy and Max (far right) who all travelled to Framlingham to take part in the first race of the cross-county series on the 3rd November.



Junior News



Norwich Half Marathon

Congratulations to Ethan (far left) on completing the Norwich Half Marathon on the 24th November in the brilliant time of 1:36. Incredible effort.



Eastern Athletics Association Cross Country Championships

Well done to Kate (near left) for another impressive cross country performance, representing the club at Nowton Park on the 16th November.

Grafham Water Sprint Duathlon

Thomas (far right) finished his competitive season in style with a Duathlon at Grafham Water. He finished first in his age group and 7th overall with some seriously impressive leg times: a 5km run in 18:32, a 17km bike in 35:08, and a 2.5km run in 10:38!

Suffolk Winter League – Framlingham

Well done to Charlie, Harry, Kate and Thomas (near right) who represented HRC Juniors at the first race of the series.



Sil's 50th Parkrun

Harry, Hebe and Molly (left) joined Sil at Clare Castle Parkrun to celebrate her 50th Parkrun on the 9th November.

5km Remembrance Run

Congratulations to Thomas (near right) who managed to run an amazing PB of 17:50 at Carver Barracks on the 9th November, and to Kate (far right) for a brilliant 20:52. All that training and hard work is paying off!



JJ training for December

Date	Time	Venue
Thursday 5th December	6:30pm	Samuel Ward Academy
Thursday 12th December	6:30pm	Samuel Ward Academy
Thursday 19th December	6:00pm (TBC)	Santa Xmas Club Run (TBC)
Thursday 26th December	No training	No training
Thursday 2nd January	No training	No training
Thursday 9th January	6:30pm	Samuel Ward Academy

Junior training for December

Date	Time	Venue	Activity
Tuesday 3rd December	6:30pm	Castle Manor Academy	400m Reps
Thursday 5th December	6:30pm	Samuel Ward Academy	30 min Tempo + Strides
Tuesday 10th December	6:30pm	Castle Manor Academy	200m Reps (paired)
Thursday 12th December	6:30pm	Samuel Ward Academy	Xmas Games
Tuesday 17th December	7:00pm	Saffron Walden	Track
Thursday 19th December	6:30pm (TBC)	Leisure Centre (TBC)	Santa Xmas Club Run
Tuesday 24th December	No training	No training	No training
Thursday 26th December	No training	No training	No training
Tuesday 31st December	No training	No training	No training
Thursday 2nd January	No training	No training	No training
Tuesday 7th January	6:30pm	Castle Manor Academy	TBC

Senior Training Sessions

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

	Blue	Green	Yellow	Track (All Groups)
03/12/2024	Falconer Road Hill Reps Mark Novels	Leisure Centre 1K reps Tracy Pelling	Leisure Centre 400m reps Suz Carter-White	
10/12/2024	Chapple Drive 400/500m reps Tracy Pelling	Railway Walk Timed out/back Joan Nevin	Falconer Road Hill reps Hayley Wilson	
17/12/2024	Leisure Centre All Groups - 1K reps Horace Shuriah and Joan Nevin			Carver Barracks Track Training Mark 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.

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 17th December, by adding your name to the list [HERE](#).

Club Runs and Team Events

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

Date	Time	Venue	Details
1 st December 2024	From 10.40am	Woodbridge	Race 2 of Suffolk Winter XC League
5 th December 2024	6.00pm*	Leisure Centre	<u>Winter Route 7 (in reverse)</u>
12 th December 2024	6.30pm	Leisure Centre	<u>Winter Route 1 (in reverse)</u>
19 th December 2024	6.30pm	Leisure Centre	Santa Run followed by mulled wine and mince pies in Market Square
30 th December 2024	TBC	TBC	Nearly New Year's Eve Pub Run

*Note the slightly earlier time of the club run on 5th December, due to the AGM starting at 7.15pm.

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

The second event of the Suffolk Winter League XC will be held at [Rock Barracks, Sutton Heath, IP12 3LU](#) on **1st December 2024**. Further information about the event, including race times, facilities etc, can be found on the [Woodbridge Shufflers' website](#).

We hope to see another good turnout from HRC members and remember, HRC pay the entry fees, so all you need to do is get yourself there. HRC vests or T-shirts **MUST** be worn for these events and car sharing is recommended to help alleviate any issues with parking.

DON'T FORGET!

We'll be hosting our own XC event at Horseheath Racecourse on **19th January 2024**. We'll need lots of volunteers to help set up, clear up, marshal the course, hand out tokens, park cars – the list goes on – so please get the date in your diary and consider stepping forward to help us out.



Most volunteers will be needed from about 9.30am until just after lunch on 19th. The earlier you get your name down, the more choice you are likely to have on what role you do. And if you also want to run, we can try and find you a role that will enable you to do both if you get in early enough.

We'll also need volunteers to help us set up the course on Saturday 18th, so please consider this too, especially if you can't be there on 19th.

Please contact Hayley Wilson via e-mail (hbrod@hotmail.co.uk) or Facebook to get your name on the list.

Further information about the XC series, including dates for the remaining events, is on the [HRC Website](#).

HRC Santa Run

The annual HRC Santa Run will take place on **Thursday 19th December 2024**.



The route (to be confirmed) will be around 4 miles, starting from the Leisure Centre at 6.30pm and finishing in Market Square, where mince pies and mulled wine (or soft drinks) will be available for a small donation towards our new Charity of the Year (also to be confirmed).

And as one might expect, seasonal costumes (Santas, Elves, Fairies, Snowmen) are strongly encouraged.

Look out for more details on Facebook and the News section of the website.

The 'Nearly New Year's Eve' Pub Social Run

Similar to last year, we'll be organising a special 'Nearly New Year's Eve' pub social run on the morning of **Monday 30th December**.

Details of the pub, start time and route(s) will be confirmed nearer the time, via Facebook and the website newsfeed, but make sure you've got it in your diary now to avoid missing it!



Suffolk County Cross-Country Championships

Remember that the 2025 Suffolk County Cross-Country Championships are taking place at Horseheath Racecourse on Sunday 5th January. In 2024 when the Championships took place near Ipswich, HRC had only two participants out of three hundred and sixty-five finishers, which was obviously a bit disappointing!

We appreciate that the Championships are only a couple of weeks before HRC's own cross-country event at the same venue but given the closer proximity of the Championships this year, we hope that more of our members might consider entering.

Entries can be made on-line [HERE](#) and the closing date is 20th December. As stated on the Suffolk County Athletics Association official website the eligibility to compete under County Qualification is by:

- a) Birth
- b) Nine months continuous bona fide residence
- c) By service in a Unit of HM Forces stationed in the County.

With Haverhill being on the cusp of three counties, the club is obviously hindered by some members living in Essex or Cambridgeshire, but earlier this year HRC finished third in the County Road Relays, so there's no reason why the same (or better) is not achievable.

Awards will be presented to the first three teams in each race and every club can only medal once in each category. Hopefully, if enough HRC athletes race this rule will allow County medals to be awarded to some Haverhill teams.

If ever the club ethos of 'Running Stronger Together' is more than just a slogan, then having teams at these Championships is a time to prove it!



ADULT BEGINNERS RUNNING COURSE

*10 Week Course
Starting Thursday
16th January 2025
9.30am OR 7.30pm*

*Haverhill Leisure
Centre*

£ 3 0



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



Next Beginners Course

Do you know any friends or family members that might benefit from our Beginners Course?

With New Year Resolutions on the horizon, now might be a good time to give them a nudge and the encouragement they need to take the plunge.

The next Beginners Course, which starts on 16th January 2025, is for anyone new to running, or perhaps returning to running after an extended break. Existing members can also take advantage of the course, at no extra cost, if they are recovering from injury and want to ease back in to running gently.

Delivered by our fabulous coaches, the course will equip individuals with all the skills and techniques they need to run a full 5K.

For information on how to apply and to see what some of our graduate beginners had to say about the course, take a look at the [Beginner's page on the website](#).

Race Results, PBs and Club Championships

Make sure you enter races as a 'HRC Affiliated Runner' so that we can find your results. For Parkruns, make sure you've selected 'Haverhill RC' in the 'Groups' option from your Parkrun profile.

If we find a result that is 'eligible' for inclusion in the 2025 Club Championship and providing you have not withdrawn from the competition, we'll include it as part of your score calculation – you no longer need to submit results that you want included in the Club Championship. This will apply to results for eligible races that take place on or after 28th November 2024. Full details, including the rules and eligible races, are on the HRC website [HERE](#). Please take a moment to review this information carefully to ensure that your race planning takes it into account.

If you find that a result is missing from the results page on the website, please notify us as soon as possible by completing the [HRC Results Form](#). You should also use this form to notify us about any new PBs.

Dates for the Diary

We know how quickly diaries can fill up so we wanted to give you advanced notice of some key 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.

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)
- 23 Tarpley 10M and 20M (part of Suffolk Grand Prix)

May 25

- 23 Felixstowe Friday 5
- 30 Framlingham Friday 5

June 25

- 6 Sudbury Friday 5
- 20 Bury St Edmunds Friday 5
- 27 Stowmarket Friday 5

July 25

- 4 Great Bentley Friday 5

September 25

- 13/14 Round Norfolk Relay

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
