



Newsletter

January 2025

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**Happy New Year -
2025 is (nearly)
here!**



Member of the Month

Congratulations to **Ethan Bolton** who was voted Month for November 2024!

Ethan ran the Norwich Half Marathon in a fantastic time of 1hr 36mins. This was his first ever half marathon and his dedication to training for the race was impressive. Ethan has also very recently completed the Assistant Coaches course and will now be joining the JJ coaching team. Ethan should be proud of these achievements. which demonstrate commitment to both his running and to the club as a whole. Well done, Ethan!

Please send your nominations for December 2024 to Lynnette Garstang by **6th January 2025**.

New and Returning Members

Please give a warm welcome to Michelle Acres, Debbie Kennan, Nigel Benwell, Michael Ecclestone, and Kevin Newey.



Awards Night Remembered

A fun time was had by all at the HRC End of Year Celebration and Awards Night, especially the award winners:

CLUB CHAMPIONSHIP (MALE)

1st Andrew Mynott
2nd Mark Novels
3rd Josh Wigmore

CLUB CHAMPIONSHIP (FEMALE)

1st Shirley Fowler
2nd Mary-Ann Tuli
3rd Kate Russell

CLUB CHAMPS OVERALL WINNER:

Andrew Mynott

TIME TRIAL GRAND PRIX:

Joe Winter

PB LEAGE:

Andy Gage and Hayley Wilson

NEW MEMBER (MALE):

Nathan Sims

NEW MEMBER (FEMALE):

Ana Freitas

MOST IMPROVED (MALE):

Andrew Gage

MOST IMPROVED (FEMALE):

Hayley Wilson

BEST PERFORMANCE (MALE):

Mark Novels (Berlin Marathon)

BEST PERFORMANCE (FEMALE):

Clare Fitzjohn (Amsterdam Marathon)

VOLUNTEER OF THE YEAR:

Lynnette Garstang

MEMBER OF THE YEAR:

Hayley Wilson

JT AWARD:

Benjamin Smith

SPECIAL RECOGNITION AWARD:

Sil Clay

NEIL MUSTOE AWARD:

Bill Banner



Well done to everyone.

Looking forward to next year already!



December Race Rundown

As one might expect, December was a quieter month race-wise but nonetheless, we still saw many of our members competing and improving times and achieving those all-important 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 represented HRC at the Sri Chinmoy Thanksgiving 10k in the USA!
- Alan Emery completed the St Eds Trail Ultra 50k race in 5 hours 18 mins, achieving another PB!
- Post awards night, with hangovers intact, a hardy bunch took part in the second cross country race of the season over at Woodbridge. We were well represented by Hayley Wilson, Liz Paxton, Anna O'Hare, Mary Ann Tuli, Chay Hopkins, Josh Wigmore, Joe Winter, Nathan Sims, Mark Novels, Alex Creasy, Ray Mooney, Daniel Everitt, Mark Phillips, Andrew Bell, James Withams and Ben Smith, who even managed a course PB!
- At the HRC Time Trial a big cheer goes to our graduates from the Beginners course who, after completing their 10-week program, ran the course with club members. In total we had 51 runners take part in difficult conditions, with some very impressive times too! Stephen Husband was first club member past the finish line in 17:37, a near 30 second PB, and a time which sees him into the top 10 on the club records. Eight other runners managed a sub-20, including two guest runners - Sam Boreham (running sub-17) and Tim McMahon came in at 19:46.

Well done everyone and good luck with whatever is coming up in 2025!

Festive Social Runs

Members enjoyed a couple of festive social runs in December...

A slightly muddy 5-mile trail/road run around Cornish Hall End, finishing at the Horse and Groom for a lovely Sunday roast.



The annual HRC Santa Run around town, finishing with mince pies and mulled wine in Market Square.

JJ News

JJs Santa Run

Our JJs had a brilliant time running around the streets of Haverhill, seeing all the Christmas decorations and lights. They even met Santa and the Grinch!

Christmas Games Session

The JJs and Juniors joined together for a festive games session in the sports hall. Everyone had a great time and it was a great opportunity for the two groups to spend some time together.



Junior News



Santa Run

Our Juniors (and a couple of JJs) joined the Seniors for the club's annual Santa Run around the streets of Haverhill, enjoying all the Christmas decorations and a cheeky mince pie at the end!



November Time Trial

Well done to all those who took part in November's chilly TT.

JJ training for January

Date	Time	Venue	Activity
Thursday 2nd January	No training	No training	
Thursday 9th January	6:30pm	Samuel Ward Academy	Obstacle Relay
Thursday 16th January	6:30pm	Samuel Ward Academy	Throwing
Thursday 23rd January	6:30pm	Samuel Ward Academy	Standing Long Jump
Thursday 30th January	6:30pm	Samuel Ward Academy	Hurdle Relay

Junior training for January

Date	Time	Venue	Activity
Thursday 2nd January	No training	No training	
Tuesday 7th January	6:30pm	Castle Manor Academy	Hills (continuous)
Thursday 9th January	6:30pm	Samuel Ward Academy	Fartlek
Tuesday 14th January	6:30pm	Castle Manor Academy	200m Reps
Thursday 16th January	6:30pm	Samuel Ward Academy	600m/1200m Reps
Tuesday 21st January	7:00pm	Saffron Walden	Track
Thursday 23rd January	6:45pm	Cinema Car Park	Time Trial
Tuesday 28th January	6:30pm	Castle Manor Academy	400m Reps
Thursday 30th January	6:30pm	Samuel Ward Academy	25min Tempo + Strides

Senior Training Sessions

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

	Blue	Green	Yellow	Track (All Groups)
07/01/2025	Leisure Centre 1K reps Mark White	Leisure Centre 400m reps Tracy Pelling	Chapple Drive 400/500m reps Joan Nevin	
14/01/2025	Leisure Centre 500m reps Mark Novels	Falklands Road Kenyan Hills Cheryl Trundle	Hollands Road Timed out/back Suz Carter-White	
21/01/2025	Railway Walk All Groups - Timed out/back Horace Shuriah/Joan Nevin			Carver Barracks Track Training Trev Bunch
28/01/2025	Falklands Road Kenyan Hills Mark White	Chapple Drive 400/500 reps Tracy Pelling	Leisure Centre 500m 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.

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 21st January, by adding your name to the list [HERE](#).

Club Runs and Team Events

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

Date	Time	Venue	Details
30 th December	11am	TBC	Nearly New Year's Eve Pub Run
2 nd January	6.30pm	Leisure Centre	Winter Route 2 (in reverse)
9 th January	6.30pm	Leisure Centre	Winter Route 3 (in reverse)
12 th January	11am	Haughley Park, Stowmarket	Stowmarket XC Event
16 th January	6.30pm	Leisure Centre	Winter Route 4 (in reverse)
19 th January	From 10.30am	Horseheath Racecourse	HRC XC Event
23 rd January	6.30pm	Leisure Centre	Winter Route 5 (in reverse)
30 th January	7pm	Leisure Centre	HRC Time Trial

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](#).

Nearly New Year's Eve Pub Run

For those of you who are lucky enough to still be on leave, we're organising a pub run at **11am on 30th December 2024**.

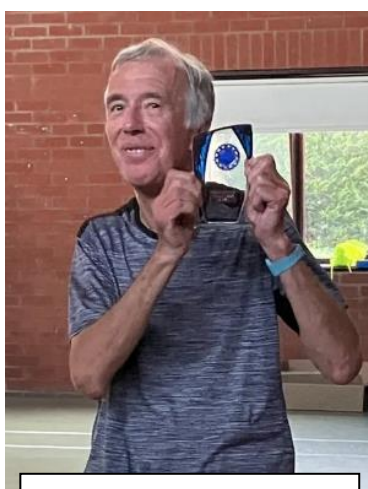
Unfortunately, the pub we originally had in mind for this run is now going to be closed on that day, but we're looking for alternatives and we'll let you know just as soon as we have the details. Keep an eye on Facebook and the News section of the website for an update.



Meet Your Team Captains



Kristina Selleck



Barry Osborne

Your Team Captains are here to support and encourage you with your participation in team relays and other events across the year, which HRC will be targeting.

Each month, starting from now, they'll be promoting events in the Newsletter and on Facebook. They may also speak to you individually about races that might be of interest, or for which you might be especially suited.

Why not say 'hi' the next time you see them?

A Message from the Men's Captain

One of the duties of Club Captain is to regularly attend club training sessions to speak with members and ensure all members are aware of races that the club is targeting and wanting the best possible turn-out at these races. With this in mind, here are the events in January where the Club hopes you will compete unless they substantially impede upon your training, or you have commitments that should take priority.

- Sunday 5 January – Suffolk County Cross Country Championships at Horseheath
- Sunday 12 January – Suffolk Cross Country League at Haughley Park, Stowmarket
- Sunday 19 January – Suffolk Cross Country League at Horseheath.

If you cannot race on the 19th because you are generously giving up your time to help HRC put on its home event in the Cross-Country League then remember that on the previous day there are the Windmill Races, which are on the HRC Club Championship calendar.

I hope all of you are aware it is important to keep your muscles warm right up to the start of winter races and it is no good standing around bemoaning how cold or wet it is – you have to take action to combat the weather. Therefore, if it helps, I intend to be near the start line at all three races above and can take from you items of clothing you do not want to discard until the final minute before the race. I will of course return these clothes to you after the race and not sell them on eBay – promise!

I suspect that when it was announced I was Men's Team Captain there were audible groans! That's okay because I was one of the people lamenting the decision, but only because I see how many talented runners there are in the Club, and I now think it's one of my duties to get them to see their potential. Therefore, I'll welcome hearing from anybody who has ideas about the races the Club targets or any other team issue. Also, if anyone would like to talk to me about their training plan then please ask because I'm always happy to talk about anything, and to anyone, about running-related issues. I've trained in a wide range of ability groups from Olympic finalists to four-hour marathoners. My only request is that you just promise to tell me when I start boring you!

Barry Osborne

A Message from the Ladies Captain

A further reminder that there are still some spaces left in the Tarpley 10 and 20-mile races. These are ideal to incorporate into your spring half/full marathon training. Alternatively, if you'd like to increase your running distance, the 10-mile could be something to aim for. We have over 30 members already entered in the races so there will be great support on the day!

Tarpley is included in the Club Championships as well being the first races in the Suffolk Grand Prix. The Suffolk GP, just like the 5k Summer Series is an opportunity for everyone to contribute points towards their club position, no matter where you come in the races. Also, the more races you take part in, the better chance of winning an individual age category prize - the top three in each age group are awarded.

I'll be sharing links here and on Facebook when entries open up, as well as adding them to the Club website. The next race after Tarpley is Sudbury 5-mile Fun Run which always has a large amount of HRC runners taking part too. We have a great chance of doing well as a club, as well as individually this year! Even if you can only enter one or two races, every point counts!

Suffolk Grand Prix 2025 fixtures:

- Tarpley 10M and 20M - 23rd Feb
- Sudbury Fun Run - (Good Friday) 18th April
- Kirton Friday 5 - 23rd May
- Newmarket 10k - TBC
- Framlingham 10k - TBC
- Saxon 5M - TBC
- Hadleigh 5M and 10M – TBC

Kristina Selleck

Suffolk Winter League XC Series

The third event of the Suffolk Winter League XC Series will be held at Haughley Park (post code **IP30 9RS**) on **Sunday 12th January 2025**. Further information about the event can be found on the **Stowmarket Striders** 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.

AND DON'T FORGET...

We're hosting our own XC event at Horseheath Racecourse on **19th January 2024**. For details, see the event page on the **HRC website**.



Many of you will be running of course, and lots of you have volunteered to help on the day - thank you! If you haven't yet volunteered but would like to, please let our Race Director, Hayley Wilson know via e-mail (**hbrod@hotmail.co.uk**) or Facebook. We are especially interested in hearing from someone who would be prepared to be 'last runner', but there's always other things to do and many hands make light work!

If you're running, or you're not free on 19th, why not volunteer to help us set up the course on 18th. Again, let Hayley know if you are able to help with this.

Race Results, PBs and Club Championships

We'll aim to ensure your race results are up to date on our records and on the website. Make sure that you enter races as a 'HRC Affiliated Runner' so that we can find you on the system. 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, 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. 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, 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, so we can ensure these are taken into consideration as part of our PB League.



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



Don't forget that our next Beginners course starts on 16th January 2025!

With New Year Resolutions on the horizon, now might be a good time to give friends and family a nudge and the encouragement they need to take the plunge and get fit through running.

The Beginners Course 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**.

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.

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
