



Newsletter

February 2025

Contents

	Page
Member of the Month	1
New and Returning Members	2
HRC's Charity of the Year 2025	2
Horseheath – A Resounding Success	2
Introducing Our New Head Coach	3
JJ News	3
Junior News	4
Senior Training Sessions	5
Club Runs and Team Events	5
Last Races of Suffolk Winter League	6
Monthly Message from Men's Captain	6
Race Results, PBs and Club Championships	7
Who's Who on the Committee?	8
Dates for the diary	8
Answers to Jokes on Front Page	9
Comments and Feedback	9

You must be joking!

1. How did the lawyer with a torn ACL still manage to win the marathon?
2. Why did no one think Cinderella was a serious athlete?
3. Where did the Helsinki Marathon end?
4. Why was a marathon runner seized and put in jail?

Answers on page 9.



Member of the Month

Congratulations to **Amalie and Ethan Frisby-Bright**, who were voted Joint Members of the Month for December 2024!

Brother and sister, Ethan (age 11) and Amalie (age 8.), are two wonderful runners. Both are JJ's and both have been making great progress with their running over the last few months. They've represented the club at loads of events, including the Run Through Foundation London 10, held on the 15th December at the Queen Elizabeth Olympic Park, where Ethan came 4th and Amalie came 22nd.

Great performances from these two and definitely ones to watch for in the future.

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

New and Returning Members

Please give a warm welcome to Karen Farthing, Paul Corey, Charlotte Woodmore, Holly Mayhew, Mark Ashwood, Jude Nicholson, Nandha Sathiaselalan, Martha Pearson, and Tom Phipps.



HRC's Charity of the Year 2025



HRC is pleased to announce that, following a poll with members, our Charity of the Year for 2025 is **Roald Dahl's Marvellous Children's Charity**. This great charity provides specialist nurses and support for children with complex, lifelong conditions.

Over the next 12 months we'll be raising funds for this charity at various club events, so please familiarise yourself with their aims and help us support this very worthy cause.

Horseheath – A Resounding Success!

A massive well done to all the runners and a big, big thank you to all the volunteers who marshalled, gave out tokens, operated stop watches, parked cars, made or sold cakes, hot drinks and hot food (etc.) at HRC's cross-country event on



19th January. The event was a triumph, thanks to Hayley Wilson (Race Director) and Andrew Bell (Chief Marshall), who spent the last few months meticulously planning it. Such a great team!

The feedback from visiting clubs was excellent! Everyone enjoyed the course, including the enhancements we introduced this year, especially the Strava segments and hot food. We even got positive feedback about the freezing cold-water splash, although one or two runners managed to avoid it by walking round the side. We've got the photo evidence, so we know who you are!

And thanks also to our photographers, who captured the day with some great shots of the runners and the HRC team, see the links below:

Click [HERE](#) for photos of the Senior race

Click [HERE](#) for photos of the Junior (11-16) race

Click [HERE](#) for photos of the Under 11s race



It won't be long before we're planning next year's event, which we are sure will be bigger and better than ever. In the meantime, don't forget that there's still a couple of cross-country events left in the series (see details [HERE](#)), so we hope to see lots of HRC runners at those.

We'll also shortly be confirming the dates of the Summer 5K series events, including HRC's own event in Kedington, so keep your eyes peeled for more information about those in due course.

Introducing Our New Head Coach



We are pleased and excited to announce that Hayley Wilson has agreed to become our new Head Coach.

The creation of this role provides us with an opportunity to review and refresh our approach to training, to perhaps focus a bit more on event preparation, whilst ensuring the training needs of both competitive and non-competitive members are catered for, across all abilities.

Hayley will be transitioning into the role over the coming weeks as she completes some additional training herself. During that time, she'll aim to get the ball rolling by speaking to coaches, run leaders, team captains and members about their ideas and aspirations, which are key to shaping our approach going forward.

We are sure you will want to give Hayley your full support.

JJ News

December Members of the Month

Brother and sister, Amalie (8) and Ethan (11) (right) have been making great progress with their running over the last few months, representing the Club at loads of events, including the Run Through Foundation London 10, held on the 15th December at the Queen Elizabeth Olympic Park. Amalie came 22nd and Ethan came 4th. Very well done to both.



Suffolk XC Championships

Well done to Emilia and Will (left) for braving the challenging conditions at Horseheath racecourse on the 5th January.

Suffolk Winter League XC

Brilliant running from Fern (right) in the third race of the series at Haughley Park on the 12th January.



Suffolk Winter League XC

Well done to Fern, Hermione, Lucy, Maisy, Martha, Martha, Max and Mils (left) for taking on our home XC race at Horseheath racecourse on the 19th January.

Junior News

Clare Castle Parkrun – New Year's Day 2025

Great running from Charlie, Ethan, Harry and Kate (right) on the first day of 2025..



Cambridgeshire XC Championships

Well done to Cameron and Kate (left) for competing at the Cambridgeshire XC Championship races in St Neots on the 5th January.

Suffolk Winter League XC (Haughley Park)

Brilliant running from Cameron and Harry (right) in the third race of the series at Haughley Park on the 12th January.



Suffolk Winter League XC

Well done to Cameron, Harry, Isla, Kate, Jack and Molly (left) for their amazing efforts at our challenging home XC race at Horseheath racecourse on the 19th January.

JJ training for February

Date	Time	Venue	Activity
Thursday 6th February	6:30pm	Samuel Ward Academy	Throwing (Linear Shot)
Thursday 13th February	6:30pm	Samuel Ward Academy	Paarlauf (Team Running)
Thursday 20th February	6:30pm	Castle Manor Academy	Games (Hall)
Thursday 27th February	6:30pm	Samuel Ward Academy	Team 3km Run

Junior training for February

Date	Time	Venue	Activity
Tuesday 4th February	6:30pm	Castle Manor Academy	Hills (Cone to Cone)
Thursday 6th February	6:30pm	Samuel Ward Academy	Fartlek
Tuesday 11th February	6:30pm	Castle Manor Academy	200m Paired Reps
Thursday 13th February	6:30pm	Samuel Ward Academy	3km Timed / 3km Easy
Tuesday 18th February	7:00pm	Saffron Walden	Track

Thursday 20th February	6:30pm	Castle Manor Academy	Games (Hall)
Tuesday 25th February	6:30pm	Castle Manor Academy	Bingo/Games
Thursday 27th February	6:45pm	Cinema Car Park	Time Trial

Senior Training Sessions

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

	Blue	Green	Yellow	Track (All Groups)
04/02/2025	Chapple Drive 400/500m reps Trev Bunch	Hollands Road Timed out/back Tracy Pelling	School Lane Kenyan Hills Suz Carter-White	
11/02/2025	Hollands Road Time out/back Mark Novels	Leisure Centre 500m reps Joan Nevin	Railway Walk Timed out/back Hayley Wilson	
18/02/2025	Leisure Centre All Groups - 1k reps Horace Shuriah			Carver Barracks Track Training Trev Bunch
25/02/2025	Leisure Centre 1k reps Mark Novels	Falconer Road Hill reps Cheryl Trundle	Leisure Centre 400m reps Suz Carter-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 18th February, by adding your name to the list [HERE](#).

Club Runs and Team Events

Club runs and HRC team events in February are shown below:

Date	Time	Venue	Details
6 th February	6.30pm	Leisure Centre	<u>Winter Route 6</u>
9 th February	10.45am	Nether Hall, Pakenham	<u>Suffolk Winter League XC</u>
13 th February	6.30pm	Leisure Centre	<u>Winter Route 7</u>
16 th February	TBC	Woburn Farm, Corton	<u>Suffolk Winter League XC</u>
20 th February	6.30pm	Leisure Centre	<u>Winter Route 1</u>
27 th February	7pm	Leisure Centre	<u>HRC Time Trial</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](#).

Last Races of Suffolk Winter League

The last two events of the Suffolk Winter League XC series will be held on Sunday 6th February at Netherhall, Pakenham (postcode IP31 2JZ), and Sunday 16th February at Woburn Farm, Corton (details TBC).

We hope to see another good turnout from HRC members at these events 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.

Further information about the XC series, including a link to the results, can be found on the [HRC Website](#).

Monthly Message from the Men's Captain

Congratulations to all of you who had the commitment to race in January, and whatever the result I hope you either enjoyed the race or derived something positive from the experience.

For those of you wanting to do well in the club championships the February races are: Lavenham 10k, Hadleigh 10k, and the Tarpley 10 & 20 miles. Other club races are the final two cross-country league events in the Suffolk League, with the penultimate race at Pakenham (Bury St Edmunds) and the final one at Woburn Farm, Corton. I hope to be at the start line of both the Tarpley events & the Pakenham x/c and if the weather is wet or bitterly cold, I can collect any last-minute clothing you wish to discard. However, I'll not be at the last race at Woburn Farm, or the other two races mentioned above.

Some of you may have realised I believe that one of the tasks of the men's team captain should be to try and get everybody, me included, to be the best version of themselves they can be. With this in mind my recommendation for February is 'LOL'. No, not laugh out loud or lots of love, but 'Listen, Observe, and Learn'. Please tell me if I fail to do this when I'm talking with you.

Enjoy your running. Stay safe, healthy and happy.

The Right Race

To quote a former world record holder, "Sometimes the right race comes along at the right time, on the right course, and you run quicker than ever before." One such race could indeed be the Suffolk County Road Relays on Saturday 12th April 2025, where all entrants in the senior and age category races run an identical route over three miles.

Looking at the list of races incorporated into the HRC championships for 2025, currently there are none listed between 16 March and 27 April. This means every member can target this event without fear of it harming their chances in any of the club championship races. I know, how lucky can you be? Well, I'm about to tell you because, whatever your ability, there are plenty of good reasons why you should want to compete at this event, starting with:

1. A rarely run distance of three miles, less than your Saturday parkrun.
2. Fast course, predominantly flat (85%) with only two very gentle and short inclines.
3. Enjoyable day out. (Ask those who competed in 2024).
4. Free to enter. Club pays for every team of 3 or 4 (number dependent on age category).
5. Bonus points towards your Club Championship score.
6. Spectator friendly, enticing good support and encouragement from teammates when racing.

7. Traffic free course with smooth surface underfoot.
8. If the weather is inclement, you can stay dry and warm in the cafeteria/sports hall when doing your pre-race drills.
9. If it is a dry, sunny day then after you've raced and cooled down you can sit on the grass and enjoy your refreshments.
10. Saturday's race lets you still do your long run on a Sunday.
11. Excellent time trial race for the Suffolk 5-mile County Champs race six days later on Good Friday at Sudbury. Alternatively, if racing a marathon two weeks later, then run two legs instead of the recommended 10k time trial.
12. Relatively straight forward journey to the event.
13. Chance of a Suffolk County medal.
14. First class team captains who on the day will look after you as if you are an international athlete.

*Point 14 above might be open to debate.

Therefore, if you fancy an enjoyable day racing and socialising with other club members, coupled with the chance of running a fast time, then I urge you not to miss this opportunity. Once the team captains have the names of those wanting to race, we'll discuss with them which category they wish to compete in, e.g. county/open/age etc. because the club's runners are split across Suffolk, Essex & Cambridgeshire.

So, if you want to receive all, or most, of the benefits listed above please let your team captain know asap your wish to enter one of those 'right' races that are so very rare.

Barry Osborne

Race Results, PBs and Club Championships

Race results from 1st December 2024 onwards are in the process of being updated on the HRC website. We will have them ready to view as soon as possible.

We will automatically upload your race results to the 'Results' page on the HRC website but please remember to enter races as an 'HRC Affiliated Runner' so that we can find your results easily. 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 automatically as part of your score calculation – you don't need to submit results yourself, unless you think one might be missing. 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.

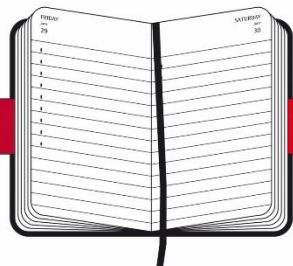
If you find that a result is missing, please notify us as soon as possible by completing the [HRC Results Form](#). You should also use this form to notify us about any new PBs, so we can ensure these are taken into consideration as part of our PB League.

Important: Make sure you don't run under someone else's name, otherwise we won't be able to include your result in our records, and it won't count towards the Club Championships or PB League.

Who's Who on the Committee?

Do you know who's who on the HRC Committee?

Get to know your friendly Committee members and their respective roles [HERE](#).



Dates for the Diary

We know how quickly diaries can fill up so we wanted to give you advanced notice of events that will be coming up during the year, especially those that form part of the Club Championships. We'll update the list with other events as more dates are confirmed. Events can also be found using the [Events Calendar](#) on the HRC website.

February 25

2	Lavenham 10K
9	Suffolk Winter League XC (Pakenham)
16	Suffolk Winter League XC (Southwold)
23	Tarpley 10M and 20M (part of Suffolk Grand Prix)
23	Hadleigh Legacy 10K

March 25

9	Cambridge Half Marathon
16	Essex 20
16	Debden 5K and 10K

April 25

27	The Other Run Marathon
27	Northstowe 5K and HM

May 25

23	Kirton, Felixstowe Friday 5
30	Framlingham Friday 5

June 25

6	Sudbury Friday 5
20	Bury St Edmunds Friday 5
27	Stowmarket Friday 5
29	Newmarket 10k

July 25

4	Great Bentley Friday 5
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August 25

9	SVP 50K and 100K
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September 25

5	Ickworth Sunset 5K and 10K
13/14	Round Norfolk Relay
14	Felixstowe Coastal 10M
21	Ipswich HM

October 25

5	Abington 5K and 10K
26	Stort 30 Ultra

You can find further details about some of these events on the [HRC website](#) by selecting from the dropdown list under 'Events' from the main menu. Alternatively, check out the list of eligible races on the [Club Championships](#) web page and follow the links from there.

Answers to Jokes on Front Page

1. Because he had power of a torn knee.
2. Because everyone knew her coach was a pumpkin.
3. At the Finnish line.
4. For resisting a rest.



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
