



Newsletter

April 2025

You must be joking!

1. Why was Paul McCartney stopped from running a marathon?
2. What do a dentist and a track coach have in common?
3. How do you know when you've married a running enthusiast?
4. Why do runners go running early in the morning?

Answers on page 10.

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Member of the Month

Member of the Month for February is **Thomas Allen!**

Since transitioning to the seniors Tom has gone from strength to strength. He is conscientious, regularly attends club training, and represents the club in a range of events. He always pushes himself to do the best he can. As a result, he's continued to improve on his achievements and stack up some new PBs.

Tom participated in most of the Suffolk Winter League XC races, including the one in Pakenham on 9th February. He usually finished amongst the top runners in these races, which have played a key part in his strength conditioning.

In addition to pure running, Tom regularly competes in duathlons and triathlons at a national level, ranking 45th in his age group in 2024. He hopes to improve on that this year and, judging by the amount of training he puts in each week, as well as results from recent events, he's certainly on track to do so. For instance, in a duathlon event over the weekend of 8th/9th March he came 3rd in his age group and 16th overall in a competitive field.

Tom's swimming training continues year-round and during the lull in the triathlon and duathlon calendar he enters swimming competitions. In one competition held in February, he achieved PBs in both the 50m and 1500m freestyle, which is certainly something to celebrate.



Tom should be extremely proud of what he has achieved and we look forward to hearing more about his achievements in the coming weeks.

Please send your nominations for March 2025 to Lynnette Garstang **by 7th April 2025.**

Milestone Time Trial for HRC



The March 2025 Time Trial was certainly one to remember. For the first time, a 3K Time Trial was held for our JJs, alongside the usual 5K course. In addition, our latest group of Beginners graduated by completing the 5K course and there were, as always, some very welcome guests, giving us a total of 67 runners!

The 3K course was organised by our Junior Coaches and started two minutes after the 5K race. Extra precautions were taken to ensure the safety of runners, including compulsory Hi Viz, extra marshals, and some additional rules for running on the track.

As always, there were some great times from our seniors and older juniors, and there was some impressive running from our Beginners too. But the stars of the show were definitely our JJs, who clearly loved the experience with some stunning performances.

The support from spectators and those who had already completed their run was fantastic, with everyone cheering loudly until the very last runner. And then to celebrate, some of us retired to Gym and Juice, our new friends on the High Street, to sample their smoothies, juices and salads and take a look around their facilities.

Well done to all the runners and as always, a big thank you to all the volunteers who gave up their time to marshal the course, without whom it would not be possible.

There is no Time Trial in April (due to a clash with the first of the 5K Summer Series events), so the next one will be on Thursday 29th May 2025, when we will be running in daylight at last!

March Race Roundup

With Spring in the air and the new racing season now upon us, many of our members have been busy competing in races, some local and some not so local. Here are some of the highlights.



As usual, a large number of HRC members (some shown left) competed in the Cambridge Half Marathon, a key annual event for the Club and part of the 2025 Club Championships. Despite the unseasonably high temperatures, everyone did amazingly well, with lots of great times and a few PBs. Cheryl Trundle also got 2nd FV70-74, which is amazing given the number of runners.

HRC also had strong representation at the Debden Racing Series, which is also part of the Club Championships. We had runners in both the 5K & 10K, as well as Holly Winton in the 20 miles! Some of our runners are shown in the photo below right.

There was some seriously impressive running from all those who ran with some notable performances as follows:

- In the 10K, Andrew Mynott was 2nd, James Minette was 2nd in his age category, Paul Mitchell was 1st MV50-54, and Hayley Wilson was 3rd FV35-39.
- In the 5k, Thomas Allen was first overall – amazing! Trevor Hastings was close behind in 3rd place and Ben Smith came in 6th. Both Ethan Bolton and Harry Minnette got 2nd in their age categories, Tony Bacon was 4th in his, Sophie Horler Impey was 1st FU20, Darren Elsom 1st MV50-54, and both Kev Jamieson and Emma Hastings were 3rd in their age categories!

Moving on, Jimmy Morrell ran the Cambridge Boundary Marathon, and both Christine Taylor and Ann-Louise Salt ran in the Colchester half marathon.



On 23rd March, Ben Smith and 'The Precious' (his bicycle) competed in a triathlon in Northampton achieving a fantastic 5-minute PB, 7th overall and 3rd in his age category, despite going the wrong way on the bike!

A few of our ladies (left) represented the Club in the Grizzly Cub race down in Devon. Luckily no mud and a lovely sunny day, which made everyone smile.

A massive well done for all our runners and thank you all for representing HRC in one form or another.

Apologies if we missed your event off the list. To help ensure we cover everyone's achievements in future, make sure you tell us about it on Facebook or drop a line to newsletter@haverhillrunningclub.com.

JJ News

3km Time Trial

Our first 3km TT for the JJs took place this month. The event started immediately after the Club's 5km TT event and followed the same out-and-back route, with an earlier turnaround point. Lots of JJs attended and they all made a fantastic effort. Well done to them and a big THANK YOU to all the parents and volunteers who helped to keep our younger athletes safe. Some great running from our older Juniors too!



Anglian School's Cross-Country Championships

Congratulations to Marli (right) who was picked to run for Barnardiston School at the Anglian Prep School's Cross-Country Championships on the 15th March, competing against 11 other schools. Out of 36 runners, she came an impressive 8th in the U9 category.



Junior News



ATW Debden 5km

Superb running from our juniors at the ATW Debden 5km held at Carver Barracks on the 16th March. Sophie (far left) finished 1st U20 Female, Ethan (centre left) 2nd U20 Male, and Harry (near left) 2nd U17 Male.

Cambridge Half Marathon

Huge congratulations to Kate (right) for running her first half marathon in Cambridge on the 9th March, crossing the line in an amazing time of 1:45.



JJ training for April

Date	Time	Venue	Activity
Thursday 3rd April	6:30pm	Samuel Ward Academy	Field events
Thursday 10th April	6:30pm	Samuel Ward Academy	Paarlauf
Thursday 17th April	6:30pm	Samuel Ward Academy	Hurdle relay
Thursday 24th April	6:30pm	Samuel Ward Academy	Time Trial

Junior training for April

Date	Time	Venue	Activity
Tuesday 1st April	6:30pm	Castle Manor Academy	200m Reps
Thursday 3rd April	6:30pm	Samuel Ward Academy	25min Tempo + Strides
Tuesday 8th April	6:30pm	Castle Manor Academy	Kenyan Hills
Thursday 10th April	6:30pm	Samuel Ward Academy	Fartlek
Tuesday 15th April	7:00pm	Saffron Walden	Track
Thursday 17th April	6:30pm	Samuel Ward Academy	Gym / Group Run
Tuesday 22nd April	6:30pm	Castle Manor Academy	400m reps
Thursday 24th April	6:30pm for 7pm start	Chivers Old Farm CB24 9EL	5k Summer Series
Tuesday 29th April	6:30pm	Castle Manor Academy	1km reps

Senior Training Sessions

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

	Blue	Green	Yellow	Track (All Groups)
01/04/2025	School Lane Kenyan Hills Trev Bunch	Leisure Centre 400m reps Mark Novels	Leisure Centre 1K reps Joan Nevin	
08/04/2025	Hollands Road Time out/back Tracy Pelling	School Lane Kenyan Hills Cheryl Trundle	Railway Walk Timed out/back Hayley Wilson	
15/04/2025	Leisure Centre All Groups - 500m reps Suz Carter White			Carver Barracks Track Training Trev Bunch
22/04/2025	Leisure Centre 500m reps Cheryl Trundle	Chapple Drive 400/500m reps Joan Nevin	Falconer Road Hill reps Suze Carter White	
29/04/2025	Chappel Drive 400/500m reps Mark Novels	Leisure Centre 1K reps Hayley Wilson	Leisure Centre 500m reps Tracy Pelling	

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 April, by adding your name to the list [HERE](#).

Club Runs and Team Events

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

Date	Time	Venue	Details
3 rd April	6.30pm	Leisure Centre	<u>Winter Route 5</u>
10 th April	6.30pm	Leisure Centre	<u>Winter Route 6</u>
17 th April	6.30pm	Leisure Centre	<u>Winter Route 7</u>
24 th April	6.30pm for 7pm start	Chivers Old Farm, CB24 9EL	5K Summer Series

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](#).

Next month we'll be switching to our Summer schedule, which means we'll be able to escape the town and head for the countryside, including some pub runs, which we know are so popular! There will also be other events, like the 5K Summer Series that will replace some of the usual club runs. Take a look at what we've got planned [HERE](#).

5K Summer Series

This year's 5K Summer Series kicks off in Histon on Thursday 24th April and replaces the usual HRC Time Trial on that date. If you haven't been to one of these events before, they take place throughout the summer with a different club hosting each event. There are usually around 300-350 runners in each race, which are both fun and competitive. There's always a friendly atmosphere and runners of all abilities are welcomed and well supported.

Scoring is based on a points system based on the number of runners attending from each club – the more HRC runners we have attending, the more points we get as a team! There are also trophies for the top performing males and females. Additionally, all races in the series count towards the Club Championship, and you'll get a bonus point for each race in the series by simply turning up!

All the races are FREE (HRC will pay the entry fees) and there is no registration – just turn up! However, you do need to be a club member and wear an HRC vest or T-shirt in the primary Club colours, i.e. a black vest or T-shirt with silver writing and side panels. If you don't have an HRC vest or T-shirt you can obtain one from the [Club Shop](#). Oh, and we try and car share as much as possible, so you shouldn't need to travel to and from the event alone.

Full instructions for the event on 24th April will be posted shortly. Details of the other races in the series, including HRC's own event on 3rd July, along with more information about how the points scoring works can be found on the HRC website [HERE](#).

The Friday 5s are Back!

The J M Finn Friday 5 Series is back for another year and entries are now open [HERE](#).

This is a popular series of 5-mile races and accompanying junior races held on Friday evenings between May and July, across Suffolk and Essex. The races, which are organised by various local clubs, are family friendly and are a great way to spend a summer's evening. Prizes are awarded to individuals and teams at each race, and also for the series as a whole (based on a points system). In addition, all of the races count towards the Club Championship.

As these are essentially team events you will need to wear an HRC vest or T-shirt in primary Club colours, i.e. a black vest or T-shirt with silver writing and side panels. If you don't have an HRC vest or T-shirt you can obtain one from the [Club Shop](#).

Further details of the events in the series can be found on the HRC website [HERE](#).

Membership Renewals

Don't forget that membership renewals are due on 1st April.

Providing you've not told us that you don't want to renew your membership we'll send you a request for payment of your membership fee (£40) shortly after 1st April. Your membership fee covers both your HRC membership and your registration with England Athletics until 31st March 2026.

HRC Partners with Gym and Juice Club



COMING SOON



HAVERHILL RUNNING CLUB

GYM & JUICE

C L U B

PARTNERSHIP

To Celebrate the upcoming 25'/26' HRC Membership Season HRC have partnered with Gym & Juice Club to give our members an exclusive membership offer!

Non HRC Member Cost £39

HRC Member Cost £29

With the membership you also get a **10% discount in Juice Bros** and access to the new **Gym Training Club** starting soon!

All First and Second Claim members are already entitled to a number of great benefits, such as reduced race entry fees and other discounts. However, we are very pleased to confirm this now includes discounted membership of the Gym and Juice Club in Haverhill (see left).

To claim your discount, make sure you retain the confirmation email that you get after paying your HRC membership fee and show this to staff at the Gym and Juice Club as proof of HRC membership.

We hope you'll consider taking advantage of this great offer. But even if you don't, do take the opportunity to pop in and have a healthy and delicious salad, juice or smoothie.

In order to qualify for this partnership you must provide Gym & Juice Club with the EA confirmation Email that you are sent when you renew your membership from 1st April 2025

Message from the Men's Captain

Well done and a big thank you to all who took the time and trouble to run in club championship races in March, especially those who achieved their aim in either position or time. Hopefully, with this year's 5k Summer Series commencing towards the end of April, others will also be rewarded for their efforts.

April also brings big city marathons, and for those taking part the pre-race anxiety of not knowing how they'll perform on the day, despite having spent months of methodical training and developing good habits. While some people (guilty) indoctrinated by track racing might claim the marathon requires less speed, skill, and technical ability than any other athletic event, what we cannot deny is that if you want to perform anywhere near your potential the marathon requires a great deal of preparation plus months upon months of steady paced running. Preparing for a Spring marathon also requires an even more special and rarer type of mental toughness and dedication. To get out for a run in the worst of the winter weather when it was the last thing your mind and body wanted will come race day, count for so much more than any natural ability of a less prepared athlete. Therefore, from my experience, if you get to stand on the start line of a Spring marathon knowing you are healthier and stronger than you've ever been then you've already won and can relax and enjoy the race experience that produces the result you deserve.

Wishing everyone in HRC lots of enjoyable running and remember to try to stay safe, healthy and happy.

Barry Osborne

Next Beginners Course

Don't forget that the next Adults Beginners course starts on 24th April.

Our Beginners course, held over 10 weeks, is ideal for those who are new to running, or returning to running after an extended break. Delivered by our dedicated coaches, the course will equip individuals with all the essential skills and techniques they need to run a full 5K. Existing HRC members can also make use of the Beginners course as part of their membership, at no additional cost. For example, HRC members may find it helpful to attend all or part of the Beginners course if they've been prevented from running due to injury and want to start back slowly to regain their confidence.

Please spread the word!



ADULT BEGINNERS RUNNING COURSE

*10 Week Course
Starting Thursday
24th April 2025*

9.30am OR 7.30pm

*Haverhill Leisure
Centre*

£ 3 0



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



Access to Kiiwii Clothing Website

Please note that there is currently still no access to the HRC page of the Kiiwii Clothing website, due to a recent change in their platform.

We have been in contact with Kiiwii who have promised to get the service back up and running as soon as possible. We'll let you know just as soon as it's been fixed.

Thanks for your patience.

Race Results, PBs and Club Championships

Don't forget that 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.

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.



April 25

13	Cambridge and Cambourne 10K
18	Sudbury Fun Run
24	5K Summer Series (Histon and Impington)
27	The Other Run Marathon
27	Northstowe 5K and HM

May 25

8	5K Summer Series (Ely)
11	Stephen Williams 10K
23	Kirton, Felixstowe Friday 5
30	Framlingham Friday 5

June 25

5	5K Summer Series (Newmarket)
6	Sudbury Friday 5
20	Bury St Edmunds Friday 5
27	Stowmarket Friday 5
29	Newmarket 10k

July 25

3	5k Summer Series (Kedington)
4	Great Bentley Friday 5
17	5K Summer Series (Carver Barracks)

August 25

9	SVP 50K and 100K
14	5K Summer Series (Cambridge)

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 was 'banned on the run'!
2. They both use drills!
3. When you have more running clothes than regular clothes in your laundry pile!
4. They want to finish before their brains work out what they are doing!

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