



Newsletter

May 2025

Have you renewed your HRC membership?

Don't delay renew today!

Contents

	Page
Member of the Month	1
It's the Little Things that Matter	2
New and Returning Members	2
April Race Roundup	2
JJ News	4
Junior News	4
New Format for Senior Training	6
Senior Training Sessions	6
Club Runs and Team Events	7
Message from Men's Captain	7
5K Summer Series	8
The Friday 5s	8
Ekiden 2025	9
Round Norfolk Relay	9
Eligibility for HRC's 2026 London Marathon Draw	10
Race Results, PBs and Club Championships	10
Membership Renewals	11
Dates for the diary	11
Comments and Feedback	12

Member of the Month

Member of the Month for March is **Sil Clay**.

When Sil gets something in her head she makes it happen. This time it was the JJs 3K Time Trial, which was held alongside the 5K Time Trail for the first time on 27th March.

The evening was amazing and went off without a hitch. There were 19 JJs in attendance and at least two more wanted to come but couldn't make it. After they finished, they all asked when the next one would be, which just goes to show how much they all enjoyed it!

Well done to Sil and her amazing team! Thank you for your dedication and the support you always give to our young members.

Please send your nominations for April 2025 to Lynnette Garstang **by 5th May 2025**.



It's the Little Things That Matter!

As the saying goes, "it's the little things that matter", and I add to this that these things should be celebrated and not forgotten. In the spirit of this, I want to give thanks to an individual who has gone above and beyond without realising it.

Picture it...it's Tuesday training at Castle Manor in the thick of winter. The weather is rainy and freezing cold. I'm in the process of setting up the lights for the session and I'm struggling, my fingers are frozen. Quietly, he comes over and sets up the light with ease. I say thank you which is received with a smile and off he goes to the next one. These small acts of help occur regularly, and so I want to say thank you Harry Minnette. I notice, regardless of who is on duty (whether dad is there or not), that you help set up and take down every session without being asked.

Continuing this celebration of small things that matter, I am aware that I wouldn't have been awarded member of the month without my team, and as we all know there is no 'I' in team. It took the whole junior committee to get the 3K time trial up and running thanks to their hard work, dedication and commitment. And of course, thank you to our Chairman, Mark Novels for his support.

On another note, it was a very proud moment to see a lot of our 14+ juniors supporting the club at the Impington 5K. Please give them a thumbs up when you see them out and about!

Sil Clay (Head of Junior Section)

New and Returning Members



Please give a warm welcome to Natasha Hammond, Annabel Trevillion, Cherilyn Penman, Jason Frost, Katie Hazell, Matthew Stageman, Polly Wells, Sean Elsom, Sarah Davies, Luke Lawrence, Kevin Jamieson, Michael Bailey, Charlie Allitt, Alycia Pledger, Blue Bormond, Halle Bormond, and Florence Roberts.

April Race Roundup



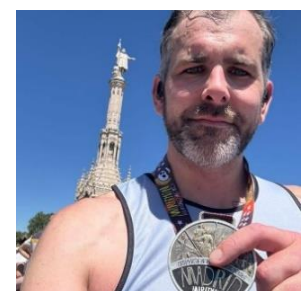
What a fantastic start to the summer racing period for HRC! Some great events with some super team and individual performances. Here's a snapshot of some of the highlights.

- Shirley Fowler and Dan Everitt completed their 50th parkrun on 5th April.
- Chris Bareham ran the London Landmarks on 6th April.
- Andrew Gage completed the Zig Zag Marathon on 6th April.
- Clare Fitzjohn and Simon Wallis ran the Brighton Marathon on 6th April, both picking up some well-deserved PBs.
- Nine HRC teams took part in the Suffolk Road Relays on 12th April, a great event with some excellent performances, despite the heat, the wind, the pollen and that small hill that grew tiresome after the first two laps! Congratulations to everyone who took part but especially to the MV40 team who took 2nd place in their age category, one of our MV50 teams who got 3rd place in their category, the U15 Girls who got 2nd place, and the U17 boys who got 3rd place!
- John Steel, Mark Ashwood, Kellie Garrod, Alison Goodwin and Ray Mooney completed the Cambourne 10k on 13th April.
- Several members completed the Bob French Sudbury Fun Run on 18th April. Special congratulations to Jan Walker, Clare Fitzjohn and Cheryl Trundle for coming within the top three of their respective age categories.
- A total of 55 HRC runners ran the first event of the 5K Summer Series at Histon on 24th April, with some great performances by our members.



The weekend of 27th April was especially busy:

- Joaquim Monteiro ran the Aveiro (Portugal) 10K with his brother.
- Ross Arnold ran a really tough Madrid Marathon. No PB but a great finish in 4,43 on a hot and hilly course. Ross did get a nice 5 Mile PB at the Sudbury Fun Run the previous week though (38:11).
- Caitlin Longland, Rhiannon Marie and Joe Winter ran the Manchester Marathon. As with a lot of races conditions were hot! But still somehow Rhiannon ran a 5 min PB in 4:18! This was Joe's first marathon, finishing in an amazing 3:27!
- In London we had 7 members competing in the big one, the London Marathon. Spectacular performances all around from Mark Novels, Jessica Bush, Liam Connaughton, Clare Fitzjohn, Louise Harris, Sheree Reilly and Rob Wise.
- In the dark of night, we also had members running the course in reverse in the Reverse London Marathon at Midnight! Well done you crazy lot - Jan Walker, Yusuf Firat, Marco, Tim and Kirsty!
- Stepping away from the full marathons, over at Northstowe, running the Half Marathon, we had Nathan Sims, Alison Goodwin, Polly Wells, Sil Clay, Kellie Garrod, Silke Sheppard and Karen North. Well done all and to Sil who finished 3rd in her age category!
- We also had Mark Ashwood in Northstowe running the 5K and placing second in his age category.
- Elsewhere we had Paul Mitchell running the ZigZag 10K in 45:26, and Ethan and Amalie running the Stanwick 2K!
- Lastly back in Haverhill, Ben Smith took advantage of the rare dry conditions by completing the Haverhill Park Run in a cracking time of 18:53!



Apologies if we've missed anyone off!



JJ News



TCS Mini London Marathon

Congratulations to our two JJs who both took part in the Mini London Marathon on the 26th April. Emilia and Tom (left) completed the 1 mile course around Buckingham Palace and the Royal Mile in 7:50 and 6:57 respectively.

Stanwick Fun Run

Great running from Amelie and Ethan (right) who competed in the 2km race at Stanwick on the 21st April, with finishing times of 11:49 and 8:15 respectively.



Junior News



Parkrun Volunteering

A big thank you to Hebe and Molly (left) for volunteering at Clare Castle Parkrun this month. It's always great to see our juniors giving back to the community. Parkrun events take place every week and everyone is welcome to volunteer. You don't need any previous experience and there are a range of roles to choose from, many of which can be combined with walking or running too. You can volunteer alone or team up with someone else. Contact haverhill@parkrun.com or clarecastle@parkrun.com if you are able to help out occasionally. It is always appreciated.

Summer Series 5km – Histon & Impington

Great running from our juniors in the first race of the 5k Summer Series on 24th April, all adding valuable points to the HRC team total. Cameron, Erik, Ethan, Hebe, Isla, Kate, Lewis, Molly and Sophie all took part with Ethan and Isla achieving individual 5km PBs!



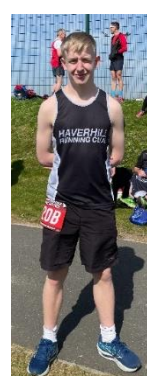


Sudbury Fun Run

Congratulations to Ethan (left) for his impressive 5 mile PB of 32:56 which he achieved at the Sudbury Fun Run on the 18th April.

Suffolk Road Relays

Very well done to the juniors who took part in the Suffolk Road Relays at the Northern Gateway Sports Park in Colchester on the 12th April. Hebe, Isla and Molly took part in the U15 Girls 3 x 2.6km relay race and came away with silver medals. Corbin, Max and Zach secured bronze in the U17 Boys 3 x 2.6km relay. Ethan and Sophie both joined senior HRC relay teams to race 4.8km, achieving impressive leg times of 19:02 and 20:18 respectively.



JJ training for May

Date	Time	Venue	Activity
Thursday 1st May	6:30pm	Samuel Ward Academy	S/Hall Running Relay Practice
Thursday 8th May	No Training		
Thursday 15th May	6:30pm	Samuel Ward Academy	S/Hall Throws Practice
Thursday 22nd May	6:30pm	Samuel Ward Academy	S/Hall Jumps Practice

Junior training for May

Date	Time	Venue	Activity
Thursday 1st May	6:30pm	Samuel Ward Academy	Agility and Conditioning / Gym
Tuesday 6th May	6:30pm	Castle Manor Academy	400m Reps
Thursday 8th May	7:30pm (race start)	Ely	5km Summer Series
Tuesday 13th May	6:30pm	Castle Manor Academy	Hills Pyramids
Thursday 15th May	6:30pm	Samuel Ward Academy	Fartlek
Tuesday 20th May	7:00pm	Saffron Walden	Track
Thursday 22nd May	6:30pm	Samuel Ward Academy	25min Tempo + Strides
Tuesday 27th May	6:30pm	Castle Manor Academy	200m Reps
Thursday 29th May	6:45pm	Cinema Car Park	5km Time Trial

New Format for Senior Training

The summer season is upon us!

As you may have heard, in response to feedback from members we have been refreshing the Tuesday training sessions and as a result, we will be trying out a slightly different format from May. There are no huge changes, and some members may not notice any difference.

The goals for this process were to:

1. Refresh sessions that we have been doing for a very long time.
2. Deliver a more structured overall plan tailored towards the running season.
3. Provide more consistency between coaches so that runners can work towards the same goal over the training period.

To achieve this, Tuesday training now looks like this:

- Yellow group contains the core elements of training – hills, longer reps, short reps etc., but does not 'build' throughout the season. This means that the group is great for all runners of any ability and works for those coming off the beginners' course, new runners, seasoned runners, and everyone in between. You will see some new sessions to freshen things up.
- Blue and Green training sessions have been designed to progressively build towards a race goal depending on the season. So, for example, May-September sessions are designed with 5-10k races in mind. Blue and green groups are also still open to any runners with sessions planned so that they work at all paces. We'll be trialing some new sessions so please bear with us whilst any kinks are ironed out.
- Remember that Tuesday training is only one part of your running week or month, and everyone is at a different training stage/ability/goal, so whilst this is not bespoke training it will hopefully provide something for everyone. It will also evolve going forward depending on what works and what doesn't work!

So, let's all give this a go – I really hope it works and you can see how we have worked to respond to feedback from members and offer the best training we can with what is available to us.

The training section of the website will be updated in due course, and I will continue to publish the information on Facebook each week as Mark has done until now. I very much welcome constructive feedback and you can message me via Facebook or email at any time with any questions or comments.

Hayley Wilson (Head Coach)

Senior Training Sessions

Tuesday senior training sessions and the coaches leading them in May are shown below.

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 20th May, by adding your name to the list [HERE](#).

Date	Yellow	Location	Coach	Green	Coach	Location	Blue	Location	Coach	Notes
May 6 th (Summer Series week)	400/500m reps	Chapple Drive	Joan	S1 4-6x500m	Hayley	Leisure centre (Tennis court loop)	S1 6-8x500m	Wilsey Farm	Mark	
13 th	Hills - Kenyan	Falconer Road or Cleves Road	Suz	S2 1K/1min fast reps/1K	Hayley	Castle Manor (Track)	S2 1K/1min fast reps/1K	Castle Manor (Track)	Hayley	Blue and Green merged
20 th (Track)	1K reps All groups not at track	Leisure Centre	Joan	S3 800m reps, Cheryl, Carver barracks						
27 th	Timed out/back	Railway track	Suz	Hills - Kenyan	Tracy	Falconer road or Cleves Road	S5 1K reps	Castle Manor	Mark and Horace	

Club Runs and Team Events

This month you'll be very pleased to know that we've switched to our Summer schedule, which means we'll be escaping the town and heading for the countryside a bit more often. This includes some nice pub runs – at least one per month! There will also be other events, like the 5K Summer Series that will replace some of the usual club runs.

Club runs and HRC team events in May are shown in the table below but if you'd like to see what we've got planned over the rest of the summer, take a look on the website [HERE](#).

Date	Time	Venue	Details
1 st May	6.30pm	Leisure Centre	Summer Route 3
8 th May	7pm (Juniors) 7.30pm (Seniors)	Bens Yard, Ely	5K Summer Series (Ely)
15 th May	6.30pm	Flying Shuttle	Flying Shuttle Pub Run Short Route Long Route
22 nd May	6.30pm	Leisure Centre	Summer Route 4
29 th May	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](#).

Message from the Men's Captain

What a marvelous month for many, April was for either running PBs or being rewarded with a podium placing in recognition of their effort. While I'm a strong advocate that achieving your potential in a race is more successful than being presented with bling or even winning, I have to admit being happy at the sight of runners in the HRC colours collecting medals or trophies. Therefore, the results of both the Sudbury 5 on Good Friday and the Suffolk County Road Relays were especially pleasing and a big 'thank you' to those responsible. That said, my respect to all those who during April ran faster than ever before in their life.

May brings another batch of club races with a 5k Summer Series event at Ely and two Friday 5 Milers in the east of the county. I hope at least one, if not all, of these races fit into your running schedule, whether it be as a competitive event, a test of your current fitness, or a social run alongside other HRC members.

Whatever you aim to gain from your May racing schedule I trust it will demonstrate the club's mission statement of "Running, Stronger, Together".

Wishing everyone enjoyable running and remember to stay safe, healthy and happy.

5K Summer Series

The next race of this year's 5K Summer Series takes place at **Ben's Yard** in Ely on 8th May 2025, and replaces the usual club run on that date. Full details and instructions for this event will be posted shortly.

If you haven't been to one of these events before, they take place throughout the summer with a different club hosting each time. There are usually around 300-350 runners in each race, which are both fun and competitive. You can be sure of 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 runners attend, 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 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.

Results and 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

The first two J M Finn Friday 5 events will be held in Felixstowe (23rd May), and in Framlingham (30th May). Registrations for these and the other events in the series can be made **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 about the events, include the dates of future events in the series can be found on the HRC website **HERE**.



Ekiden 2025

The next Ekiden Relay race will be held on Sunday 6th July 2025.

Ipswich Jaffa Running Club have been staging the only Ekiden Relay held in the UK for over 20 years, and it is now a well-established fixture in the HRC racing calendar, attracting runners from all over East Anglia.

The Junior Ekiden race (for under 16s) is run in teams of four as a relay in one-mile legs and is expected to be completed within 45 minutes. Children aged 8 and under are required to run with an adult.

The Senior Ekiden race (for the over 16s) takes place after the Junior race has finished. Teams of six runners run a total distance of 26.2 miles as a relay, with each leg of the relay covering a different distance, i.e.: Leg 1 = 7.2k (3 laps); Leg 2 = 5k (2 laps); leg 3 = 10k (4 laps); Leg 4 = 5k (2 laps); leg 5 = 10k (4 laps); and Leg 6 = 5k (2 laps).

The event is held in the grounds of **Ipswich High School**, and consists of an off road, mainly fast flat lawned course, with each full lap an accurately measured 2.5k.

This is a fantastic annual club funded, chip timed event and a really good opportunity for the whole club to get involved, whether spectating or participating. And remember, you don't need to be a fast runner to take part – runners of all ages and abilities are encouraged to participate. You'll also get extra points towards your Club Championship score, just for taking part!

As this is a team relay race you will need to wear an HRC vest or t-shirt in primary Club colours, i.e. black vest/t-shirt with silver writing and side panels. If you don't have a HRC vest or t-shirt you can obtain one from the **Club Shop**.

If you're interested in being part of the 2025 HRC team please let us know by completing the registration form **HERE**.

Round Norfolk Relay

Most of you will have heard of the Round Norfolk Relay but for those of you who haven't it's a relay race running 198 miles around the county of Norfolk, consisting of 17 stages from 5 to 20 miles. Take a look on **RNR website** for more information about the event, including the various stages.



HRC has entered a team for this year's race, to be held on the weekend of 13th and 14th September, so it's time to start pulling together our team or runners and support crew. It's such a great event that some of our members like to take part every year, but we'd love to hear from new and other members who haven't been involved before.

Of course, we need runners, 17 to be precise, so please don't be shy! Pick a stage you fancy doing and let us know via the contact details below. We can't guarantee you'll get the stage you ask for, but we'll discuss that with you before we finalise the allocations.

There's a time limit on the race and as a result we need to average 8:40 minute miles. If you can run at that pace or faster that's great! But don't worry if you can't. Unlike other clubs that have selective entry and only give their fastest runners a place, HRC try to accommodate all levels of runners as part of the race team.

This can only be done if the most confident runners can take the longest stages to buy the team time. For every runner that can hold a pace under the average we can have those who run over it.

The event is a lot of work and we need a strong crew who can support our runners and ensure everything goes smoothly. This includes driving the support van, cycling with runners, and timekeeping throughout the event. Some of these roles can of course be shared, so we need lots of volunteers!

If you would like to run one of the stages, or volunteer to join the support crew, please let us know as soon as possible via rnrc@haverhillrunningclub.com. You'll get extra points towards your Club Championship score if you participate as a runner or a member of the support crew.

If you're still unsure or have any burning questions, don't hesitate to get in touch!

Eligibility for HRC's 2026 London Marathon Draw

In case you weren't aware, the 2026 London Marathon Ballot opened for registrations on 25th April. We wish you all the very best of luck in securing a place but, if that doesn't happen you may be eligible for a second chance through the HRC draw, which will take place at the AGM on 4th December 2025.

At the last AGM, it was agreed that in order to make the Club's London Marathon draw a little fairer and give more of our members the best possible chance of getting a London Marathon place, some additional criteria for entry into the draw should be introduced. With that in mind, we wanted to remind you about the criteria that you will need to meet in order to be eligible to enter the Club draw in December.

To be eligible to enter the Club draw, members must be able to confirm that they:

1. are entering the draw for themselves
2. are available to take part in the 2026 Marathon on the specified date
3. are willing to pay the standard London Marathon entry fee if successful
4. are a First Claim member of HRC
5. have entered the TCS London Marathon 2026 ballot and received a "regret" email
6. have NOT run the London Marathon within the last FIVE years
7. have supported the club by undertaking one or more voluntary roles within the previous 12 months.

In regard to criterion 7, if you have not already undertaken any voluntary activity for the Club you may want to consider how you could do this before the end of November. Committee members, coaches and others carrying out official roles for the club will automatically meet this criterion. However, there are loads of other voluntary activities that other members can get involved with, such as marshaling for HRC Time Trials and HRC organised races and helping out on the HRC stand (e.g. selling food etc.) at events.

Don't miss out on the chance to run London in 2026! Make sure you meet the criteria!

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.

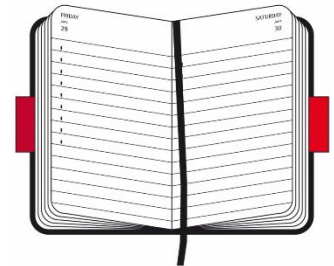
Membership Renewals

A big thank you to everyone who has already renewed their HRC membership. Your continued support and loyalty to the Club is very much appreciated.

If you haven't renewed your membership yet, simply use the link in the e-mail that we sent you on 2nd April. If you can't find it, try checking your SPAM folder. However, if you still can't find it then just drop us a line to membership@haverhillrunningclub.com and we'll re-send it to you. Alternatively, you can pay by logging in to your [myAthletics](#) profile.

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.



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

3	HRC Summer BBQ
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

December 25

4 HRC Annual General Meeting
6 HRC Christmas Party

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.

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**