



Newsletter

June 2025

**Last chance to renew your
HRC membership!**

**Don't risk losing the benefits of
HRC membership and England
Athletics registration!**

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Member of the Month

Member of the month for April 2025 goes to **Louise Harris!**

Louise was voted Member of the Month for her performance in the London Marathon. Here are some of the comments from other members about Louise:

- "Lou Harris for completing the London Marathon and defying all odds".
- "Louise's effort at the London Marathon epitomises everything that is positive about running. Unconcerned about the man-made invention of measuring time she runs for the pure pleasure it provides. There are times on my runs when I have to tell myself to chill, relax and be more Louise".
- "Louise shows you don't have to be a fast runner to take on the best and run the London Marathon, she took it all in her stride and totally enjoyed the run".

Congratulations, Louise – well deserved!



Please send your nominations for May 2025 to Lynnette Garstang **by 9th June 2025**.



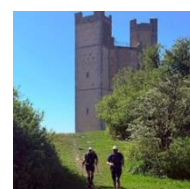
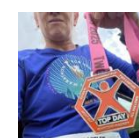
New and Returning Members

Please give a warm welcome to Paul Roberts, Jamie Hunt, Garry Paxton, Jess Mills, Stuart Britten, Oliver Cant, Jake Britten, Sophia Zuber, and Kieran Evans.

May Race Roundup

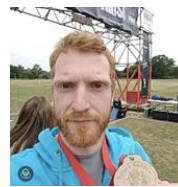
Wow! Another brilliant month for HRC with May proving to be the busiest month so far this year. And there were some fantastic performances from members (some highlights below):

- Special congratulations go to Trevor Hastings and Clare Fitzjohn, who both achieved a place in HRC's history books:
 - Trevor made his Marathon debut at the Milton Keynes Marathon. He trained hard for this and the results showed, with his time coming in at 3h 2m, placing him 10th quickest male for marathon distance in the Club records.
 - Back in April (apologies for the delay!) Clare achieved a cracking time of 36m 51s at the Sudbury 5-mile Funrun, placing her 9th quickest lady for the 5-mile distance in the Club records.
- Ian Elden and Hayley Wilson ran the Milton Keynes's Rocket 5k race. Over the last few weeks Ian has been impressing us with his return to running after long term injuries and this race was another step (or 5000), in the right direction for him. Hayley also ran a fantastic race, coming away with 3rd place in her category and, taking advantage of the bank holiday weekend, even managed to run Ashdon 10K the next day!
- 21 senior members ran the Ashdon 10K, and an impressive number of juniors ran the junior race. Andrew Mynott was first HRC male over the line in the senior race with a very impressive 36:37, just 1 second behind the overall winner. But well done to every single runner who took part in what is a notoriously tricky course.
- Chris Bareham and Shirley Fowler ran the Two Castles Half Marathon, a picturesque race in which they both ran extremely well.
- Benjamin Smith competed in the Burghley Triathlon and ended up winning his category.
- Tom Allen also competed in a Tri, this time on tour in Llanelli, South Wales, where he raced in the British Triathlon Super Series.
- Andrew Gage stuck to his feet and ran the 5 Rivers 106 Mile ultra, bagging a massive PB and finishing 9th overall! Andy accumulated 215,000 steps across the race, which is absolutely insane!
- Ross Arnold continued his global parkrun quest, this time conquering Zamek w Malborku. No PB but happy to get a sub-24.
- Liz Paxton also took on a Parkrun and came away with a tidy PB of 28:13.
- Matthew Stageman also opted for the 5K distance, taking on an inflatable 5K in Kent – very interesting!
- Several members ran the 10k at Cambridge Biomedical Campus. Well done to Stacy Castle, Jennifer Matthew-Jones (her first official 10k), Ethan



Bolton, who cracked the sub 40 and managed yet another PB, and Cheryl Trundle and Joan Nevin, who both finished 1st and 2nd respectively in their categories.

- Nicolas Bosc ran the Great Baddow 10M, a tricky race, narrowly missing his personal best but still finishing in a fast 1:11:07.
- Allison Austin, Jimmy Morrell, Sofia Brown and Paul Mitchell took on the 18M Bury to Clare challenge. This one is not for the faint hearted, so a massive well done to you all for completing, and especially to Paul for managing a 3rd place in his category.
- Holly Le Winton completed 30 Miles at ZigZag! Absolutely incredible!
- Thomas Allen competed in the Eton Dorney Sprint Triathlon World Qualifier coming 2nd in his age group – what a magnificent achievement. He will soon hear about his qualification for next year.
- Several members took part in the first of the Friday 5 races at Kirton, with some great times achieved and some well-earned points towards the Club Championship.



JJ News

Ashdon 3km Fun Run

Great running from our JJs (right) at the Ashdon Fun Run on the 5th May.



Summer Series 2km – Ely

Very well done to Ethan and Max (left) for taking part in the 2km Junior Race in Ely on the 8th May.

Newmarket Heath Fun Run 1500m

Well done to Amalie (right) for taking part in the Newmarket Heath race on the 1st May, achieving a time of 11:33



Junior News



Ashdon 3km & 10km

Great running from Hebe, Isla and Molly (far left), Cameron (middle left), and Ethan (near left) at the 3km and 10km races in Ashdon on the 5th May.

Summer Series 5km – Ely

Very well done to our seven, Juniors (right) who took part in the 5km Summer Series race in Ely on the 8th May.



Newmarket Heath Fun Run 1500m

Another great performance from Ethan (left) at the Newmarket Heath race on the 1st May, achieving a time of 07:53



Cambridge Biomedical Campus 10km and 5km

Cameron and Kate (right) competed in the 5km race and Ethan the 10km on the 18th May. Fantastic times from all of them, with PBs for Cameron and Ethan.



Cardiac Risk in the Young

Every week in the UK at least 12 young people die of undiagnosed heart conditions. Since its formation in 1995, Cardiac Risk in the Young (CRY) has been working to reduce the frequency of young sudden cardiac death. CRY offers free cardiac screening events for children 14 and over. Several of our juniors have already attended these public events. To find out more please follow this link: <https://www.c-r-y.org.uk/screening/> You can also request to be informed directly via email when a screening in your area becomes available by completing a 'Screening Interest Form' via the same webpage. To donate to the charity, please use this link: <https://www.c-r-y.org.uk/donate/>



JJ training for June

Date	Time	Venue	Activity
Thursday 5th June	No Training		
Thursday 12th June	6:30pm	Samuel Ward Academy	Sports Hall Paarlauf Practice
Thursday 19th June	6:30pm	Samuel Ward Academy	TBC
Thursday 26th June	6:45pm	Leisure Centre	3km Time Trial

Junior training for June

Date	Time	Venue	Activity
Tuesday 3rd June	6:30pm	Castle Manor Academy	Hills Progressive
Thursday 5th June	7:30pm (race start)	Newmarket	5km Summer Series
Tuesday 10th June	6:30pm	Castle Manor Academy	1K reps
Thursday 12th June	6:30pm	Samuel Ward Academy	Bleep test
Tuesday 17th June	7:00pm	Saffron Walden	Track

Thursday 19th June	6:30pm	Samuel Ward Academy	Fartlek
Tuesday 24th June	6:30pm	Castle Manor Academy	400m paired reps
Thursday 26th June	6:45pm	Leisure Centre	5km Time Trial

Training and Coaching Update

As some of you might already be aware, Trev Bunch and Mark White have decided to step down from their coaching roles. We are incredibly grateful to Trev and Mark for the time and commitment they have given to coaching for the Club over several years. Their sessions worked us hard but were always enjoyable! We will miss them both!

That does of course mean that we are two coaches down but the cavalry has arrived! We are pleased to confirm that Stephen Husband and Andrew Bell will soon be joining the Coaching Team as Run Leaders. Both Andrew and Stephen have a wealth of knowledge and running experience to share with HRC and we look forward to seeing them 'on the other side' of our sessions very soon!

On the evening of Tuesday 8th July, we are organising a Sports Day at Castle Manor instead of the usual training sessions. This is a great opportunity for our members (juniors and seniors) to come together for what we hope will be a fun-filled evening. It will also provide an opportunity for us to fully utilise the new equipment that we've acquired for the Club! Watch this space for more information!

Senior Training Sessions

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

June 3 rd (SS week)	400m reps	Castle Manor (track)	Joan	S5 1K reps	Mark	Castle Manor	Hills - Kenyan	Falconer road or Cleves Road	Tracy	
10 th	Hills - pyramid	Roman Way	Cheryl and Horace	S4 90s reps	Mark	Wilsey farm	S6 3 min reps	Castle Manor (Track)	Hayley	
17 th (Track) (SS week)	1K reps	Leisure Centre	Suz	S9 over/under 800/400m, Carver barracks, Mark						
24 th	400/500m reps	Chapple Drive	Suz	Hills - pyramid	Joan	Roman Way	S8 3k/2k/1k	Leisure centre 1K loop	Tracy	

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

Club Runs and Team Events

Club runs and HRC team events in June are shown in the table below:

Date	Time	Venue	Details
Thursday 5 th June	Junior race – 7pm Senior race – 7.30pm	Rowley Drive Racecourse Training Grounds (CB8 0TF)	<u>5K Summer Series (Newmarket)</u>
Friday 6 th June	7.30pm	Great Cornard Sports Centre (CO10 0JU)	<u>Friday 5 (Sudbury)</u>
Thursday 12 th June	6.60pm	Fox and Hounds (Steeple Bumpstead)	<u>Fox and Hounds Pub Run</u>
Thursday 19 th June	6.30pm	Leisure Centre	<u>Summer Route 6</u>
Friday 20 th June	Junior Races – From 6.50pm Senior race – 7.30pm	Nowton Park, Bury St Edmunds	<u>Friday 5 (Bury)</u>
Thursday 26 th June	6.45pm for 7pm	Leisure Centre	<u>HRC Time Trial</u>
Friday 27 th June	Junior Races – From 6.50pm Senior race – 7.30pm	Haughley Park (IP14 3JY)	<u>Friday 5 (Stowmarket)</u>

General information about Thursday night club runs can be found **HERE** 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**.

Keep a look out for any last-minute changes on **Facebook** or the **News** section of the website.

Message from the Men's Captain

Another month has passed with me as Men's Team Captain and contrary to my expectations I have to admit to enjoying my time in this role. This is purely because I continue to watch runners wearing the club vest perform admirably in races whether it be with a good time or a one hundred percent commitment to their task.

One person in particular who has both pleased and surprised me with their racing over the last twelve months is Simon Wallis. When running with Simon in 2023, although I enjoyed his social chit-chat, I never understood his relaxed acceptance that all his PBs were in the past and I believed he didn't have the necessary dedication to achieve race times his obvious ability demonstrated. I apologise to Simon for my error. Things changed and Simon decided to adopt a training plan specifically for a future marathon, which of course also made him much stronger and therefore faster over five miles and below. Having watched him race recently at the Kirton Friday 5, I also think it has made him tougher mentally because there he continued to stay strong and produce a good time despite the obvious agony he was going through.

The other topic I want to mention this month is to say 'thank you' to anyone who nominated Kristina and myself as possible recipients of the April Member of the Month award. While Kristina is a worthy beneficiary of this accolade, reluctantly I have to admit I'm not. On the club website it states categorically there are six tasks the men's captain should regularly do and I have only ever completed three of these six, with no intention of doing the other three. Luckily for the men, Kristina has kindly undertaken these tasks or else they'd be left undone. Therefore, please feel free to praise Kristina because she thoroughly deserves recognition. But in my opinion, anyone who only does half a job is not an ideal candidate for any accolade!

Hoping you all have fun running and racing in June and achieve at least one of your dreams. Stay safe, healthy and happy.

Barry Osborne

5K Summer Series

The next race of this year's 5K Summer Series takes place at the Rowley Drive Racecourse Training Grounds in Newmarket (postcode CB8 0TF) on 5th June 2025. It replaces the usual club run on that date. Full details and instructions for this event can be found [HERE](#).

All the races in this series 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](#).

Results, race details and information about how the points scoring works can be found on the HRC website [HERE](#).

Don't forget that HRC will be hosting the next 5K Summer Series event in Kedington on 3rd July – details to follow shortly. Thanks to everyone who has volunteered to marshal.

The Friday 5s

The next three J M Finn Friday 5 events will be held in Sudbury (6th June), in Bury St Edmunds (20th June), and in Stowmarket (27th June). Registrations for these and the other events in the series can be made [HERE](#). Links to race results along with details about the last event in Great Bentley on 4th July can be found on the HRC website [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](#).



Ekiden 2025: Are You on the Team?

A reminder that the next Ekiden Relay race, to be held in the grounds of Ipswich High School, will be held on **Sunday 6th July 2025**.

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).

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 about the Round Norfolk Relay but in case you haven't it's a relay race around the county of Norfolk (198 miles in total), 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, which is to be held over the weekend of 13th / 14th September, so it's time to assemble our team of runners and support crew. It's such a great event that many of our members take part every year and we've already got some names on the list. However, there are still a few gaps and we'd especially love to hear from new and existing members who haven't been involved before.

Of course, we need runners, 17 to be precise, so 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 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 for the support crew, please let us know what you'd be up for as soon as possible via rnr@haverhillrunningclub.com. As an incentive, 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!

Fox and Hounds Pub Run

The next pub run will be held at 6.30pm on Thursday 12th June 2025, starting and finishing at the **Fox and Hounds** in Steeple Bumpstead.



The route will be the **Steeple Bumpstead 10K**, which also has a cut-off route of around 4.5 miles.

We'll assemble at the pub and start the run at 6.30pm. However, if you're running late or want to start a bit later don't worry, you can check in and set off on your own or as part of a separate group after 6.30pm. However, if you run separately make sure you print and bring with you the route instructions. Also, please take a mobile phone with you and aim to be back at the pub no later than 8pm to avoid us from sending out a search party!

Other Social Events in the Pipeline

HRC Summer BBQ

Thanks once again to Andy and Victoria Gage, the HRC Summer BBQ will be held at Serenity Lakes on Sunday 3rd August 2025. We hope that you'll all be able to join us for what is always a lovely afternoon, in a lovely space and in great company.

HRC Christmas Party

We are pleased to confirm that we have now booked our venue for the HRC Christmas Party, which will take place on Friday 5th December 2025 (please note the change of date). The venue will be the New Croft on Chalkstone Way, who have recently revamped their festive venue and catering options, to include a fully heated Christmas Marquee complete with chandelier, and a delicious celebration buffet menu to feast on. And of course, there'll be a fully stocked bar and a disco for those who like to "move it, move it!"

Further details about these events will be posted in the coming weeks but in the meantime, please make sure the dates are firmly in your diary.

Are You Hydrating Enough?

Hydrating correctly before, during and after races, as well as during your training, is absolutely essential, especially at this time of year when the weather is getting warmer. Runners who haven't hydrated properly can get caught out if the weather on race day is a lot warmer than they were expecting, which can in some situations have serious and sometimes tragic consequences.



Everyone is different and your approach to hydration will depend on things like the distance and weather conditions but must always be considered as part of your training and race preparation. You simply can't perform well and recover effectively without hydrating properly. For example, if you're preparing for a marathon or half marathon, chugging a few pints of water the night before the race isn't going to make up for a lack of proper hydration during the days leading up to the event. Similarly, if you don't drink enough during your run or fail to hydrate properly as soon as you've finished, you are more likely to suffer from cramps and sore muscles and your recovery is going to be a lot slower.

For a really good explanation of how to approach hydration in both training and racing, take a look at the following article published by Runners World: **[Running and hydration: Everything you need to know](#)**.

Please don't be the one being carried off on a stretcher!

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. We are currently working on getting the initial scores calculated and will publish details of these shortly.

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 (Final Reminder)

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 HRC membership you'll be receiving a final reminder shortly, requesting you to pay your membership renewal fee. Please note that you will not receive any further reminders after this.

If you don't pay your membership fee by the end of June, we'll assume that you do not wish to renew and will automatically resign you from the Club. Your registration with England Athletics will also lapse and you will not be able to get discounts on race entries or other merchandise. So, to avoid losing your membership and the associated benefits, make sure you pay your membership renewal **before the end of June!**

If you want to renew but can't find the payment request, try checking your SPAM folder. If you can't find it there 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 profile on the **[myAthletics portal](#)**.

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.



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

November 25

8	ATW Remembrance 5K
9	Stebbing 10M
16	St Neots HM

December 25

4	HRC Annual General Meeting
5	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