

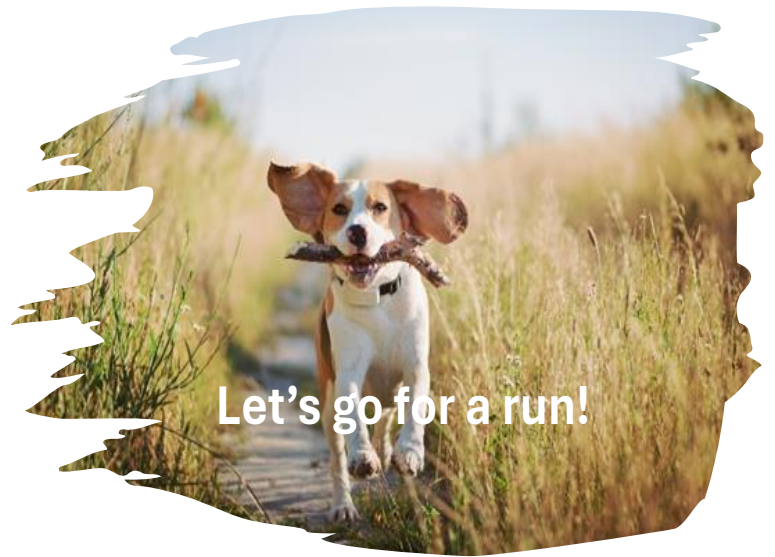


Newsletter

July 2025

Contents

| | Page |
|--|------|
| Member of the Month | 1 |
| New and Returning Members | 2 |
| June Race Roundup | 2 |
| JJ News | 3 |
| Junior News | 3 |
| Senior Training Sessions | 4 |
| Club Runs and Team Events | 6 |
| 5K Summer Series | 6 |
| The Friday 5s | 7 |
| Ekiden 2025: Almost There! | 7 |
| July Pub Runs | 7 |
| HRC Meal and Drinks | 8 |
| HRC Summer BBQ | 8 |
| Round Norfolk Relay | 9 |
| Can you Help Us Promote HRC? | 9 |
| HRC to Host EAA County Championships | 9 |
| Monthly Message from Men's Captain | 9 |
| Yoga and Why It's Useful for Runners | 10 |
| Next Beginners Course | 11 |
| Race Results, PBs and Club Championships | 11 |
| Dates for the diary | 11 |
| Comments and Feedback | 12 |



Member of the Month

Member of the month for May 2025 goes to: **Trevor Hastings**

Trevor was nominated for achieving a fantastic time of 3:02:40 in his very first marathon in Milton Keynes – a brilliant performance!

Trevor joined HRC in October 2024. His wife Emma is also a member, along with their daughter, Fern. Since joining, he's proved himself to be a strong, versatile runner, performing exceptionally well across a number of races, including the Winter Series XC events and the Debden 5K where he came 3rd overall.

Well done, Trevor!

Please send your nominations for May 2025 to Lynnette Garstang **by 7th July 2025.**



New and Returning Members

Please give a warm welcome to Enza Gambin, Jamie Gambin, Christopher Wait, Stephen Foyster, Toby Hayward, Thomas Mitchell, and Tobias Jackson.

June Race Roundup

Another excellent month for HRC with more, great performances from our members. Here are a few of the highlights with a small selection of photos capturing the moment:

- Chris Bareham added to his tally of races this year after racing in the Boxted 10k.
- Newcomer Chris Wait ran the St Albans half and clocked a PB coming in at 2:02.
- Joan and John Nevin both took on the Swansea Half marathon!
- Shirley Fowler and Sil Clay ran the newly "First One" at St Neots, which consists of running as many laps as possible! Sil clocked up 20 miles and Shirley clocked up 26.74 miles.
- Sarah and Alex Robelou ran the Valley of the Owls half marathon. This was Sarah's first half marathon on quite a tricky course.
- Well done everyone who ran Sudbury Friday 5, with some fantastic results! Karen Farthing was 1st FV40, Clare Fitzjohn 3rd FV40, Grace Judge 2nd FV60, Cheryl Trundle 1st FV70+, Liz Paxton 2nd FV70+ and Karen Farthing, Clare Fitzjohn and Mary Ann Tuli placed as 3rd Ladies Team!
- Andy Gage ran the Suffolk Back Yard Ultra. The race format was a 4.167 lap every hour, on the hour. Andy accumulated a very impressive 50 miles in total!
- Mark Ashwood represented HRC in a very hot Welwyn 10K!
- Sil Clay, Cheryl Trundle and Shirley Fowler ran the Bassingbourn 10k, all in under 60 mins despite the heat!
- Nineteen HRC members ran a very warm Friday 5 at Nowton Park. Some great times with PBs for some including Mark Ashwood (41.51) and Ross Arnold (38.03).
- Tom Allen took part as a qualifier for British and English Champs and as a European qualifier at Blenheim Palace on the 8th June. On 22nd he then went up to Scotland to race in the latest leg of the British Triathlon Super Series, an Aquathlon (swim run) incorporating the British Elite Aquathlon Championships. Brilliant work Tom!
- And last but not least, well done to our 10 runners who conquered Stowmarket Friday 5. First home for Haverhill was Zach Godfrey, achieving a PB following his first race of this distance at Bury Friday 5 the week before. Ross Arnold also achieved a PB and Barry Osborne was 3rd MV70+.



JJ News



June 3km HRC Time Trial for the JJs

What a great turnout for the third 3km HRC TT, and more brilliant running from the JJs. Thanks to all the volunteers for making it possible!

Friday 5 Series Fun Run – Bury St Edmunds

Well done to Amalie (right) for her brilliant run at the Bury Friday 5 Series Fun Run on the 20th June, completing the 1km distance in 05:55.



Cambridge Regional Athletics Competition

Marli (below far left) competed against 28 schools on 10th June at the Cambridge Regional Athletics Competition. She competed in the relay, then came 1st in her U10 hurdles heats, then 3rd in the finals, and 2nd in the 100m. Congratulations!



Friday 5 Series Fun Run - Sudbury

Great running from Amalie (near left) in the Sudbury Friday 5 Series Fun Run on 6th June, completing the 2km distance in 11:51.

Summer Series 2km – Newmarket

Amalie, Fern, Max and Will (below right) represented HRC in the 2km Junior Race in Newmarket on the 5th June. Well done team!

Oundle Triathlon

Marli (near right) completed a triathlon raising money for Restless Development. She swam 2 lengths, completed a 1.5k bike ride and then a 1k run. Well done, Marli!



Junior News



June Time Trial

Well done to all the juniors (left) who took part in June's TT.

Friday 5 Series – Bury St Edmunds

Congratulations to Zach (right) for his brilliant run at the Friday 5 Series in Bury St Edmunds on the 20th June. He completed the 5-mile distance in an impressive 33:50.



Summer Series 5km – Newmarket

Very well done to our seven Juniors (left) for taking part in the 5km Summer Series Race in Newmarket.

May Time Trial

Great running from our juniors (right) at May's TT.





250th Parkrun

Very well done to Harry for completing his 250th Parkrun at Clare Castle Country Park on the 14th June.

JJ training for July

| Date | Time | Venue | Activity |
|--------------------|----------------------------|---------------------|-----------------------------|
| Thursday 3rd July | 7:00pm (Race Start) | Kedington | 2km Race |
| Thursday 10th July | 6:30pm | Samuel Ward Academy | 15min easy run/ throws |
| Thursday 17th July | 6:30pm | Samuel Ward Academy | 20min relay/ jumps |
| Thursday 24th July | 6:30pm | Samuel Ward Academy | Mini circuit |
| Thursday 31st July | 6:30pm | Samuel Ward Academy | Games/mini team competition |

Junior training for July

| Date | Time | Venue | Activity |
|--------------------|----------------------------|------------------------|---------------------------|
| Tuesday 1st July | 6:30pm | Castle Manor Academy | 200/400m reps |
| Thursday 3rd July | 7:00pm (Race Start) | Kedington | 2km / 5km |
| Tuesday 8th July | 6:30pm | Castle Manor Academy | Sports Day with seniors |
| Thursday 10th July | 6:30pm | Samuel Ward Academy | 25 min Tempo |
| Tuesday 15th July | 7:00pm | Saffron Walden | Track |
| Thursday 17th July | 6:30pm | Samuel Ward Academy | 1k easy/ 3k hard/ 1k easy |
| Tuesday 22nd July | 6:30pm | Castle Manor Academy | Hills-cone to cone |
| Thursday 24th July | 6:30pm | Samuel Ward Academy | Agility and condition/gym |
| Tuesday 29th July | 6:30pm | Castle Manor Academy | 200m paired efforts |
| Thursday 31st July | 6:45pm | Cinema Car Park | Time Trial |

Senior Training Sessions

Tuesday senior training sessions and the coaches leading them in July are shown in the table on page 5.

If you're uncertain which group (Yellow, Green, or Blue) is right for you, take a look at the information on the [website](#) or speak to [the coaches](#) on the night.

| Week | Session | Location | Coach | Session | Coach | Location | Session | Location | Coach |
|----------------------|---|------------------------------------|--------------|---|------------------------|------------------------|------------------------|-----------|--------------|
| July 1 st | S2 1k/1 min fast reps/1K | Leisure Centre | Suz | S8 3K/2K/1K | Mark and Horace | Leisure centre 1K loop | Hills - pyramid | Roman Way | Joan |
| 8 th | Sports Day, Castle Manor | | | | | | | | |
| 15 th | Hills – Kenyan | Falconer Road or Cleves Road (TBC) | Tracy | S10 decreasing distances, Carver barracks, Mark | | | | | |
| 22 nd | Paul Evans Guest Coach session at Castle Manor | | | | | | | | |
| 29 th | S9 over/under 800/400m | Leisure Centre | Joan | S11 400m and 200m reps | Hayley | Leisure centre/track | Hills up/down | Roman Way | Tracy |

All training sessions are at 6.30pm, with the exception of track training at Carver Barracks, which starts at 7pm. Please let us know if you'll be attending track training at Carver Barracks on 15th July, by adding your name to the list [HERE](#)

You'll see from the schedule that there are two special training sessions on 8th and 22nd July which we hope you'll find interesting and can get along to. More details about these sessions are given below:

Tuesday 8th July: HRC Sports Day at Castle Manor (for ALL members)

This is a great opportunity for Juniors, JJs and Seniors to come together, have some fun, and compete in teams across a variety of events, including relays, agility challenges and other events.

Tuesday 22nd July: Training Session with Guest Coach, Paul Evans (former distance runner and Olympic finalist) at Castle Manor (for members over 12)

Paul is a former distance runner from England, who ran in the 10000m track final at both the 1992 Barcelona Olympics and 1996 Atlanta Olympics.

He took up running at 25, having previously been a footballer, and was a member of Belgrave Harriers and the City of Norwich Athletics Club.

Paul came second in the 1996 Great North Run, third in the 1996 London Marathon, and won the 1996 Chicago Marathon at the age of 35. His 2:08:52 in Chicago places him fifth on the UK all-time marathon list.

Other achievements include a half-marathon best time of 61:18, and a course record in the premier Swedish 30 km cross country running race Lidingöloppet in 1995.

Paul is now Athletics Development Officer for Norfolk. (Source: Wikipedia).

Find out more about Paul [HERE](#).

And here's some advanced notice of another special session. On Sunday 17th August Kelly Mepham will be leading a runner specific strength and conditioning session. Times and location are to be confirmed but will be late morning and in Haverhill. Hopefully outdoors, depending on the weather. You won't need any equipment, just motivation! Kelly has previously coached for HRC and is a very experienced runner herself. She is a brilliant personal trainer and specialises in women's running.

Club Runs and Team Events

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

| Date | Time | Venue | Details |
|---------------------------|---|----------------------------|---|
| Thursday 3 rd | Junior race – 7pm Senior race – 7.30pm | Kedington | <u>5K Summer Series (HRC - Kedington)</u> |
| Thursday 10 th | 7.30pm | Dog and Duck, Linton | <u>Dog and Duck Pub Run</u> <u>Long Route</u> <u>Short Route</u> |
| Thursday 17 th | Junior race – 7pm Senior race – 7.30pm | | <u>5K Summer Series (Saffron Striders)</u> |
| Thursday 24 th | 6.30pm | White Lion, Stoke By Clare | <u>White Lion Pub Run</u> |
| Thursday 31 st | 6.45pm, for 7pm | Leisure Centre | <u>HRC Time Trial</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.

5K Summer Series

The next two races of the 5K Summer Series take place on 3rd July (in Kedington) and 17th July (at Carver Barracks).

The next race on 3rd July is of course our very own event in Kedington so we're hoping to see as many HRC members there as possible, either running the course or helping out in a voluntary capacity. Huge thanks to Andrew Bell (Race Director) and Hayley Wilson (Chief Marshall) who have as always put their time and energy into event planning, as well as to everyone who has volunteered to help out on the day.

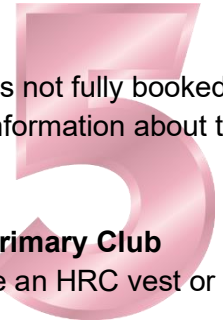
Our event includes a 2K race at 7pm for 8-13s, with the main 5K event starting at 7.30pm. And to follow there will be a Summer After Party until 9.30pm, serving BBQ food, cakes, beer and soft drinks, so why not stick around and enjoy the post-race buzz. Event details, including timing etc, can be found **HERE**. Please give it all the support it deserves.

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 point scoring works can be found on the HRC website **HERE**.

The Friday 5s

The last J M Finn Friday 5 event will be held in **Great Bentley** on 4th July. Assuming it's not fully booked, registrations for the event can be made [HERE](#). Links to race results along with other information about the races can be found on the HRC website [HERE](#).



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: Almost there!

The 2025 Ekiden Relay race is almost upon us, to be held in the grounds of **Ipswich High School** on **Sunday 6th July 2025**. And, with four senior teams and one junior team, this year promises to be bigger and better than ever! Thanks to everyone who has stepped forward to participate.

Due to one member of the team sustaining an injury in the last couple of days we do need one more person to join the team to cover a 10k leg of the relay. If you are interested, please contact Kristina Selleck via Facebook, or drop a note to secretary@haverhillrunningclub.com.



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. So even if you're not running, why not come along to fly the HRC flag, bring a packed lunch, and cheer on other members of the HRC family? Details of the event can be found [HERE](#).

And for those who will be running, remember to proudly wear your 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](#).

July Pub Runs

There will be two (yes two!) Pub Runs in July:

- Thursday 10th July 2025, to start and finish at the **Dog and Duck** in Linton. There will be a **long route** of about 7.3 miles and a **shorter route** of about 4.5 miles.
- Thursday 24th July 2025, to start and finish at the **White Lion** in Stoke By Clare. There will be **long and short routes** of 7.7 miles and 4.3 miles respectively.



For both pub runs we'll check in at the pub and start the run at 6.30pm. However, if you're running late or just 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 a little later, but please make sure you print and bring with you the route instructions, take a mobile phone, and aim to be back at the pub no later than 8pm to avoid us sending out a search party!



HRC Meal and Drinks

Come and join us (in non-running clothes) for a lovely social evening of food, drinks and friends at **Prezzo** in Haverhill, at **6.30pm on Friday 11th July**. Or, if you don't fancy any food, why not join us for drinks afterwards?

Please let Hayley Wilson know as soon as possible if you'll be attending or drop us a line to secretary@haverhillrunningclub.com.

We look forward to seeing you there!

HRC Summer BBQ

Thanks to Andy and Victoria Gage, the HRC Summer BBQ will again be held at Serenity Lakes on Sunday 3rd August 2025, from 2pm. We hope you'll be able to join us for what is always a lovely afternoon, in a lovely space and in great company.

There will be the usual 5K fun run (for those who haven't already had their run fix for the day), fun and games around the lake, and of course delicious BBQ food (available at a very reasonable price). And as always, there'll be a raffle, so please let one of our **Committee members** know if you'd like to donate a raffle prize.

If you haven't done so already, please let us know as soon as possible if you will be coming to the BBQ, along with any dietary preferences by scanning the QR code in the poster, or clicking **HERE**.

We look forward to seeing you all there!



This year's Round Norfolk Relay, to be held over the weekend of 13th and 14th September, is now only a couple of months away. As such, we need to start firming up our team of runners and support crew.

In case you've missed previous posts, the Round Norfolk Relay is a 198-mile relay race around the county of Norfolk, broken up into 17 stages from 5 to 20 miles per stage. Take a look on **RNR website** for more information.

We now have runners for all stages, except stage 16, which is just over 5 miles. If you fancy running this stage then please let us know as soon as possible via rnr@haverhillrunningclub.com.

We also need a strong crew who can support our runners and ensure everything 'runs' smoothly. This includes driving the support vehicle, cycling with runners, and timekeeping throughout the event. We've already got volunteers for some of these roles but we still need volunteers to cover the driving (including at

night) and some additional nighttime cyclists. If you think you might be able to take on one of these roles, please let us know via rn timer@haverhillrunningclub.com.

As an incentive, you'll get bonus points towards your Club Championship score if you participate as a runner or a member of the support crew, but if you're still not convinced we'd be happy to answer any questions you might have.

Can You Help Us Promote HRC?

For those of you who didn't get lucky in the 2026 London Marathon Ballot and haven't yet managed to fit in any voluntary work to ensure your eligibility for the **HRC London Marathon Ballot** in December, this may be the opportunity you were looking for!

To help promote HRC, we'll be running stalls at two key Haverhill events in July:

- **The Haverhill Show** – to be held on 6th July; and
- **The Chalkstone Fun Day** – to be held on Wednesday 23rd July (11am-3pm).

If you're not running Ekiden on 6th and you think you might be able to spare a couple of hours to help run these stalls, please drop a note to secretary@haverhillrunningclub.com confirming which event you can help with and for how long. Your help, as always, would be very much appreciated. As they say, many hands make light work!

HRC to Host EAA Cross Country Championships

HRC has agreed to host the Eastern Athletics Association (EAA) Cross Country Championships, to be held at Horseheath Racecourse on 15th November 2025.

This event is a great opportunity for members to challenge themselves and show everyone what talented cross-country runners we have. It also provides HRC with an opportunity to showcase the Club and what it can offer the running community.

Look out for further information about the event over the coming months.

Monthly Message for the Men's Captain

June has come and gone and another crop of accomplished performances by HRC members has provided me with pleasure, either when watching races or reading Stephen's weekly reports. However, while others running has benefited my well-being, I sense I haven't reciprocated in a similar way because after over six months as men's team captain has anything I've done or said helped you:

- a) have more fun when competing for HRC at the Club's cross-country or road league races?
- b) be mentally prepared to being comfortable with being uncomfortable when racing?
- c) learn how to relax and have fun when doing hard training sessions so that you want to spend more of your free time running?
- d) think about your training plan - does it fit comfortably with your lifestyle?
- e) realise running is an art, not a science?

Relax and imagine your body as a brush painting beautiful pictures like a ballerino/ballerina or gymnast in action. Yes, I know it sounds like a load of hippie twaddle but try it sometime and you might have fun.

Sadly, I get the impression for the greater majority of members the answer to the above is a resounding 'no'. Therefore, I ask you to bear with me and I'll try to do much better in the next five months.

Wishing you an injury free July and lots of enjoyment when running.

What Yoga Means to Me – And Why It's Useful for Runners



For me, yoga is more than just movement or stretching - it's a way of being. It's about how we move, breathe, observe, and connect with both ourselves, and the world around us.

The word Yoga comes from the Sanskrit word 'yuj', meaning 'to unite'. Yoga is about bringing together the body, breath, and mind-making them work together in harmony, with more power than when they act alone. Yoga teaches us to find balance: between ease and effort, strength and softness, focus and letting go. As a yoga teacher, my role is to create a safe and welcoming space for all types of people. I want everyone to feel comfortable, whether they're doing active poses or simply lying down in stillness. Just like runners know when to push and when to rest, yoga invites us to listen to our bodies and respond with care. Yoga can also help us to learn when to push and when to rest.

Music can be part of this too. The right sounds can help calm the mind, deepen focus, and even help with breathing. But I'm always aware that music can bring up strong emotions or memories for people, so I choose it thoughtfully.

Another part of teaching yoga is helping people move safely. I guide alignment and breathwork to protect joints, support mobility, and reduce future injury risks - something runners in particular can benefit from! Knowledge of the body and its needs is a big part of good teaching.

I also like to give people choices. In class, you'll often hear me say things like:

- "If this feels okay for you..."
- "May I invite you to try this variation?"
- "If you prefer, simply rest here and breathe."

This way, people feel empowered to do what's right for them in that moment, without comparing themselves to others.

With different bodies and different experiences, I'm especially mindful that yoga looks different for everyone. Sometimes it's movement, sometimes it's rest, sometimes it's just showing up and breathing or learning to relax. For runners, yoga can offer a way to improve flexibility, aid recovery, reduce stress, and build mental focus. But more than that—it's a space to reconnect with yourself.

I'm excited to keep learning and to share yoga in a way that supports both runners and non-runners alike.

Tracy Pelling (Metta Together)



ADULT BEGINNERS RUNNING COURSE

10 Week Course
Starting Thursday
25th September 2025

9.30am OR 7.30pm

Haverhill Leisure
Centre

£ 3 0



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



Next Beginners Course

The next Adult Beginners Course starts on 25th September!

This 10-week course is ideal for adults 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, members may find it helpful to attend all or part of the course if they've been prevented from running due to injury and want to start back slowly to regain confidence.

Please tell your friends and family and encourage them to take a leap of faith. More details [HERE](#).

Race Results, PBs and Club Championships

HRC will automatically upload your race results to the 'Results' page on the HRC website. However, please remember to enter races as an 'HRC Affiliated Runner' so that we can find your results. For Parkruns, make sure you've selected 'Haverhill RC' in the 'Groups' option from your Parkrun profile.

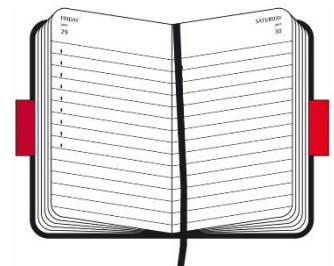
If we find a result that is 'eligible' for inclusion in the 2025 Club Championship, we'll include it automatically as part of your score calculation – you don't need to submit results yourself, unless you think one might be missing. Full details, including the rules and eligible races, are on the HRC 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.



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
- 15 EAA Cross Country Championships (Horseheath Racecourse)
- 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