



Newsletter

September 2025

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Riddle Me Ree

With steady rhythm, it's not about speed.
It's the tempo you keep that matters indeed.
What am I?

You must be Joking

Did you hear about the race between the
lettuce and the tomato?

Answers on page 10

Member of the Month



Member of the month for July 2025 goes to **Joe Winter!**

Although totally unplanned, Joe ended up running two legs of the Ekiden Relay after a last-minute drop out, due to unavoidable circumstances. He wasn't keen to begin with, but he was the strongest runner on the day and put in a great performance in both the 5k (in hot and sticky conditions) and then the 10k (in wet and windy conditions), admitting afterwards that he really enjoyed it. He certainly saved the day and showed amazing team spirit. Joe also does an amazing job as our Club Treasurer.

Well done, Joe!

Please send your nominations for August 2025 to Lynnette Garstang **by 8th September 2025.**

New and Returning Members

Please give a warm welcome to Pippa Reynolds, Charlotte Roberts and Eleanor Husband, who have joined the Club since the last newsletter.



August Race Roundup

As might be expected, August was a quieter month, but there were still some great performances from HRC members – highlights and sample photos below:

- 54 HRC runners turned out for the last event of the 5K Summer Series at the Wellcome Genome campus in Hinxton. Despite the warm conditions, everyone ran well. Chris Bareham and Sarah Robelou were awarded best HRC Male and Female runners of the series.
- Andrew Gage ran the SVP100 scoring a massive 56 minute course PB.
- Ben Hopkins, Polly Wells and Yusuf Firat ran the SVP50. Ben came 3rd overall and Polly came 2nd in the FV50 age category.
- Mark White took part in the Gosfield Backyard Ultra clocking up a highly respectable 51 miles.
- Tom Allen did tremendously well by coming 2nd overall in the Gosfield Tri.
- Tom then continued his winning streak at the Eton Eliminator (part of the National Superseries and consisting of three mini races with a different order of swim, cycle and race each time) coming in 4 minutes faster than last year, whilst also retaining his national ranking of 40th.
- Shirley Fowler, Sil Clay and Alison Austin ran a lovely new trail half marathon in and around Newmarket, organised by our neighbours at Newmarket Joggers.
- Ian Elden ran the Chase the Sun 5K at the Olympic Park – did you catch it, Ian?
- Geoff and Jennie Buddington ran the Clacton 10k.



Well done to everyone!



JJ News



Junior Parkrun PB for Lucy

Very well done to Lucy (left) who took part in the Gorleston Junior Parkrun on the 17th August and managed to finish as 2nd female with an impressive personal best time of 10:06.

3km Time Trial

A fantastic turnout for the last 3k Time Trial before the school holidays. Well done to all our JJs (right) and a big thank you as always to all the volunteers for keeping them safe.



Junior News

Summer Series 5km – Saffron Striders and Cambridge & Coleridge

Great running and a number of excellent PBs achieved by our juniors at Carver Barracks on the 17th July. This was followed by some brilliant efforts at the last race of the series on the Genome Campus on the 14th August.

Save the date



You should all have received an email from HRC regarding the Summer BBQ and the Annual Junior and JJ Awards on the 7th September.

This year we're excited to be having our Junior and JJ awards at the HRC Annual Summer BBQ, from 2pm at Serenity Lakes, Board Barn Farm, Camps Road, Helions Bumpstead, CB9 7AU, courtesy of Andrew and Victoria Gage. This is an amazing opportunity to celebrate our Junior and JJ sections with the entire club.

This is an event for the whole family. You are welcome to bring your own picnic or will be able to purchase BBQ food and drinks. We'll be having our usual games and fun so please come in sporty attire! Children will remain the responsibility of their parents throughout. Please be aware that there is deep water at the venue.

Please don't hesitate to get in touch if you would like further information. Please don't forget to click on the link (below) to let us know that you are attending (by the 1st September please).

[Click here to let us know you're coming](#)

More details about the BBQ are in the separate article on page 6 below.

JJ training for September

Date	Time	Venue	Activity
Thursday 4th September	6:30pm	Samuel Ward Academy	Paarlauf (pair running)
Thursday 11th September	6:30pm	Samuel Ward Academy	20 mins running / throws
Thursday 18th September	6:30pm	Samuel Ward Academy	20 mins running / standing jumps
Thursday 25th September	6:45pm	Leisure Centre	3km Time Trial

Junior training for September

Date	Time	Venue	Activity
Tuesday 2nd September	6:30pm	Castle Manor Academy	Progressive Hills
Thursday 4th September	6:30pm	Samuel Ward Academy	25mins Tempo + Strides
Tuesday 9th September	6:30pm	Castle Manor Academy	200m reps
Thursday 11th September	6:30pm	Samuel Ward Academy	Agility & Conditioning
Tuesday 16th September	7:00pm	Saffron Walden	Track
Thursday 18th September	6:30pm	Samuel Ward Academy	Fartlek
Tuesday 23rd September	6:30pm	Castle Manor Academy	400m reps
Thursday 25th September	6:45pm	Cinema Car Park	5km Time Trial
Tuesday 30th September	6:30pm	Castle Manor Academy	Bingo

Senior Training Sessions

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

Date	Session	Location	Coach	Session	Location	Coach	Session	Location	Coach	Notes
September 2nd	Hills		Suz	Winter 2 5k pace		Tracy	Winter 1 10k pace		Mark	Sessions 1-4 initial build of aerobic capacity and efficiency
9th	1k reps		Suz	Winter 4 - hills		Joan	Winter 2 5k pace		Hayley	
16th TRACK	400/500m reps		Stephen	Winter 3 TRACK, Cheryl						
23rd	Timed out and backs		Tracy	Winter 1 10k pace		Cheryl	Winter 4 - hills		Mark and Horace	
30th	Hills		Joan and Horace	Winter 8 Hill circuits		Hayley	Winter 5 – HMP reps		Stephen	Sessions 5-8 Build aerobic capacity and speed endurance

Locations and meeting points will be confirmed nearer the time, via **Facebook** or the **News** section of the website.

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.

All training sessions are at 6.30pm, except track training at Carver Barracks, which starts at 7pm.

Club Runs and Team Events

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

Date	Time	Venue	Details
Thursday 4 th	6.30pm	Barnardiston Arms (Kedington)	<u>Barnardiston Arms Pub Run</u>
Thursday 11 th	6.30pm	Details TBC	Treasure Hunt
Thursday 18 th	6.30pm	Leisure Centre	<u>Winter Route 1</u>
Thursday 25 th	7.00pm	Leisure Centre	<u>HRC 5K Time Trial</u> <u>HRC 3K Time Trial</u>

General information about Thursday night club runs can be found [HERE](#) and do keep a look out for any last-minute changes to weekly activities on [Facebook](#) or the [News](#) section of the website.

Monthly Message from Men's Captain

Now, as you probably know, one thing I love doing is running and while I'm sure many members of HRC enjoy the greater majority of their training sessions, be they in a group or on their own, there are some who give me the distinct impression their running is a chore they only perform to either keep fit and healthy, or to allow them to consume massive amounts of calories. While these are without doubt valid reasons to run, I also believe that without enjoying the process of going for a run the desire to regularly continue running will cease.

With this in mind please allow me to be presumptuous and suggest a variety of ways which may allow you to enjoy your runs:

- Go slower. Run at a pace where you could easily hold a conversation. Be more tortoise than hare. After a while you'll be running most days because it's good for you mentally & spiritually.
- Every so often ditch the measuring devices. Each month you're going to be slower at certain times than others and the facts your Garmin produces can lead to negative thinking which is pernicious.
- Try to be in the moment. I find this difficult but when I manage it, I find I totally relax and float along. All the issues of home, work and responsibility are for another time and place, not here, not now.
- Use Artificial Intelligence. I've used a version of A.I. thousands of times over the years when training alone. I believe/pretend I'm in an Olympic Final from 1500 metres to a Marathon and the adrenaline and endorphins produced help me enjoy the training, even when it's painful. Obviously winning these races also helps.
- Believe your next run is going to be your most enjoyable ever.
- Try to go for a social run with a friend or group several times a week to vary running on your own.
- Fast is not the same as good and both terms like all adjectives are subjective. Even if you are mistaken and want to categorise yourself then please remember that in general you will be slower than some and quicker than most of the population.

I'm fairly certain there are lots of other ideas club members can recommend if you begin to ask around, and if you are someone who only rarely enjoys a run, then hopefully things will start to change and instead of thinking of reasons not to get out the door you'll be reorganising your life to guarantee you have your happy time every day.

Wishing you all a fun September!

Last Summer Pub Run!

Alas! Summer is nearly over and the nights are drawing in. However, we've got one last summer pub run on **Thursday 4th September** which will take place from the **Barnardiston Arms** on Kings Hill in Kedington (post code **CB9 7NA**).



There are two routes on offer for this run - a long route of about 7.3 miles and a shorter route of about 5 miles. Both routes are moderately hilly and mainly on narrow country lanes, although the shorter route does have a small section on trail. Details of both routes can be found [HERE](#).

We'll check in outside the pub at 6.30pm, run, then meet back at the pub for some refreshment. Due to the fading light, we won't be able to check anyone in after 6.30pm and we ask that you aim to be back at the pub by around 7.30pm. If you normally do the long run but are uncertain whether you can get back in time, we recommend that you do the shorter run on this occasion. In any case, **please make sure you wear HI VIZ so you can be seen on the roads.**

NOTE: If you are taking part in the Round Norfolk Relay the following weekend, Stephen Reyes and Lynnette Garstang will be around at the pub to hand out bib numbers and other information about that event.



HRC Annual Summer BBQ and Junior Awards

Following cancellation of the BBQ that was due to take place on 3rd August, we're pleased to confirm that we've now re-scheduled this to take place at the same time as the Junior Awards on 7th September. This will be a fantastic opportunity for our junior and senior members to come together, socialise and celebrate the wonderful achievements of our Junior and JJ members.

The BBQ and Junior Awards will be held from 2pm at Serenity Lakes, Board Barn Farm, Camps Road, Helions Bumpstead, CB9 7AU, courtesy of Andrew and Victoria Gage. There'll be a range of activities for both juniors and seniors to enjoy on the day, including a 2K and 5K fun run (commencing at 3pm), a host of games (throughout the afternoon), Yoga with Tracy (please bring your own mat and let us know in advance if you want to participate), and of course the Junior and JJ Awards, to take place during the afternoon.

Feel free to bring picnic lunches, or why not try some tasty BBQ food, all lovingly prepared by our 'host with most' at a very reasonable cost (£3.50 for a burger or hot dog). Don't forget to tell us if you want a veggie or vegan option or have any allergies. You'll also be able to purchase beer and cider (£2) or soft drinks (£1), but only while stocks last. Payment can be made by cash or card, though card payment is preferred. All net proceeds from food and drinks will go to our Charity of the Year.

There will also be a raffle, which will be drawn at around 5pm. You can buy raffle tickets (£5 a strip) in advance by donating to Roald Dahl's Marvelous Children's Charity using the QR code on the right. When making your donation, please leave your full name, as well as how many tickets you'd like. Alternatively, you can buy tickets on the day. And if you'd like to donate a raffle prize, please let one of our Committee members know and bring it with you on the day.



Please note that dogs are NOT allowed on site so please leave your fur babies at home on this occasion. Also, remember that swimming in the lakes is not permitted!

If you haven't already done so, please use the link below to let us know if you will be coming, along with any specific dietary requirements for BBQ food. We'd be incredibly grateful if you could confirm as soon as possible, and certainly **no later than 1st September**.

[Click here to let us know you're coming](#)

Round Norfolk Relay

This year's Round Norfolk Relay (RNR) is now only two weeks away and we're getting excited!

The RNR is a 198-mile relay race around the county of Norfolk, broken into 17 stages from 5 to 20 miles per stage. Take a look on the **[RNR website](#)** for more information.



We're incredibly pleased to now have a full team of runners and support crew as follows:

Stage	Distance (miles)	Runner
1	16.32	Mark Novels
2	13.75	Shirley Fowler
3	5.76	Harry Minnette
4	11.14	James Minnette
5	10.81	Mary Ann Tuli
6	7.90	Barry Osborne
7	9.24	Cameron Wishart
8	7.52	Daniel Everitt
9	16.60	Joe Winter
10	16.50	Jimmy Morrell
11	14.9	Benjamin Smith
12	18.88	Andrew Gage
13	15.00	Ross Arnold
14	7.27	Sil Clay
15	10.59	Kate Russell
16	5.49	Cheryl Trundle
17	11.73	Ethan Bolton

In addition to the runners, we have a fantastic support team as follows:

- Daytime cyclists - Alison Austin and Clare Everitt
- Daytime support and timekeeping - Stephen Reyes and Horace Shuriah
- Nighttime cyclists - Suzanne Patterson, Liz Paxton, Ross's friend, John Nevin and Ben Smith (after his run)
- Night vehicle support and timekeeping - Ian Elden, Bill Banner and Lynnette Garstang

If you're involved in the RNR you can pick up your bib number and other information at the Barnardiston Arms pub run on 4th September (see previous article).

Thanks to all the runners and support crew - wishing you all the best of luck!

But most important of all – go out and enjoy yourselves!

HRC Take Over / Pacer event at 300th Haverhill Parkrun

A reminder that on **Saturday 20th September** Haverhill parkrun will be celebrating its 300th event and we still need volunteers for the following roles:

- Marshalls (still need x 4)
- Finish tokens (x 1)
- Pacers (for 18, 32, 34, 36 and 38 min)



Volunteering for this event will make you eligible to enter HRC's London Marathon ballot (subject of course to meeting other **eligibility criteria**).

We last held a takeover at Haverhill parkrun in 2018, and the attendance record of 126 runners/walkers still stands to this day. We can definitely beat that, so please encourage your friends and family to register for parkrun if they haven't already and come along for what promises to be a fantastic morning. And as with all celebrations at parkrun there is the promise of cake and the ice cream van will also make an appearance.

To volunteer, please contact Kristina Bright, or drop a note to secretary@haverhillrunningclub.com



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.

More details **HERE**.



HRC Christmas Party

September is here, which can only mean one thing - it's time to mention the 'C' word!

That's right, we're talking about 'Christmas' and in particular, the **HRC Christmas Party**, which is to be held on **Friday 5th December 2025**, from **7pm**, at the **New Croft** on Chalkstone Way.

Complete with Christmas marquee, great food and drinks, music till late, and of course presentation of this year's awards, it's going to be an absolute cracker!

So don't miss out. If you haven't already got the date in your diary, now's the time to get it in!

Scan the QR code in the poster opposite or click on the link below to reserve your tickets.

[Click here to reserve your tickets](#)

Results of Running Survey

Some of you may have recently responded to a running survey, conducted by Neil Baxter, an Independent Sociologist. Well, the report from the survey is out and it's fascinating reading. Entitled 'Running Studies: Notes on the Sociology and History of Running', the report provides useful statistics and some interesting perspectives on both historical and sociological aspects of the sport.

Use this link to access the report: [Running Studies - Notes on the sociology and history of running](#)

Race Results, PBs and Club Championships

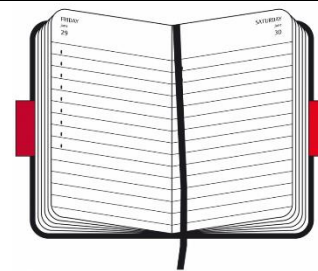
HRC will automatically upload your race results to the 'Results' page on the HRC website. However, please remember to enter races as an 'HRC Affiliated Runner' so that we can find your results. For parkruns, make sure you've selected 'Haverhill RC' in the 'Groups' option from your parkrun profile.

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.

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.



September 25

5	Ickworth Sunset 5K and 10K
7	Framlingham 10k
7	HRC Annual Summer BBQ and Junior Awards
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**

Riddle and Joke Answers (from page 1)

Riddle answer: Pace

Joke answer: The lettuce was a "head" and the tomato was trying to "ketchup"!
