



Newsletter

November 2025

Contents

	Page
Member of the Month	1
New and Returning Members	2
October Race Roundup	2
Sub 17:30 5K on 8 Miles a Week - How I Did It!	3
Congratulations Sil!	5
JJ News	5
Junior News	6
Senior Training Sessions	7
Club Runs and Team Events	7
Suffolk Winter League (Cross Country)	7
EAA XC Championships	8
Monthly Message from Men's Captain	8
Annual General Meeting	8
HRC Christmas Party	9
End of Year Award Nominations	10
Race Results, PBs and Club Championships	10
Club Championships 2026	11
Dates for the diary	11
Comments and Feedback	12

Last chance to reserve tickets for the HRC Christmas Party!

See page 9 for details

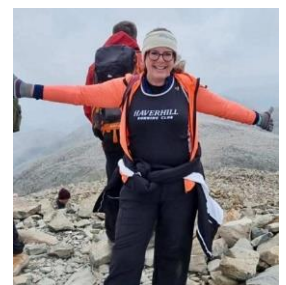
Member of the Month

Member of the month for September 2025 is a joint award, going to: **Bill Banner** and **Lynnette Garstang!**



Bill worked extremely hard during the RNR, acting as timekeeper and supporting our runners throughout the night. More impressively, and even with the loss of his lovely mum, he still made time to fulfil his volunteer duties at both the HRC parkrun takeover and HRC Time Trial, which just goes to show the level of his commitment to the Club. In addition, he has continued to work with the beginners, supporting them both before and after graduation. He is a true Club legend. Well done, Bill!

Lynnette's support and commitment to the RNR cannot be underestimated. Not only did she recruit and co-ordinate both the runners and support crew (not an easy task by any stretch of the imagination) but she also ensured everything ran smoothly during the event by time keeping and supporting everyone throughout the night shift, promoting team spirit and camaraderie amongst all participants. Lynette is always willing and ready to support the club in so many ways and is always the first to volunteer if something is required, e.g. treasure hunt, time trial, cake making co-ordination, the list goes on. She also supports our juniors and knows most of them by name! Well done, Lynnette.



Please submit your nominations for October 2025 using the [Member of the Month Nomination Form](#), by **10th November 2025**

New and Returning Members



Please give a warm welcome to Dean King, Sarah Carpenter, Steve Oglesby, Summer Bolton, Ruth Partridge, Arthur Howlett, Harley Sage and Ingrid Cojocariu, who all (re)joined the Club since the last newsletter.

October Race Roundup

Another very busy month with many of our members competing in various races up and down the country, and with some fantastic results!

Firstly, we had a large number of members running the 2k, 5k & 10k events in Abington! In the 2k we had some fantastic JJs - Oliver C, Toby Jackson (3rd overall), and Tom Phipps (2nd overall). In the 5k we had John Nevin (2nd in age cat.), Rhiannon Beal (1st in age cat.), Max Bell, Polly Wells, Erik Sienerth, Harry Minnette (3rd in age cat), and Stephen Husband (2nd overall, 1st in age cat. and a PB of 17:24). In the 10k we had an incredible 35 runners with Ethan Bolton (1st in age cat.), Steve Foster (3rd in his age cat.), Chris Bareham (3rd in age cat.), Barry Osborne (1st in age cat.), Cheryl Trundle (1st in age cat.) and Liz Paxton (2nd in age cat.). In addition, HRC came away with 1st Male team, 1st Female team, and 1st overall team! A full house and an exceptional day of running by everyone.



Just up the road in Cambridge we had several runners at the Town and Gown 10k - Joe Winter, Nathan Sims, Charles Barrett, Paul Mitchell, Andrew Gedny, Sarah Davies, Mark Ashwood, Sonia Butler, Lisa Bruton and Clare Fitzjohn - all finishing with some excellent times, with Joe breaking the sub 39 barrier with a PB of 38:43.

Kristina Bright, Simon Wallis, Clare Fitzjohn and Grace Judge took part in the Saxon 5 (Suffolk GP race), with Grace picking up 1st in her age cat.





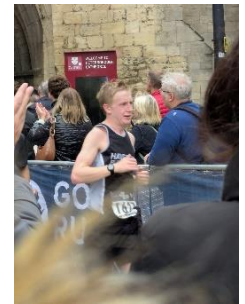
We had runners over in Ely taking part in the run fest. Stacey Castle, Louise Harris and Jennifer Matthews-Jones all ran the 10K whilst Andrew Gage ran the Marathon, achieving a great time of 04:04.04.

A little further up north, Matthew Bigley ran the Glasgow Half Marathon in 1:28.19.



Lots of members took part in the Great Eastern Half Marathon. Chay Hopkins returned to the race with another astonishing result finishing in 1:12:25, a blistering pace which put him in the top 50 (41st). Nathan Sims ran a 38 second PB finishing in 1:27:32. Also with PBs were Jimmy Morrell (1:38), Karen Farthing (1:34:25), Kelly Garrod (1:56:11), and Ethan Bolton

(1:26:36). Well done also to everyone else who ran, including Mel Catten (1:59:48), Mark White (1:36:34), Mary Ann Tuli (1:44:32), and Andy Brown (2:48:36).



Elsewhere Ross Arnold ran the Chelmsford Marathon getting a new PB of 4:10:52 whilst Bill Banner opted for a parkrun in Exeter.

Neal Coombe ran the Snowdon Marathon in 4 hours and 24 minutes, a spectacular event for the scenery albeit very challenging with an elevation gain of 2651 feet!

Several members took part in the first Suffolk Winter League Cross Country event at Framlingham, kicking off the season in style.

Mark Ashwood represented HRC at the Duxford Dash.



And finally, a massive well done to Andy Gage who ran the maverick Jurassic coast 102k ultra. Brutal hills and fantastic scenery. Not only did he complete it but he came 70/181. In his words: "The training gains from time on the stair master really was noticeable, I had lots of strength on the hills...My favourite 100k race I have done, I think. My 8th ultra of 100k or more." An amazing achievement which reflects Andy's dedication.

Massive well done everyone!
HRC - Running, Stronger, Together

A Sub 17:30 5K on 8 Miles a Week - How I Did It!

If you read any running blog or scroll through runfluencers you'll quickly hear two common messages:

1. Run slow to run fast.
2. The more miles you run, the faster you'll get.

A quick Google search will even tell you that you need 35-40 miles per week for a sub-20 5K (thanks Runner's World).

Here's the problem: my body hates that kind of mileage. Every time I've tried to creep into that zone, I've broken down. So how did I run a 17:24 5K PB at the Abington Run Fest last weekend?

Quality over quantity

I averaged just 8–10 miles per week, spread across two quality sessions:

- Session 1: Intervals - Anything from timed reps (3min / 2min / 1min) faster than 5K pace, to 1K reps at race pace.
- Session 2: Threshold work - Usually between 6:15–6:30 per mile - starting small (2x5 mins) and building up to around (3x8 mins) as the block progresses.

All of these runs were done on grass, for two reasons:

1. It's softer and easier on the joints - less chance of injury.
2. It's tougher mentally and physically - "train hard, race easy" really applies here.

If you can hit paces on grass in trainers, you'll fly on tarmac in race shoes.

So yes, two runs a week got me sub-17:30, but that's not the full story. Alongside those, I cross-trained a lot - 3 easy sessions and 1 harder/steady one each week, using the elliptical or spin bike. And all those "base" miles that others run? I did them as non-impact cardio.

Cross-training builds fitness and mental toughness - it's not glamorous, it's repetitive, and time moves in slow motion, but it works.

The Final Piece of the Puzzle - Strength & Conditioning

This wasn't obsessive gym work - I wasn't acting like a HYROX training monster, smashing out broad jumps and chowing down on weight plates. It was simple, consistent quality sessions once or twice a week, targeting all the core muscle groups. Mostly bodyweight exercises: push-ups, crunches, squats, calf raises - prioritising the core and lower body but still giving the upper body some love too. Once a week, I'd add in a touch of plyometrics (actually yes, broad jumps did feature from time to time). Every session finished with stretching and maintenance work - crucial for recovery and longevity.

When it comes to gym work, don't overcomplicate it. Just get in, get it done, and stay consistent. If you're someone who breaks down when mileage climbs, try this approach. Focus on quality over quantity, stay consistent, and see what happens.

Next up: chasing a sub-17 5K and an 80-minute half marathon next year.

Will it work? We'll see - experiment, adapt, overcome.

Stephen Husband





Congratulations Sil!

Abbeycroft 'Unsung Hero' Award sponsored by West Suffolk Council

Congratulations to Sil, our Junior Section Head Coach, who came runner up in the 'Unsung Hero' award category on the 17th October. The award celebrates those whose passion, dedication and kindness make sport possible for so many. Well done and thank you Sil!

JJ News

Suffolk Winter League - Framlingham

Great cross-country running from the JJs in Framlingham on the 26th October. Abigail, Fern, Eleanor and Sam (right) competed in the Under 11 race. Teddy came 21st in Under 13 race and Max 71st. Very well done to all those who took part.



Inter-School Cross-Country Competition

Alycia (left) competed in the local Inter School Cross-Country Competition on the 15th October, as an individual (rather than a year group). She came 3rd in her Year 4 group and qualified for the next leg of the competition. Well done, Alycia!

Junior Cross-Country Relay - Ipswich Jaffa

Ipswich Jaffa hosted the junior cross-country team relays at Bourne Park on Sunday 12th October. It was a really fun event and our two JJ teams did brilliantly.



Abington Festival of Running Fun Run

Well done to Thomas, Tom and Toby (left) who took first, second and third place respectively in the Abington Fun Run on the 5th October.

Ipswich Sportshall Athletics Competition

Our JJs represented the club brilliantly at the athletics event on the 4th October at Northgate Sports Centre. The competition was for Years 4 to 10 and included both running and field events.



Junior News



Junior Cross Country Relay - Ipswich Jaffa

Ipswich Jaffa hosted the junior cross-country team relay at Bourne Park on Sunday 12th October. It was a really fun event and our two JJ teams did brilliantly.



Abington Festival of Running 5km / 10km

Brilliant running from our juniors at the 5km event at Granta Park. Harry and Erick were third and fourth U20 respectively. Jack ran the 10km, came second in his age category, and achieved an impressive 45:10 PB for the distance.

JJ training for November

Date	Time	Venue	Activity
Thursday 6th November	6:30pm	Samuel Ward Academy	20 min Run / Throws / Triple Jump
Thursday 13th November	6:30pm	Samuel Ward Academy	20 min Run / Throws / Triple Jump
Thursday 20th November	6:30pm	Samuel Ward Academy	Competition Practice
Thursday 27th November	6:45pm	Leisure Centre	3km Time Trial

Junior training for November

Date	Time	Venue	Activity
Tuesday 4th November	6:30pm	Cinema Car Park	600m Reps
Thursday 6th November	6:30pm	Samuel Ward Academy	25 min Tempo plus Strides
Tuesday 11th November	6:30pm	Castle Manor Academy	Progressive Hills
Thursday 13th November	6:30pm	Samuel Ward Academy	Fartlek
Tuesday 18th November	7:00pm	Saffron Walden	Track
Thursday 20th November	6:30pm	Samuel Ward Academy	Bleep Test
Tuesday 25th November	6:30pm	Castle Manor Academy	50m / 100m Reps
Thursday 27th November	6:45pm	Cinema Car Park	5km Time Trial

Senior Training Sessions

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

November 4th	400/500m reps		Joan and Horace	Winter 10 – 400m reps		Hayley	Winter 9– 1k reps		Tracy	
11th	Timed out and backs		Joan	Winter 14 – 3min reps		Cheryl	Winter 12 - hills		Mark and Horace	
18th TRACK	Hills		Tracy and Horace	Winter 11 – alternate pace 400ms,						
25th	1k reps		Hayley	Winter 12 - hills		Mark	Winter 13 - Half mara 800ms		Stephen	Sessions 13-16 Race pace lock-in, reduce fatigue, sharpen speed

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 November are shown in the table below:

Date	Time	Venue	Details
Thursday 6 th	6.30pm	Leisure Centre	<u>Winter Route 6</u>
Thursday 13 ^h	6.30pm	Leisure Centre	<u>Winter Route 7</u>
Thursday 26 th	6.30pm	Leisure Centre	<u>Winter Route 1 (in reverse)</u>
Thursday 27 th	7.00pm	Leisure Centre	<u>HRC 5K Time Trial</u> <u>HRC 3K Time Trial</u>
Sunday 30 th	TBC	Rock Barracks, Sutton Heath	<u>Suffolk Winter League XC (Race 2)</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.

Suffolk Winter League (Cross Country)

The second event of the Suffolk Winter League will take place on Sunday 30th November 2025, at Rock Barracks on Sutton Heath (Near Woodbridge). Full details will be available on Facebook and the website in due course.



As with all HRC activities we encourage everyone to participate, irrespective of age or experience. If you're unsure, take a look on the website [HERE](#) or chat to other members about their experiences.

As these are essentially team events you will need to wear an HRC vest or t-shirt in **primary Club colours**, i.e. black vest/t-shirt with silver side panels. If you don't have a HRC vest or t-shirt in these colours you have time to obtain one from the [Club Shop](#). And of course, we recommend wearing trail shoes to avoid face planting in the mud!

EAA XC Championships

HRC will be hosting the Eastern Athletics XC Championships at Horseheath Racecourse on Saturday 15th 2025. For absolute clarity, this is an entirely different event to HRC's Suffolk Winter League XC event, which will take place on 15th February 2026.

Thanks to everyone who has volunteered to help marshal the event so far – someone will be in touch by e-mail shortly to confirm the details. In the meantime, if anyone else is free on 15th November and able to help marshal the course then please let us know via secretary@haverhillrunningclub.com

Monthly Message from Men's Captain

This newsletter is my last as the men's team captain so therefore I want to say 'thank you' to everyone who made the past year thoroughly enjoyable. I especially appreciated those of you who, on a few occasions, even let me believe I was of some use!

Despite having enjoyed the role of team captain I'm fully aware that if it hadn't been for Kristina taking on my communication and social media functions then those tasks would not have been efficiently accomplished. More than once, it was pointed out to me (and not by Kristina) that it is far from ideal for the men's team captain not to carry a mobile phone or embrace current means of communicating. With this in mind I recall the Roald Dahl quote which goes something like "if you're interested in something, no matter what it is, embrace it with both arms, hug it, love it, and above all be passionate about it. Lukewarm is no good."

Well, in certain aspects as team captain I've been less than lukewarm and HRC members deserve better. This has meant I've failed to convince many of you either how much untapped talent you have or how much fun running can be. I will still continue to be enthusiastic when hearing how members' training is going and persist in being passionate in my encouragement of people who race so admirably that they are barely able to speak or stand upright on finishing. On those occasions, whether they've achieved their desired time is immaterial because knowing they've been the absolute best they can be on that day means they are a winner.

Again, many thanks to all of you who I've enjoyed watching run during 2025 and hopefully I may be able to see you again at the cross-country races on 15th and 30th November.

Have fun and stay healthy.

Barry Osborne

Reminder Notice of Annual General Meeting



A quick reminder that this year's Annual General Meeting (AGM) will be held at 7.15pm (after Club run) on Thursday 4th December 2025, in the Lounge at the **Chalkstone Community Centre**. Club run will be at the slightly earlier time of 6pm to give you time to get to the AGM after the run.

The AGM is an important date in the Club's calendar. It's an opportunity for members to give and receive information about the Club's activities during the past year and find out what's planned for the coming year and beyond. It's also when the new Committee is elected.

Serving the Club on the Committee can be very rewarding and gives you a say on how things are done. If you are interested taking on one of the Committee roles then please do consider putting yourself forward. Descriptions of the various roles are located [HERE](#), but if you are unsure or want further information then please get in touch for an informal chat via chair@haverhillrunningclub.com.

We look forward to seeing you at the AGM on 4th December!

HRC Christmas Party

There's still time to reserve your tickets for the **HRC Christmas Party** - to be held on **Friday 5th December 2025**, from **7pm**, at **The New Croft** on Chalkstone Way. But be quick as we need to confirm final numbers with the venue very soon!

You can look forward to great festive hospitality, including welcome drinks on arrival, a delicious celebration buffet, licensed bar, music till late and of course, the end-of-year awards. It's going to be 'one big Christmas cracker' and we hope you'll all be there to help us pull it!

Reserve your tickets **by 31st October** by scanning the QR code in the poster or by clicking the link [HERE](#).



End of Year Award Nominations

Each year we celebrate the achievements of our members by presenting the following awards:

- Club Championship (1st, 2nd and 3rd Male and Female)
- PB League (Member with the most PBs)
- Time Trial (Member who has attended the most HRC time trials)
- New Member (Male and Female)
- Most Improved (Male and Female)
- Best Performance (Male and Female)
- Member of the Year
- Neil Mustoe Award
- Volunteer of the Year
- Special Recognition Award
- JT Award

Recipients of the first three awards are decided based primarily on performance. However, we welcome nominations from all members to help us decide who should receive the other awards.

To submit your nominations, please complete the **Award Nominations Form** no later than **Wednesday 5th November 2025**. Make sure you give reasons for each nomination - full instructions given in the form.

Nominations will be reviewed by the Committee and a shortlist for each award will be published towards the end of November. Winners will then be announced at the **HRC Christmas Party** on 5th December 2025.

Race Results, PBs and Club Championships 2025

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. But you'll have to be quick as **your last chance to score points toward the 2025 Club Championships will be on Sunday 30th November – results received after that date won't count!**

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. As above, **make sure these are submitted before close of play on 30th November.**

Club Championships 2026

The 2025 Club Championships are not quite over - there's still time to bag that all important race time that could give you a winning score and a place in the top three male or female athletes. However, to help you with your forward planning for the year ahead, here are details of the **2026 Club Championships**, including the Club Championship rules and the races that you'll need to complete, from 1st December 2025

There have been some changes to make the rules a little simpler. You will now need to complete **seven** of 22 pre-selected races, but you can include your fastest HRC Time Trial and your fastest 5K Summer Series race as part of this. And you don't need to worry about remembering to tell us about them as we'll continue to pick them up automatically from official race results if you're registered as an HRC runner. You'll still also be able to clock up bonus points for attending and participating in team races.

You'll no longer be able to include parkruns or claim bonus points for volunteering but be assured that we're looking at new ways of recognising your volunteering activities as part of the annual awards next year.

We'll keep you updated on any changes if and when these occur but we hope this advanced notice will be helpful in the meantime.

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.



November 25	
8	ATW Remembrance 5K
9	Stebbing 10M
15	EAA Cross Country Championships (Horseheath Racecourse)
16	St Neots HM
30	Suffolk Winter League XC (Rock Barracks, Sutton Heath)
December 25	
4	HRC Annual General Meeting
5	HRC Christmas Party
January 26	
11	Suffolk Winter League XC (Haughley Park, Stowmarket)
25	Suffolk Winter League XC (Woburn Farm, Corton)
February 26	
8	Suffolk Winter League XC (Nether Hall, Pakenham)
15	Suffolk Winter League XC Event (Horseheath)

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 **2025 Club Championships** and the **2026 Club Championships** web pages 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
