



Newsletter

October 2025

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Don't forget to reserve your tickets for the
HRC Christmas Party!

[See page 9 for details](#)

You must be joking!

1. Why did the bicycle fall over in the marathon?
2. Why do runners always make great friends?
3. What's a runner's favorite type of movie?

Member of the Month



Member of the month for August 2025 goes to **Shirley Fowler!**

Shirley completed her 195th marathon at the inaugural Abbots Major in Sydney on 30th August – an amazing achievement.

Shirley joined HRC back in 2007 and can often be seen supporting the beginners and juniors. She is such an inspiration to other club members.

Well done, Shirley!

Please submit your nominations for September 2025 using the **Member of the Month Nomination Form**, by **6th October 2025**



New and Returning Members

Please give a warm welcome to Amy Dalton, Laura Dalton, Clive Paul, Havey Carter, Stephen Phipps, Amy Gair, Roman Harris-Taylor, Teddy Lawrence, Joshua Joseph and Abigail Radford, who joined the Club since the last newsletter.

September Race Roundup

September saw the start of the autumn race season, with some great achievements by HRC members.

- On 30th August Tom Allen raced in the European Age Group Sprint Triathlon Championships in Istanbul, coming 16th in his age group.
- A massive well done to the 17 runners and 11 support crew who took part in this year's Round Norfolk Relay. Starting at 6am on Saturday and finishing around 9.30am on Sunday, the team did an amazing job, coming in 29 seconds faster than the predicted time! Take a look at some shots from the event [HERE](#).
- Well done to Shirley Fowler (pictured on page 1) who successfully completed her 195th marathon at the inaugural Abbotts World Major in Sydney.
- Shirley Fowler and Mary Ann Tuli donned their wet suits to compete in the Swim Serpentine in Hyde Park. It makes one feel cold just thinking about the water temperature!
- Several members ran the Felixstowe 10M on 14th September – always a lovely event and right next to the sea!
- Well done to Paul Mitchell, Cheryl Trundle and Grace Judge for representing HRC at The Framlingham 10K on 7th September, with Cheryl winning her age category and Grace coming 2nd in hers.
- Great performance by Ross Arnold in The Big Half in London on 7th September.
- Paul Corey completed the Ickworth Sunset race on 5th September – another lovely event in a picturesque setting.
- Enza Gambin travelled all the way to Las Vegas for what was inevitably a very hot 5K race.
- Well done to Tracy Pelling, Alex Ashton, Cheryl Claydon, Stacey Castle, Louise Harris and Tracy's dad (David) for representing HRC in the Granchester 10k.
- Congrats to Andy Brown for smashing the 40 min barrier at Kesgrave parkrun.



HRC Running Stronger Together!

Lovely Afternoon by the Lake

HRC hosted it's Annual Summer BBQ and Junior Awards on 7th September. Despite the breezy weather early on, this settled down and everyone seemed to enjoy the afternoon.



Thanks to everyone who helped with the organising but especially Andrew Gage and his lovely wife Victoria for once again hosting the event and cooking up some amazing burgers.

Looking forward to next year already!



Successful parkrun Take-over

Well done and thank you to everyone (marshals, pacers, time keepers, token givers, bar code scanners, photographer etc) who came along to support the 300th Haverhill parkrun on 20th September. There was a great turn out, with around 102 runners taking part.



Special thanks go to Kristina Bright who pulled it all together, made sure everyone was in the right place at the right time, and baked several scrummy cakes to help celebrate the event. Thanks also to the Haverhill parkrun team for giving us the opportunity to get involved - let's do it again soon!

Take a look at all the photos from the event [HERE](#). There's also a great write up in the local paper [HERE](#).

JJ News

3km Time Trial

Another successful 3k Time Trial for the JJs (right) this month (joined here by some of our Juniors). Well done to all who took part and thank you to all the volunteers for keeping everybody safe.



Unity Cross Country at Castle Manor

Well done to our JJs (left) for representing their schools and our club at the cross-country event held at Castle Manor school on 16th September. Many thanks to coach Tujan for organising.

HRC JJ Awards & BBQ

The Juniors, JJ's, Seniors and their families met at Serenity Lakes on 7th September for a fun run, BBQ, and our 2025 awards ceremony. It was a great opportunity to celebrate the success and dedication of our JJs. A big congratulations to all the recipients:

- Commitment to Running Male – Will/Jakub
- Commitment to Running Female – Fern/Lucy
- Male Performance of the Year – Max
- Female Performance of the Year – Marli
- Coaches Award Male – Tom P
- Coaches Award Female – Martha B
- Members' Member – Max
- Coach Sil's Special Award – Maisy C
- Special Recognition Award – Amelie



Junior News



5km Time Trial

Very well done to our HI VIZ juniors (above right) who took part in the 5k Time Trial on the 25th September.

Ethan Graduates to the Seniors

It was Ethan's last Tuesday session with the Juniors on the 23rd September prior to joining the Seniors. In his time with the juniors, Ethan's running has gone from strength to strength. His hard work and dedication to the sport has been an inspiration to all of our younger athletes and he will be missed. We wish him all the best on his running journey.

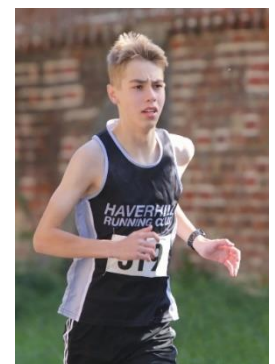
Shelford 5k Fun Run

Congratulations to Erick and Harry (right) for their brilliant performances at the Shelford 5k on the 21st September. Harry finished 2nd U18 male and Erick 8th.

Round Norfolk Relay

Brilliant running from our 4 juniors (pictured at top of next page) at the 2025 Round Norfolk Relay on the 13th and 14th September.

- Harry: Stage 3 (Burnham Overy to Wells-Next-The-Sea) - 5.76 miles in 00:44:43
- Cameron: Stage 7 (Mundesley to Lessingham) - 9.24 miles in 01:07:34
- Kate: Stage 15 (Wissington to Downham Market) - 10.59 miles in 01:17:05
- Ethan: Stage 17 (Stowbridge to Kings Lynn) - 11.73 miles in 01:21:19





HRC Junior Awards & BBQ

The Juniors, JJ's, Seniors and their families met at Serenity Lakes on the 7th September for a fun run, BBQ, and our 2025 awards ceremony. It was a great opportunity to celebrate the success and dedication of our junior runners. A big congratulations to all the recipients:

- Outstanding Contribution – Charlie
- Cross Country – Kate
- Most Improved Male – Harry
- Most improved Female – Hebe
- Commitment to Running Male – Ethan B
- Commitment to Running Female – Kate
- Male Performance of the Year – Ethan
- Female Performance of the Year – Kate
- Coaches Award Male – Cameron
- Coaches Award Female – Anais
- Members' Member – Ethan B
- Coach Sil's Special Award – Kate
- Special Recognition Medals – Cameron, Erick, Hebe, Isla, Jack, Lewis, Molly



JJ training for October

Date	Time	Venue	Activity
Thursday 2 nd October	6:30pm	Samuel Ward Academy	Mini circuit
Thursday 9 th October	6:30pm	Samuel Ward Academy	Obstacle relay
Thursday 16 th October	6:30pm	Samuel Ward Academy	Sports hall running relay practice
Thursday 23 rd October	6:30pm	Samuel Ward Academy	Bingo and Games
Thursday 30 th October	6:45pm	Leisure Centre	3km Time Trial

Junior training for October

Date	Time	Venue	Activity
Thursday 2nd October	6:30pm	Samuel Ward Academy	Bleep test
Tuesday 7th October	6:30pm	Castle Manor Academy	200m paired reps
Thursday 9th October	6:30pm	Samuel Ward Academy	25 min tempo
Tuesday 14th October	6:30pm	Castle Manor Academy	400m reps
Thursday 16th October	6:30pm	Samuel Ward Academy	Fartlek
Tuesday 21st October	7:00pm	Saffron Walden	Track
Thursday 23rd October	6:30pm	Samuel Ward Academy	Agility & Conditioning
Tuesday 28th October	6:30pm	Castle Manor Academy	Out/back pyramid reps
Thursday 30th October	6:45pm	Cinema Car Park	5km Time Trial

Senior Training Sessions

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

October 7 th	800m reps	Leisure Centre	Joan	Winter 5 – HMP reps	Leisure Centre	Tracy	Winter 8 – hill circuits	Rugby Club	Hayley
14 th	Timed out and backs	Railway walk	Cheryl and Horace	Winter 9 – 1K reps	Stephen GREEN AND BLUE together				
21 st TRACK	1k reps	1k loop	Suz	Winter 7 TRACK – Mark					
28th	400/500m reps	Chapple Drive	Cheryl	Winter 12– Hills	TBC	Andrew (LiRF task, HW film)	Winter 10 – 400m reps		

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 October are shown in the table below:

Date	Time	Venue	Details
Thursday 2 nd	6.30pm	TBC	HRC Treasure Hunt
Thursday 9 th	6.30pm	Details TBC	<u>Winter Route 3</u>
Thursday 16 th	6.30pm	Leisure Centre	<u>Winter Route 4</u>

Thursday 23 rd	7.00pm	Leisure Centre	<u>Winter Route 5</u>
Sunday 26 th	TBC	Framlingham	Suffolk Winter League XC (Race 1)
Thursday 30 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.



HRC Annual Treasure Hunt

On Thursday 2nd October 2025, in place of the usual club run, HRC will be hosting its Annual Treasure Hunt.

This year's treasure hunt has a slightly different format. You will be given all the locations of the treasure at the start. You can then visit each location in any order with the aim of completing the challenge in the quickest possible time.

From each location you will need to get the answer to each of the questions. Points will be gained for the shortest route, the fastest time and of course, the correct answers.

You **MUST** wear HI VIZ and you will need a device to record your team's distance. You will also need some sort of light/torch to be able to see your treasure, along with a bag of sorts to carry your answer sheet and pencil. Teams can be of any size but the clock stops when the last of your team members is back.

The Start/Finish is the **Royal Exchange Pub**. Lynnette Garstang, will be waiting in the back bar from 6pm. Teams can set out anywhere between 6.15pm and 6.45pm.

Suffolk Winter League (Cross Country)

Cross country races are almost upon us with the first race of the Suffolk Winter League in Framlingham on 26th October 2025. The other races in the League are as follows:

- 30th November, Rock Barracks (Sutton Heath, near Woodbridge)
- 11th January, Haughley Park (Stowmarket)
- 25th January, Woburn Farm (Corton)
- 8th February, Nether Hall (Pakenham)
- 15th February, Horseheath Racecourse (Haverhill)



Full details about the first and subsequent races will be available on Facebook and the website in due course, but make sure they are in your diary.

Many of you probably have some pretty horrible memories of cross country at school. You were probably made to leg it round some wet and muddy fields in the freezing winter in non-winter suitable PE kit and plimsolls, so it's not surprising why you might be wondering whether this is for you! However, whatever your memories, we ask you to put them aside and come and give the adult version a go!

For starters you will be off road, it's probably going to be wet and muddy, but it will definitely be lots of fun! Most of the courses are about five miles, some with one lap and some with multiple laps, designed to challenge runners technically and physically. Previous courses have included logs to jump, ditches, rivers

and mud. So yes, it will be hard, your legs will protest and your ankles will wonder if you've lost your mind, but at the end the feeling of achievement is truly worth it!

As with all HRC activities we encourage any age or ability to join in. You will still run the same course and have the same achievement, whether you are out to beat others or just to beat your inner voice that is still saying 'why am I here'? And if you're not sure, take a look on the website [HERE](#), chat to other members about their experiences, or why not come along to our Saturday morning training sessions that focus on cross country running technique.

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 you have plenty of time to obtain one from the club shop. And of course, we strongly recommend wearing trail shoes to avoid face planting in the mud!

Monthly Message from Men's Captain

With this being the penultimate newsletter before my term as men's team captain ceases, I want to write about a subject which perhaps is the most important for those of you trying to be the best they can be, namely what to do when things go wrong. Sadly, for everyone during their life shit happens, but it's how you as an individual deal with the chaos and subsequent stress of the problem, whether it be self-imposed or totally undeserved, that could define you as a human being.

Here is not the place to write about major life problems so therefore I'll confine myself to running related issues. Most humans have a specific sum of stress-resistant factors and for arguments sake let's surmise work takes 50%, home & family 25%, and running/exercise 15%. This leaves only 10% free and if one of the following occurs, (you or close family get sick, work or home situation changes, sudden increase in training quality or quantity), then it is easy to slip into a negative stress situation. When this happens, you should stop all quality training and simply do easy, relaxed sessions until your body adjusts to the new regime or equilibrium returns to your lifestyle. This especially applies when your training for a marathon or other major race is progressing marvellously and you don't want to cut back on your plan!

Although the above solution is fairly straight forward, what is a more confusing problem is when your racing performance dips despite everything being balanced and predictable. If this occurs then the first things to look at are:

- a) training not specific to race distance
- b) poor diet
- c) too many races or hard training in too short a period
- d) training is too boring
- e) recent added stress at work or home.

If this happens you need to be honest with yourself when looking at your training plan and discuss the issue with HRC coaches or club members who've had an identical problem and found a solution. You'll probably receive conflicting pieces of advice, but hopefully one will register as being suitable and prove fruitful.

As usual I hope you enjoy your running and maybe I'll see you all at the Framlingham cross-country on 26th October.

Have fun!

HRC Christmas Party



Please don't forget that this year's **HRC Christmas Party** will be held on **Friday 5th December 2025**, from **7pm**, at **The New Croft** on Chalkstone Way.

Whilst the venue is regrettably no longer able to provide us with a marquee, there'll still be great festive hospitality with 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 a cracker of a party and we hope you'll be there to enjoy it with us!

So, get the date in your diary and reserve your tickets by scanning the QR code in the poster opposite, or by clicking the link below.

[**Click here to reserve your tickets**](#)

Notice of Annual General Meeting

This year's Annual General Meeting (AGM) will be held at 7.15pm (after Club run) on Thursday 4th December 2025, at the Chalkstone Community Centre. Club run will be at the slightly earlier time of 6pm to give you all 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 feedback and receive information about the Club's activities during the past year, and to find out what's planned for the coming year and beyond. It's also the point at which a new Committee is elected.

We look forward to seeing you there!

HRC
Annual General Meeting
AGM

Safeguarding Update

It is expected that the parents of children or vulnerable adults who are HRC members will take full responsibility for transporting them to training and other events. However, there may be circumstances in which volunteers (especially coaches), or parents of other children/vulnerable adults in the Club, are required or asked to provide transportation.

The vast majority of people who agree to provide transportation will have a genuine desire to ensure children and vulnerable adults stay safe at all times. However, we must accept that there will always be a minority of people in society who could take advantage and use this as an opportunity to harm them. With this in mind and as part of HRC's wider commitment to safeguarding, we have now developed and published a **Policy for Transporting Children and Vulnerable Adults**, which sets out the requirements that parents, coaches and other volunteers must observe when providing transportation for children or vulnerable adults. It aligns closely to guidance published by the Child Protection on Sport Unit of the NSPCC, and UK Athletics.

Please make sure you are familiar with this policy and adhere to it at all times, especially if you think this will apply to you in your role as a parent, coach or other volunteer at HRC.

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.



October 25	
5	Abington 5K and 10K
26	Stort 30 Ultra
26	Suffolk Winter League XC (Framlingham)
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 [**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**](mailto:newsletter@haverhillrunningclub.com)

You Must Be Joking (Answers)

1. It was 'two tired'
2. They always go the extra mile
3. A fast-paced thriller