



Newsletter

December 2025

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Seasons Greeting!

Member of the Month



Member of the month for October 2025 goes to **Stephen Husband!**

Stephen has been awarded Member of the Month for achieving a fantastic time of 17.11 in the Abington 5k, coming first in age category. Such an amazing achievement following some hard training.

Stephen has been an active member of the Committee and recently completed his Leadership in Running Fitness (LiRF), allowing him to take up a new role as a Run Leader for the Club.

Well done, Stephen!

Please submit your nominations for November 2025 using the **Member of the Month Nomination Form**, by **1st December 2025**

New and Returning Members

Please give a warm welcome to James Willett, Christopher Ronchetti, Steve Sumner, Gillian Hayter, Elodie Hewison-Townley and Marlow Sumner, who have all joined the Club since the last Newsletter.



November Race Roundup

Another very busy month with many of our members competing in races both in the UK and overseas!

- Mark Novels travelled all the way across the pond to the USA to compete in the Abbott World Age Group Championships, as part of the New York City Marathon on 2nd November, achieving a very respectable time of 03:28:25.
- On this side of the pond, several of our members ran the Bonfire Burn 10K. Fireworks were definitely flying with some great times achieved.
- On 8th November, some of our members went along to participate in the ATW Remembrance Day runs, with some amazing achievements. In the 5K, Barry Osborne and Joan Nevin came 1st in their respective age categories and Stacey Castle came 3rd in hers. In the 10K Ray Mooney came 2nd in his age category. And in the Half Marathon, Enza Gambin came 1st in her age category.
- Sil Clay and Shirley Fowler went coastal again on this year's Remembrance Sunday, complete with a bugle and gun fire to start, then a 2 min silence stop at 11am.
- On 9th November three members completed the Stowmarket Scenic 7, clocking up some good times.
- 11 members ran the St Neots Half Marathon on 16th November. A tough course with some serious elevation throughout, but everyone ran well with some great performances.
- A number of our members did very well in Hadleigh on 23rd November, the last race of the Suffolk Grand Prix. Well done in particular to Cheryl Trundle and Barry Osbourne, who both won their age categories in the 5-mile, with both Liz Paxton and Grace Judge coming second in their age categories. In the 10-mile, Mary Ann Tuli came 3rd in her age category and Ethan Bolton scored yet another PB with a great time of 1:07:41.
- James Willett, one of our newest members, came 2nd in the Turkey Trot HM in a great time of 1:43:04.
- Ian Elden finished his longest run in three years at the London 10, with a time of 1:22:12.



JJ News

1 Mile Duxford Dash

Alycia (near right) competed in the Duxford Dash family mile on the airfield on the 26th October. She did really well with a time of 8:14.

Thetford Grammar Cross XC 1.8km

Marli (far right) was chosen to compete at the Thetford Grammar Cross country event on the 24th November. She ran 1.8km against 20 other girls in her U11 category at only 9 years old and did brilliantly to finish in 4th place. Well done, Marli!



Junior News



Kate graduates to Seniors

It was Kate's last run as a Junior on the 30th October prior to her joining the Seniors. Kate (left) has been with the juniors for many years, hardly ever missing a practice session and regularly representing the club at both road and XC races. Her hard work and dedication has been an inspiration to us all and she will be missed in the Junior section. We wish her all the best on her running journey and look forward to seeing her continuing to represent the club as a senior at lots of races!



5k Time Trial

Great running from our juniors (right) who took part in the October 5k Time Trial on 30th October.

JJ training for December

Date	Time	Venue	Activity
Thursday 4th December	No Training		
Thursday 11th December	6:30pm	Samuel Ward Academy	Christmas Party with Juniors
Thursday 18th December	TBC	Leisure Centre	Santa Run
Thursday 25th December	No Training		

Back on 8th January 2026

Junior training for December

Date	Time	Venue	Activity
Tuesday 2nd December	6:30pm	Castle Manor Academy	200m Reps
Thursday 4th December	No Training		
Tuesday 9th December	6:30pm	Castle Manor Academy	400m Reps
Thursday 11th December	6:30pm	Samuel Ward Academy	Christmas Party with JJs
Tuesday 16th December	6:30pm	Castle Manor Academy	Out & Back Reps
Thursday 18th December	TBC	Leisure Centre	Santa Run
Tuesday 23rd December	No Training		
Thursday 25th December	No Training		
Tuesday 30th December	No Training		

Back on 6th January 2026

A message from the Head Junior Coach

As this is the month of celebrating our club members, may I take this opportunity to express my sincere thanks and gratitude to our junior section coaching team. Whenever I am told I am doing a fantastic job with the juniors, I know it is a team effort. They are a great team, their dedication to our kids is to be celebrated and I am personally very grateful for the support they give me.

Clare, Emma, Shirley, Suzanne, Vron, Ethan, James, Mark, Stan, and Tujan - thank you very much and here is to an even more prosperous 2026 for us and our juniors!

Senior Training Sessions

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

December 2 nd	400/500m reps	Chapple Drive	Joan	Winter 13 - Half mara 800ms	Leisure Centre	Hayley	Winter 14 – 3min reps	TBC	Mark and Horace
9th	Timed out and backs	Leisure Centre	Stephen	Winter 16 – hill sprints	Hayley – green and blue together Winter 16 – hill sprints, location TBC				
16 th TRACK?	800m reps	Leisure Centre	Tracy	Winter 15 – 1k reps - Carver Barracks, Cheryl					

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. And remember. all training sessions start 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 December are shown in the table below:

Date	Time	Venue	Details
Thursday 4 th	6.30pm	Leisure Centre	<u>Winter Route 2</u> (in reverse)
Thursday 11 ^h	6.30pm	Leisure Centre	<u>Winter Route 3</u> (in reverse)
Thursday 18 th	6.30pm	Leisure Centre	HRC Santa Run (details TBC)
Thursday 25 th	It's Christmas! Have a day off!		
Tuesday 30 th	11am	TBC	Christmas pub run (details TBC)

General information about Thursday night club runs can be found [HERE](#) but 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 are shown [HERE](#).

As with all HRC activities we encourage everyone to participate, irrespective of age or experience. Cross country is great fun and a good strength builder but if you're unsure whether it's right for you, take a look on the website [HERE](#) or chat to other members about their experiences.

Don't forget that these are essentially team events so you'll 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 can obtain one from the [Club Shop](#). And of course, we strongly recommend wearing trail shoes to avoid face planting in the mud!

Christmas Club Runs

The annual HRC Santa Run will take place at 6.30pm on Thursday 18th December. This is the last Thursday club run until the New Year. Details of the route for the Santa Run will be confirmed via Facebook and web news shortly. However, you can expect lots of festive cheer, with mince pies and mulled wine waiting for you in Market Square after the run.



There will also be a Festive Pub Run at 11.00am on Tuesday 30th December. We are currently considering the pub and the route for this run but you can be sure it will be scenic and primarily on road. We'll let you have the full details as soon as possible but, in the meantime, make sure it's in your diary!



Annual General Meeting



A final 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. You can find the agenda and other key information on the website **HERE**. And don't forget to send us your feedback on your experience as a club member using the feedback form **HERE** (by 30th November).

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**.

And if you lost out on getting a London Marathon place and you meet the **criteria for entry to the HRC ballot**, don't forget to get your entry in **HERE** (by 30th November). The ballot (for ONE marathon entry) will be drawn at the AGM.

Christmas Party and End of Year Awards Shortlist

For those of you who have booked tickets, we look forward to seeing you at the Christmas Party on 5th December. Further information about the evening will be sent via e-mail a couple of days before.

During the evening, we'll be announcing the winners of the end of year awards. In the meantime you can find out who's on the shortlisted by clicking **HERE**.

Next Beginners Course

The next HRC Adult Beginners Course will commence on Thursday 8th January 2026 (see poster right for details). Please tell your friends and family and encourage them to sign up!

Existing HRC members who may have been injured and want a slow and controlled return to running can also attend the course free of charge.

You can find further details **HERE**.

A poster for the Haverhill Running Club Adult Beginners Running Course. At the top left is the Haverhill Running Club logo, which is a circular emblem with a running figure and the text 'HAVERHILL Running Club'. At the top right is the England Athletics logo, which is a stylized running figure with the text 'ENGLAND ATHLETICS AFFILIATED CLUB'. The main text in the center reads 'ADULT BEGINNERS RUNNING COURSE' in a bold, sans-serif font. Below this, it says '10 Week Course Starting Thursday 8th January 2026' and '9.30am OR 7.30pm'. The venue is listed as 'Haverhill Leisure Centre'. The fee is '£ 3 0'. At the bottom, there is an illustration of four runners in silhouette, and a QR code. Below the QR code, it says 'Sign up and information at: haverhillrunningclub.com/beginners-course'.

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 Club Championship, we'll include it automatically - you don't need to submit results yourself, unless you think one might be missing. Full details of the rules and eligible races are on the HRC website. For 2025 click [HERE](#) and for 2026 (from 1st December) click [HERE](#).

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.

Please remember that your last chance to score points toward the 2025 Club Championship will be on Sunday 30th November – results from races occurring up to and including that date that are not received by midnight on 30th November won't count! Results from any races completed on or after 1st December will form part of the 2026 Club Championship.

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 ahead, 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.



December 25

4	HRC Annual General Meeting
5	HRC Christmas Party
18	HRC Santa Run
30	HRC Christmas Pub Run

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 [2026 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