



Newsletter

January 2026

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Happy New Year!
We look forward to
seeing you all in 2026!

Thank you to Harry Minnette for his
artistry in creating a new seasonal
HRC logo for each HRC Newsletter in
2025. We look forward to seeing his
creations for 2026!

Member of the Month



Member of the month for November 2025 went to **Ian Elden!**

Ian completed the London 10 (his furthest run in 3 years) in a very respectable time following his recovery from injury.

In addition, and unbeknownst to most members, Ian put in several long hours to finalise results (incl. club champs and PB league) in time for the end of year awards presented at the Christmas Party. This was no mean feat, especially considering the complex club champ rules!

Well done, Ian!

Please submit your nominations for December 2025 using the **Member of the Month Nomination Form**, by **Sunday 11th January 2026**.

New and Returning Members

Please give a warm welcome to Carolyn Dodson, Paul Dodson, Alice Griffiths and Terry Camp, who have all joined the Club since the last Newsletter.



December Race Roundup

December was a quieter month but there were still some great performances from members, both in the UK and overseas!

Ross Arnold ran a cracking Bass Belle 10 miler, scoring another PB of 1:18:35. Well done, Ross!

Several members turned out to run the last Suffolk Winter League XC race in Woodbridge. It was a perfect sunny day and despite the tough sandy hills, some great times were recorded for the course.

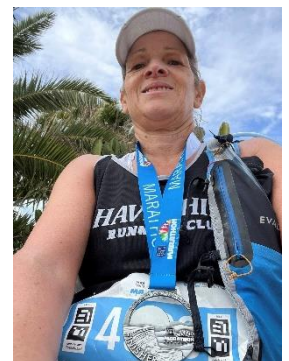


Andy Gage ran the Centurion Winter Downs 200 mile ultra in an overall time of 84 hours, 31 minutes and 4 seconds. This is highly impressive and a massive achievement for Andy. Most of us can't even contemplate what it would be like to complete this sort of distance, let alone what the feet and legs might feel like afterwards! We have the photos as evidence but we won't show them here! Well done Andy – what's next?

Shirley Fowler completed another marathon in Lanzarote - a hot and hilly course but she still managed to complete it 5 minutes quicker than last year! Well done, Shirley!

Karen Farthing ran the Valencia marathon in a very respectable time of around 3.36, despite having a heavy cold. Well done, Karen!

Nick Bosc ran the Stevenage HM in 1:42:26. Not quite a PB but still a good time.



Meet the New Committee

Following the AGM in December we are pleased to confirm that we have a 'full house' of committee members for the coming year – thank you to all of them for volunteering. They are as follows:

- Chairman – Mark Novels
- Secretary – Susan Marren
- Treasurer – Joe Winter
- Ladies Captain – Kristina Bright
- Men's Captain – Jack Tappin
- Committee Members – Sil Clay, Andrew Gage, Lynnette Garstang, Steve Oglesby, Tracy Pelling, Stephen Reyes, Horace Shuriah, Cheryl Trundle

Further details about the committee can be found on the [HRC website](#).

HRC Award Winners 2025

Congratulations to all the award winners this year. Awards were presented at the HRC Christmas Party on 5th December and were as follows:

- Club Champs
 - 1st Male and overwinner – Andrew Mynott
 - 2nd Male – Barry Osborne
 - 3rd Male – Mark Novels
 - 1st Female – Cheryl Trundle
 - 2nd Female – Liz Paxton
 - 3rd Female – Mary Ann Tuli
- PB League – Ethan Bolton
- Time Trial Grand Prix – Paul Michell
- New Member (Male) – Steve Foster
- New Member (Female) – Emma Hastings
- Most Improved (Male) – Chaz Barrett
- Most Improved (Female) – Grace Judge
- Best Performance (Male) – Trevor Hastings
- Best Performance (Female) – Karen Farthing
- Volunteer of the Year – Tujan Sari
- Member of the Year – Ethan Bolton
- Special Recognition – Ben Smith
- Neil Mustoe Award – Kristina Bright
- JT Award – Ian Elden



The competition has already started for the awards in 2026. Will you be one of the winners?



Congratualtions Mr Bell!

Congratulations to Andrew Bell who was awarded his Leader in Running Fitness (LiRF) qualification just before Christmas.

Andrew (affectionately known as Lord Bell) will now be joining the coaching team and we look forward to enjoying his sessions.

Charity of the Year

We had a fantastic response to HRC's Charity of the Year, Roald Dahl's Marvellous Children's Charity, with a massive £1,250 raised. This exceeded our target of £1,000, so well done to everyone who contributed.

We are pleased to confirm that our new Charity of the Year for 2026 will be **Memories are Golden**. This local charity brings together individuals living with dementia and those who may be at risk of social isolation from families, friends, and their community. It provides a safe space for them to socialise and build friendships, as well as providing meaningful activities, entertainment, and social events, to improve well-being and reduce feelings of isolation.



Ben Wins the Golden Ticket!

Congratulations to Ben Smith, whose name was drawn in the HRC London Marathon ballot at the AGM in December. He'll now be joining the other 56,000+ people on the start line in Greenwich on 26th April. We wish him all the very best with his training.



2025 Santa Run

This year's Santa Run had to be postponed for a few days due to a rather gloomy weather forecast on the 18th December. However, it went ahead on 23rd December, followed by minced pies and mulled wine / hot chocolate in Market Square. Thanks to everyone who attended – we hope you enjoyed it!

Junior and JJ News

Santa Run

Our Juniors and JJs took part in the annual Santa run around the streets of Haverhill, enjoying all the Christmas lights and decorations.



Christmas Fun & Games

The Juniors combined with the JJs for indoor games in the barn at Samuel Ward Academy on 11th December. Christmas songs added to the fun and festive spirit. Many thanks to Tujan for organising the session and to the rest of the Junior Committee Team for helping to make it a success.

Suffolk Winter League – Woodbridge

Well done to Teddy for his brilliant effort at the Woodbridge cross-country race on the 30th November 2025.



JJ training for January

Date	Time	Venue	Activity
Thursday 8th January	6:30pm	Samuel Ward	25 mins Running & Throws
Thursday 15th January	6:30pm	Samuel Ward	25 mins Running & Throws
Thursday 22nd January	6:30pm	Samuel Ward	25 mins Running & Jumps
Thursday 29th January	6:30pm	Samuel Ward	Sports Hall Competition

Junior training for January

Date	Time	Venue	Activity
Tuesday 6th January	6:30pm	Castle Manor	Hills – Long Continuous
Thursday 8th January	6:30pm	Samuel Ward	200m Reps
Tuesday 13th January	6:30pm	Castle Manor	400m Reps
Thursday 15th January	6:30pm	Samuel Ward	50/100m Reps
Tuesday 20th January	7:00pm	Saffron Walden	Track
Thursday 22nd January	6:30pm	Samuel Ward	Hills – Short & Sharp
Tuesday 27th January	6:30pm	Castle Manor	Out and Backs
Thursday 29th January	6:45pm	Cinema Car Park	5km Time Trial

Senior Training Sessions

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

Date	Session	Location	Coach	Session	Location	Coach	Session	Location	Coach
6 th	Hills	Falconer Road	Joan	400/500m reps	Chapple Drive	Stephen	Threshold 1K reps	Leisure Centre	Andrew
13 th	1K reps	Leisure Centre	Cheryl	Alternating pace 1K reps	Leisure Centre	Mark and Horace	400/500m reps	Chapple Drive	Hayley
20 th TRACK	400/500m reps	Chapple Drive	Cheryl or Joan and Horace	600m reps – Andrew					
27 th	Timed out/back	Leisure Centre	TBC	Hills	Falconer Road	Hayley	Alternating pace 1K reps	Leisure Centre	Mark

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 late December and January are shown in the table below:

Date	Time	Venue	Details
Tuesday 30 th Dec	11:00	<u>The Bull</u> , Burrough Green	<u>Festive Pub Run</u>
Thursday 1 st	No club run this evening		
Thursday 8 ^h	6.30pm	Leisure Centre	<u>Winter Route 4</u> (in reverse)
Sunday 11 th	11am	Haughley Park	Suffolk Winter League XC
Thursday 15 th	6.30pm	Leisure Centre	<u>Winter Route 7</u> (in reverse)
Thursday 22 nd	6.30pm	Leisure Centre	<u>Winter Route 6</u> (in reverse)
Sunday 25 th	11am	Woburn Farm, Corton, NR32 5LE	Suffolk Winter League XC
Thursday 29 th	6.30pm	Leisure Centre	<u>Winter Route 1</u>

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.

Festive Pub Run

A reminder that HRC's Festive Pub Run will be held at 11am on Tuesday 30th December, starting and finishing at **The Bull in Burrough Green** (postcode CB8 9HN).

This is a lovely 6-mile route around the local countryside, mainly on road with a small section of track at the end (the very last bit can be a teeny bit muddy but not enough to worry about wearing trail shoes). Route details are **HERE**.

After the run some of us will be having lunch at the pub. If that includes you, please aim to arrive at 10.45 so you can order your meal and drink before we set off. We'll then let the pub know when we are on our way back so they can get it ready in time for our arrival.



If you haven't already booked lunch but would like some, don't worry, we are sure they will be able to fit you in. Just come along at 10.45 to book and order your food.

And if you won't be staying for lunch, why not stick around for a quick drink?

Suffolk Winter League (Cross Country)



The third and fourth events of the Suffolk Winter League will take place on Sunday 11th and Sunday 25th January.

The event on 11th will take place at Haughley Park near Stowmarket and the event on 25th will be at Woburn Farm, Corton. Look out for event details on Facebook and web news.

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 must 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!

Finally, don't forget that our own cross-country event will be a little later this year, on 15th February, so look out for further information about this and how you can volunteer to help.

Next Beginners Course

Don't forget that 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 as there's still lots of space available.

Existing HRC members who 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](#).



Haverhill Running Club

**ADULT
BEGINNERS
RUNNING
COURSE**

**10 Week Course
Starting Thursday
8th January 2026**

9.30am OR 7.30pm

**Haverhill Leisure
Centre**

£30

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

Calling All Masters!

January is always a popular time to get into new things. With that in mind, it may be timely to remind you that part of your annual Club membership fee is a subscription to England Athletics, who recognise that a significant number of club members are over 35, known as 'Masters'.

The England Athletics Masters programme was established to showcase Masters runners and celebrate lifelong involvement in competitive sport. The programme offers runners over the age of 35 the opportunity to qualify to represent England at 10k, half marathon and full marathon, by taking part in one of a number of different qualification races spread across the country.

England Athletics are offering affiliated runners aged 35+ an Endurance Training Day in St Ives on the 8th February (10am to 2pm - £20). You can book [HERE](#) but be quick as places are limited.

This might be something that you have not considered for yourself, but why? For a chance to represent England Athletics you don't have to be the fastest runner in the country but you DO have to meet a qualifying time and finish in the top three of a qualifying race. You can check if you are likely to meet the qualifying time, but finishing in the top three depends to large extent on who turns up on the day.

There are no extra fees for the qualifying races, just a need to register your desire to attempt qualification. The qualifying races for representation in 2027 take place in 2026 and further details about the Masters Programme can be found on the England Athletics website [HERE](#).

Know Your Athletes!

In the grid below are the surnames of 12 GB athletes who won Olympic medals between 1956 & 2016. All medals were won at distances between 800m and 10k, and their names are as they were on the day of their success. Can you identify them?

To help, here are clues (some cryptic):

1. There was no vet trackside at Moscow when he twice medalled.
2. This doctor at Gloucester chased Viren home.
3. She was nowhere as devious as her name, especially at 10k.
4. Sherlock would have been proud of her at Athens.
5. He was far ahead of his competitors in 2012 & 2016.
6. This Brummie got bronze in one of the greatest Olympic 5000 metre races.
7. I often did this before exams. He commentates for the BBC.
8. Her name rhymes with 'hurry', which she did when winning her medal.
9. Neither Scottish or in the sky as his name might suggest.
10. After gold at Tokyo she became Mrs. Brightwell.
11. Currently President of World Athletics.
12. Chased Kuts in the 5k & 10k at Melbourne.

P	L	Y	O	V	E	T	T
F	I	A	P	M	N	R	E
O	P	R	A	D	H	A	L
S	A	R	I	A	T	W	F
T	C	U	L	E	Y	E	A
E	K	M	A	L	O	T	R
R	E	I	S	C	U	S	A
S	R	E	C	M	T	A	H

Answer on page 9.

Race Results, PBs and Club Championships

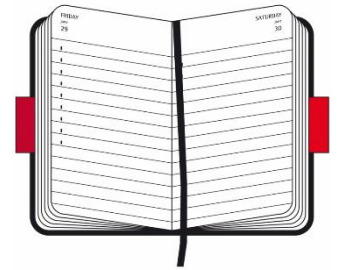
HRC will automatically upload your race results to the 'Results' page on the HRC website. However, please remember to enter races as an 'HRC Affiliated Runner' so that we can find your results. For parkruns, make sure you've selected 'Haverhill RC' in the 'Groups' option from your parkrun profile.

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 [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.

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.



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) |
| 22 | Tarpley 10/20M |

March 2026

- | | |
|----|---------------|
| 8 | Cambridge HM |
| 15 | Stowmarket HM |
| 22 | Oakley 20 |

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

Answer to quiz on page 8

1. Ovet
2. Foster
3. Sly
4. Holmes
5. Farah
6. Stewart
7. Cram
8. Murray
9. McLeod
10. Packer
11. Coe
12. Pirie