



Newsletter

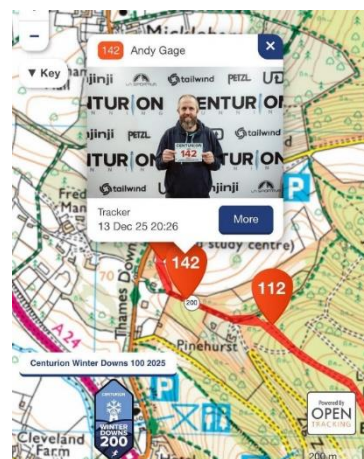
February 2026

Member of the Month

Our member of the month for December 2025 was **Andrew Gage**.

Andy absolutely smashed his 200-miler ultra across the South Downs – he's a true legend in the way he attacks these distances!

Having been part of the running club for seven years, Andy can often be seen on training nights and club runs running slightly shorter distances, while supporting and encouraging other members as well. He's handy with a BBQ too! Well done, Andy!



Please submit your nominations for January 2026 using the **[Member of the Month Nomination Form](#)**, by **Monday 9 February 2026**.

New and Returning Members



Please give a warm welcome to Mark Newall, Janice Mitchell, Oscar Ashwood, Clio Johnson and Millie Gair, who have all joined the club since the last newsletter.

Changes to HRC membership fees

We recently e-mailed all members about the new membership fees that come into effect from Wednesday 1 April 2026. In case you've not had time to read the e-mail, the changes to fees are as follows:

- **First Claim Membership** will increase from £40 to £49. This is inclusive of the athlete registration fee which we pay to England Athletics on your behalf and which has been increased by them from £20 to £23.
- **Second Claim Membership** (for members who have paid their England Athletics registration via their First Claim club) will increase from £20 to £26
- **Associate Membership** will remain free of charge.

In recognition that some of our members are from the same family, we'll be introducing a new discounted **First Claim (Family) Membership**. Providing one member of your family has paid the full First Claim Membership fee, other members of your family who live in the same household will get their First Claim Membership at the slightly reduced price of £47.

If more than one person in your family is an HRC member please let us know [HERE](#) so we can ensure the appropriate discount is applied at renewal time. Only one family member needs to complete the form.

You'll see that we've had to raise our fees a little more than usual this year. This is due to increasing costs and our aim to maintain and enhance the benefits for our members. However, we think this still represents good value for money and we remain very competitive with other local clubs.

HRC Bursary Scheme

We appreciate that paying annual membership fees can be especially burdensome for some, especially those on low income. If you think this applies to you and you would like to explore whether you might qualify for support via the [HRC Bursary Scheme](#), please contact us for a confidential discussion via membership@haverhillrunningclub.com.

New Club App in Development

You should by now have received an e-mail giving you the exciting news that a new club app is under development and will shortly be available to download and use.

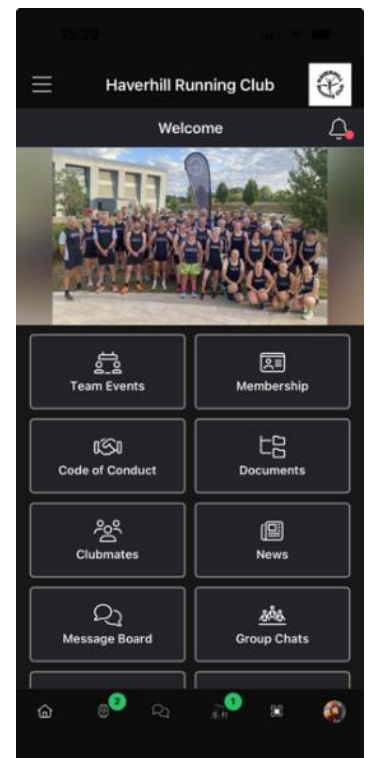
In case you haven't had time to read the e-mail or the posts on Facebook and the website, members will no longer have to rely on social media to find out about club training, runs and other events. Everything will be on the app.

The app also gives us a chance to enhance and strengthen our health and safety arrangements to ensure full compliance with club standards, by allowing senior members to register their attendance at training sessions and provide coaches and run leaders with quick and easy access to members' emergency contacts.

The app offers a host of features and benefits, including but not limited to:

- Secure access to personal details, key documents and other club info
- Information about club training sessions, club runs, and other events
- Registration of member attendance at training and club runs and access to emergency contacts
- News bulletins, message board, reminders and instant announcements, as well as automated weekly newsletters
- Secure in-app e-mail, direct messaging and group chat, eliminating the need to share personal information or use WhatsApp and messenger for club communications
- Membership applications and renewals, including payment of club membership fees
- Ordering and paying for club merchandise through the club shop.

We'll be rolling out the app in phases, as members become more familiar with it, starting with the basics and increasing features and functionality. Our aim is for the app to become the main channel for all club communications and transactions by April 2027.



While that's happening, we'll continue to use existing communication channels, such as Facebook, but we'll start phasing these out as the app becomes more established. The HRC website will of course remain the public face of HRC and the public Facebook page will continue to operate as it does now. However, we expect there to be a significant change in how the closed Facebook group is used.

In due course we'll provide further information about the app along with instructions on how to download and use it. Before then, we'd like to ask for your permission to add your details to the connectMyClub app in readiness for the launch. This will save time when you download and register onto the App, allowing you to start enjoying the many benefits as soon as it goes live.

If you haven't already done so, please take a minute or two to let us know, by Sunday 8 February, whether you are content for us to add your details to the connectMyClub app, by answering a couple of very simple questions [HERE](#).

We will only add details that are already held on the myAthletics portal, i.e. your name, sex, date of birth, address, email, telephone number, and emergency contact details.

Please be assured that all information on connectMyClub is held securely and treated with the strictest confidence. There are several mechanisms in place to protect your data but If you have any questions about how this is stored and used, please take a look at the FAQs provided by connectMyClub [HERE](#).

January Race Roundup (Seniors)



The 'three amigos' – Jamie Randall, Mark White and Liz Paxton (left) – represented HRC at the Bungay XC event on Sunday 25 January. Well done for travelling the distance to get the job done!

Well done to all members (top right) who took part in the XC event at Haughley Park on Sunday 11 January. It was a challenging but fun course through the woods.



Silke Sheppard ran the Wymondham New Year's Day 10k in the bitter cold, coming in with a great time of 59:41. Well done, Silke!

Correction from last month's Newsletter - Nick Bosc ran the Stevenage Winter HM in a time of 1:34:33. Sorry Nick!



Junior and JJ News

Suffolk Winter League – Bungay

More great cross-country running from Teddy at Woburn Farm, Lowestoft, on Sunday 25 January. Great effort Teddy.



Suffolk Winter League – Stowmarket

Well done to Hermione, Martha, Max, Teddy and Tom P (above) for their awesome running at the Stowmarket cross-country race on Sunday 11 January.

Cambridgeshire Cross Country Championships

Congratulations to Cameron (left) for his impressive 46:05 10km run at the Cambridgeshire XC Championships on Sunday 4 January.

JJ Training for February

Date	Time	Venue	Activity
Thursday 5 February	6:30pm	Samuel Ward	Obstacle relay and throws
Thursday 12 February	6:30pm	Samuel Ward	Over and under relay, and throws
Thursday 19 February	6:30pm	Samuel Ward	Hurdle relay and jumps
Thursday 26 February	6:30pm	Samuel Ward	3km time trial

Junior training for February

Date	Time	Venue	Activity
Tuesday 3 February	6:30pm	Castle Manor	Pyramid reps
Thursday 5 February	6:30pm	Samuel Ward	600m easy / 200m effort repeats
Tuesday 10 February	6:30pm	Castle Manor	Speed hills
Thursday 12 February	6:30pm	Samuel Ward	30min tempo and strides
Tuesday 17 February	7:00pm	Saffron Walden	Track
Thursday 19 February	6:30pm	Samuel Ward	30 min fartlek and strides
Tuesday 24 February	6:30pm	Castle Manor	50m / 100m reps
Thursday 26 February	6:45pm	Cinema Car Park	5km time trial

Senior Training Sessions

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

3 rd	800m reps	Leisure Centre	Joan	Spring 6: Out/back	Leisure Centre	Tracy and Horace	Spring 5: Hills	Falconer Road or School Lane	Andrew
10 th	Hills	Leisure Centre	Joan	Spring 7: Mixed pace ladder		Stephen	Spring 6: Out/back		Hayley
17 th	Timed out/back	Leisure Centre	Tracy	Spring 8: Track - Alternating 800m and 400m reps - Mark					
24 th	1K reps	Leisure Centre	Cheryl	Spring 9: Long hills		Mark and Horace	Spring 7: Mixed pace ladder		Andrew

Locations and meeting points will be confirmed near 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 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 February are shown in the table below:

Date	Time	Venue	Details
Thursday 5	6.30pm	Leisure Centre	Winter Route 1
Sunday 8	11am	Nether Hall , Pakenham	Suffolk Winter League XC
Thursday 12	6.30pm	Leisure Centre	Winter Route 2
Sunday 15	11am	Horseheath Racecourse	Suffolk Winter League XC
Thursday 19	6.30pm	Leisure Centre	Winter Route 3
Thursday 26	7pm	Leisure Centre	HRC 5K Time Trial

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 fifth and sixth events of the Suffolk Winter League will take place at Nether Hall (on Sunday 8) and at Horseheath Racecourse (on Sunday 15) February.

Look out for details of the Nether Hall event on Facebook.

The Horseheath Racecourse run is of course HRC's own XC event. Thanks to everyone who has volunteered to marshal or carry out other roles. We are sure that this year's event is going to be a hit, thanks to our Race Director (Hayley Wilson) and Chief Marshal (Andrew Bell), who have put in hours of work to ensure the event's success. And don't forget, there will as usual be hot food (courtesy of our resident chef, Andrew Gage), hot drinks and of course cakes (look out for the post asking for donations).

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

Don't forget that these are 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 get one from the [Club Shop](#). And of course, we recommend wearing trail shoes to avoid face planting in the mud!

Are you interested in becoming an HRC Run Leader?

To help maintain our training offer and take the pressure off existing coaches and run leaders we're looking for expressions of interest from members to join HRC's senior coaching team as a 'Run Leader'.

The role of Run Leader can be very rewarding. It offers members the opportunity to broaden their skill set, help fellow members, and support the club in a voluntary capacity.

As a Run Leader, using the knowledge and skills that you will acquire by completing the Leadership in Running Fitness (LiRF) course, you'll be responsible for leading sessions safely by:

- recognising and catering to the diverse needs of members
- motivating, encouraging and supporting members during sessions
- ensuring groups run at a pace suitable for all members in the group
- being inclusive and accommodating the needs of all participants
- communicating clearly and effectively.

HRC will cover the cost of the LiRF course (taken on-line). All we ask in return is that you:

- have been an active member of the club for at least 6 months
- have demonstrated commitment to the club's activities
- complete the LiRF qualification and use it to support club coaching sessions
- actively coach at the club for a minimum of two years following completion of the course
- contribute a minimum of one session per month, as agreed with the Head Coach
- uphold the standards and values of Haverhill Running Club.

Note: we may ask you to repay a proportion of the cost of the LiRF course if you change your mind after completing the training. See the [Coaching Course Funding and Repayment Policy](#) for further details.

If this opportunity is of interest or you would like to find out more, please get in touch as soon as possible via secretary@haverhillrunningclub.com

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.



February 2026

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

April 2026

26	London Marathon
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May 2026

10	Halstead Marathon
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June 2026

5	Sudbury Friday 5 (TBC)
21	Newmarket 10k
28	Kesgrave 10k

July 2026

10	Brantham 5
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August 2026

3	Beford Autodrome 20M
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September 2026

4	Ickworth Sunset Chase 5k
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You can find further details about these and other 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
