



Newsletter

May 2026



Member of the Month

Our member of the month for March 2026 was **Nicholas Bosc**.

Nick has achieved consistently good results in races this year. He got his first sub-20-minute 5K in the March time trial and finally hit his goal of a sub-90-minute half marathon in Cambridge, proving that hard work pays off.

Well done, Nick!

Please submit your nominations for March 2026 using the **Member of the Month Nomination Form**, by **Monday 11th May 2026**.



New and Returning Members

Please give a warm welcome to Zosia Rosloniec, Seth Moore, Beau Plumb, Charlotte Westrope, John Williams, Megan Wilson and Claire Pickford, who have joined the Club since the last newsletter.

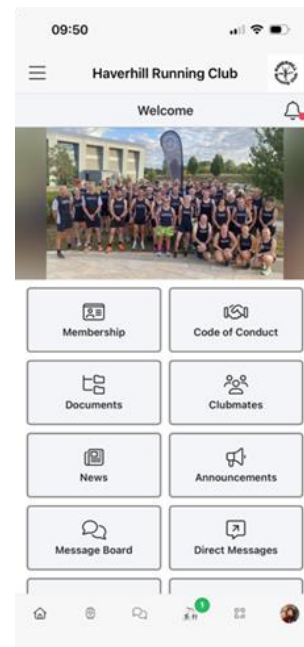
Club App Update

Around 74% of club members are now registered on the Club App. If you're not registered, simply follow the instructions on page 2 of the **App User Guide**. It's really easy and only takes a few minutes but if you need additional help don't hesitate to ask.

Since the last update, we've added the 'Club Shop' so you can order and pay for Club vests and t-shirts via the App. Simply click 'Shop' on the Welcome screen. You still have the option to order club vests and t-shirts from **shop@haverhillrunningclub.com** but this option will close at the end of June, so it's important that you have the App if you want to order these items. Note that all other merchandise, such as track suits and jackets, should still be ordered direct from Kiiwii using the link on the HRC website here: **https://haverhillrunningclub.com/club-shop/**.

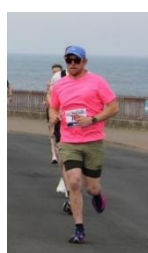
Here's a reminder of some important deadlines for the App. Note that some of the dates have been brought forward slightly:

New member applications and payments taken via App	From 1 st June 2026
Introduce trial membership via App	From 1 st June 2026
Compulsory for members to register attendance at training sessions and club runs via the app	From 1 st July 2026
Stop using Facebook for all internal club communications	From 1 st July 2026
Stop taking orders for club vests via the website	From 1 st July 2026
Implement weekly automated Newsletter via the App and withdraw current monthly version	From 1 st Sept 2026
All membership renewals and payments taken via App	From 1 st April 2027



March Race Roundup (Seniors)

- Mark Novels completed the Boston Marathon in 3:23, achieving his 4th star of the 6 required for the Abbott World Marathon Majors 6 Star Medal.
- Sofia Brown, Joanne Rosenwold, Claire Fitzjohn and Charlotte Roberts completed the London Marathon in 4:34, 6:08, 4:03 and 4:50 respectively.
- Mark Ashwood, Nathan Simms, Ray Mooney and Nicholas Bosc ran the Northstowe Half Marathon clocking up some great times of 2:01, 1:34, 1:38 and 1:37 respectively. This was also Mark's first half marathon.
- Several members ran the Cambridge Biomedical Campus 5 and 10k. Matt Cowell achieved 2nd place in the 10k race, coming 2nd in the MV50 age category.
- Enza Gambin completed her first official marathon in Manchester in a great time of 4:18.
- Matt Bigley completed the Paris Marathon in a cracking time of 3:46, 20 years since his last marathon!
- Jimmy Morrell completed the Blackpool Marathon in 3:37, achieving a 7-minute PB.
- Ross Arnold achieved a time of 4.52 in the Rimini marathon in Italy.



Junior and JJ News



Cambridge Biomedical Campus Family Races

Great running from Cameron and Summer (far left and centre) in the 5k and 10k races on the 19th April, achieving times of 19:43 and 53:54 respectively. Alycia (near left) competed in the family 1-mile race with an excellent time of 5:41. Well done All!

JJs Member of the Month

Congratulations to Martha B (near right) for being our JJ's Member of the Month for April. Awarded for excellent effort and participation.

Northstowe 5km

More superb running from Teddy (far right) at the Northstowe 5km. 5th overall and 1st U13!

TCS 1 Mile Mini Marathon

Congratulations to Thomas, Tom and Toby (near right) for their brilliant 1-mile efforts. 6:23, 6:43 and 6:52 respectively. Wear those well-deserved medals with pride!



Sudbury Fun Run

Well done to Summer (left) who completed the Sudbury fun run on the 3rd April. It was her first five-mile race and she finished second in her age cat, with a time of 43:46.



JJs Training for May

Date	Time	Venue	Activity
Thursday 7th May	6:30pm	Samuel Ward	Shuttle Runs & Throws
Thursday 14th May	6:30pm	Samuel Ward	Hurdles & Throws
Thursday 21st May	6:30pm	Samuel Ward	Combined Juniors/JJs Endurance
Thursday 28th May	6:30pm	Leisure Centre	3km Time Trial

Junior training for May

Date	Time	Venue	Activity
Tuesday 5th May	6:30pm	Castle Manor	Continuous Hills
Thursday 7th May	6:30pm	Samuel Ward	Fartlek & Strides
Tuesday 12th May	6:30pm	Castle Manor	Out & Back Pyramids (track)
Thursday 14th May	6:30pm	Samuel Ward	10mins Tempo / 3 mins Easy Repeats
Tuesday 19th May	7:00pm	Saffron Walden	Track
Thursday 21st May	6:30pm	Samuel Ward	Combined Juniors/JJs Endurance
Tuesday 26th May	6:30pm	Castle Manor	100/200m Reps (top field)
Thursday 28th May	6:45pm	Cinema Car Park	5k Time Trial

Senior Training Sessions

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

Date	Yellow	Location	Coach	Green	Coach	Location	Blue	Location	Coach	Notes
May 5 th	400/500m reps	Chapple Drive	Stephen	Summer 1 4-6x500m	Tracy	Leisure centre (Tennis court loop)	Summer 1 6-8x500m	Wilsey Farm	Mark & Horace	
12 th	Hills – Kenyan	Falconer Road or Cleves Road	Mark	Summer 2 1K/1min fast reps/1K	Kelly	Castle Manor (Track)	Summer 2 1K/1min fast reps/1K	Castle Manor (Track)	Kelly	Blue and Green merged
19 th (Track) Summer series week	1K reps All groups not at track	Leisure Centre	Cheryl	Summer 14 Decreasing distances/ Increasing paces, Carver barracks, Andrew						
26 th	Timed out/back	Leisure Centre	Tracy & Horace	Hills - Kenyan	Cheryl	Falconer road or Roman Way	Summer 5 1K reps	Leisure Centre	Andrew	

Locations and meeting points will be confirmed nearer the time via 'Training' on the App, [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 night.

All training sessions start at 6.30pm, except track training at Carver Barracks, which starts at 7pm.

Please make sure you register for each training session that you want to attend, on the App. Click 'Training' on the Welcome screen, find the session and group you want to attend then click 'I'm in'.

Club Runs and Team Events

Club runs and HRC team events in May are shown in the table below:

Date	Time	Venue	Details
Thursday 7 th	6.30pm	<u>Flying Shuttle</u>	<u>Flying Shuttle Pub Run (Short)</u> <u>Flying Shuttle Pub Run (Long)</u>
Thursday 14 th	6.30pm	Leisure Centre	<u>Summer Route 6</u> Wear something green to help promote and support Mental Health Week

Sunday 21 st	10:45am	Details TBC	5K Summer Series (Histon and Impington)
Thursday 28 th	6.30pm	Leisure Centre	HRC Time Trial

General information about Thursday night club runs can be found [HERE](#) but do keep a look out for any last-minute changes via 'Training' on the App, [Facebook](#) or the [News](#) section of the website.

Please make sure you register for each club run that you want to attend, including HRC Time Trials, on the App. Click 'Training' on the Welcome screen, find the session and group you want to attend then click 'I'm in'.

HRC Supporting Mental Health Week

We are proud to be joining #RunandTalk for Mental Health Awareness week with England Athletics and Mind.

Small actions matter - moving together, talking together and supporting mental wellbeing ❤️ #ACTION

That's why we're asking our members to dress in **green** for our Club run on 14th May. Also, why not come along to a special Haverhill parkrun on 16th May (full details below).

#RunAndTalk Week 2026

Join us for #RunAndTalk - let's open the conversation about mental health, share experiences and break the stigma!

Visit the Club APP to book on!

JOIN OUR RUN
Thursday Club Run
Invites you to sign up to an organised #RunAndTalk Week run on
18:30 THURSDAY 14th MAY
Starting from Leisure Centre
Members are asked to wear Green (the Colour for Mental Health Awareness)

SIGN UP TO OUR GROUP RUN ON THE CLUB APP

#RunAndTalk Week 2026

Join us for #RunAndTalk - let's open the conversation about mental health, share experiences and break the stigma!

JOIN OUR RUN
HAVERHILL RUNNING CLUB
Invites you to #RunAndTalk Week run on
09:00 SATURDAY 16th May
AT HAVERHILL PARKRUN
Members and non-members of any running ability are welcome.
For more info contact: welfare@haverhillrunningclub.com
FINISH OFF WITH AN ICE CREAM FROM THE ICE CREAM MAN



Summer 5K Series

The second 5K Summer Series event will be Histon and Impington on 21st May 2026. Details about the race will be available shortly on the App.

Future events in the series are as follows:

- 4th June - Newmarket *
- 25th June Haverhill (Kedington) *
- 16th July - Carver Barracks
- 30th July - Royston *
- 13th August - C&C

*Have a junior race.

Be sure to get them in your diary and look out for further details of each event in the weeks to come.

Please let us know if you will be attending any of the 5K Summer Series events. Click 'Team Events' on the Welcome screen, find the event you want to attend and click 'I'm in'.

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.

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.



It's not too late to sign up
for our next beginners
course, which starts on
21st May.

Make sure you tell friends
and family!

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.



May 2026

- | | |
|----|---|
| 10 | Halstead Marathon |
| 21 | 5K Summer Series (Histon and Impington) |

June 2026

- | | |
|----|------------------------------|
| 4 | 5K Summer Series (Newmarket) |
| 5 | Sudbury Friday 5 (TBC) |
| 21 | Newmarket 10k |
| 25 | Summer 5k Series (Kedington) |
| 28 | Kesgrave 10k |

July 2026

- | | |
|----|------------------------------------|
| 10 | Brantham 5 |
| 16 | 5K Summer Series (Carver Barracks) |
| 30 | %K Summer Series (Royston) |

August 2026

- | | |
|----|------------------------------|
| 3 | Beford Autodrome 20M |
| 13 | 5K Summer Series (Cambridge) |

September 2026

- | | |
|---|-------------------------------------|
| 4 | Ickworth Sunset Chase 5k |
| 6 | HRC Summer BBQ and Junior/JJ Awards |

October 2026

- | | |
|----|---------------------|
| 10 | Chelmsford Marathon |
|----|---------------------|

November 2026

- | | |
|----|------------------------------------|
| 15 | Eastern Athletics XC Championships |
|----|------------------------------------|

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**
