



Newsletter

July 2026



Member of the Month

Our member of the month for May 2026 was **Ethan Bolton**.

Ethan's first marathon at only 18 in Milton Keynes saw an impressive time of 3 hours 31 minutes.

Ethan also regularly steps up to coaching the JJs taking the warm-up with great passion, knowledge and enthusiasm .

Please submit your nominations for June 2026 using the **Member of the Month Nomination Form**, by **Monday 6th July 2026**.



New and Returning Members

Please give a warm welcome to Ned Gemmill, Kevin Jamieson, Dariusz Bielez and Sophie Goodfellow, who have (re)joined the Club since the last newsletter.

Club App Update

Around 83% 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 help don't hesitate to ask.

Remember that if you're not on the App after 1st July you won't have access to club information (incl. details of training, runs and events), be able to attend club training, or order club vests and t-shirts. The solution is easy - get connected and stay informed!

Incidentally, new membership applications, including payments, are now being taken via the App. We've also introduced trial memberships and will be taking registrations and payments for future Beginners Courses, all via the App. From September, we plan to have a new version of the Club Newsletter, which will draw on information from the App for its content, thereby saving valuable admin time.

July Race Roundup (Seniors)

- Andrew Gage had a very enjoyable weekend running the Centurion South Downs 100 miler, including a serious 12000ft elevation in warm and sunny conditions.
- And not to be outdone, Nick Bosc completed an amazing 30 km with a positive elevation of 2500 m/8202 ft in the beautiful south French Alps, the region where he grew up.
- Mark Ashwood completed the ATW St Albans fun run with Oscar and the 10k on a hilly course achieving a new PB of 48:11.
- Chris Bareham completed the Boxted 10k, a tough, hilly, mixed terrain course, in a great time of 55.53.
- Well done to everyone who emerged from the rainbow at Newmarket 5K. Lots of great running as always with some good times achieved.



Heat Forces Cancellation of 5K Event

The unpredictable UK weather forced us to make the difficult decision to postpone the 5K Summer Series event that was supposed to take place on 25th June. This was so disappointing, especially after all the hard work that Race Director and Chief Marshal, Andrew Bell and Hayley Wilson put into organising the event. However, the health and safety of participants in such extreme conditions was of prime concern and could not be overlooked.

But not all may be lost. We are currently exploring options to hold the event on a different date in July or August but as might be expected, dates are limited for a number of reasons. Nevertheless, we're keeping all our fingers and toes firmly crossed and we'll let you know just as soon as we have any news on this.

Junior and JJ News

JJ Member of the Month – May 2026

Well done Eleanor (right)! Awarded for most improved technique.



Summer Series – Newmarket – 4th June 2026

Congratulations to our team of JJs (left) for their superb running at the Newmarket Summer Series race.

Castle Playing Fields Junior Parkrun – 14th June 2026

Well done to Tom (right) for his excellent effort at the Junior Parkrun.

Friday 5 Series – Bury St Edmunds – 19th June 2026

Great running from Clio and Oscar (below left and middle) at the junior Friday 5 race in Nowton Park, and Harry (below right) for his strong performance in the 5 mile race



Castle Playing Fields Junior Parkrun – 21st June 2026

Well done to Zosia, Toby and Theo Tom (right) for running the Junior Parkrun.



JJs Training for July

Date	Time	Venue	Activity
Thursday 2nd July	6:30pm	Samuel Ward	Mixed Sports Hall Disciplines
Thursday 9th July	6:30pm	Samuel Ward	Mixed Sports Hall Disciplines
Thursday 16th July	6:30pm	Samuel Ward	Combined Team Games (Juniors & JJs)
Thursday 23rd July	6:30pm	Samuel Ward	Obstacle Relays
Thursday 30th July	6:30pm	Leisure Centre	3k Time Trial

Junior training for July

Date	Time	Venue	Activity
Thursday 2nd July	6:30pm	Samuel Ward	Fartlek & Strides
Tuesday 7th July	6:30pm	Castle Manor	Hills (Long)
Thursday 9th July	6:30pm	Samuel Ward	30min Tempo & Strides
Tuesday 14th July	6:30pm	Castle Manor	200m Reps
Thursday 16th July	6:30pm	Samuel Ward	Combined Team Games (Juniors & JJs)
Tuesday 21st July	7:00pm	Saffron Walden	Track
Thursday 23rd July	6:30pm	Samuel Ward	Fartlek & Strides

Tuesday 28th July	6:30pm	Castle Manor	400m/200m Paired
Thursday 30th July	6:45pm	Cinema Car Park	5k Time Trial

Senior Training Sessions

Tuesday senior training sessions in July are shown on the table below:

7 th July	Summer 6 3 min reps	Castle Manor (Track)	Tracy	400m reps	Castle Manor (track)	Stephen	Summer 5 1K reps	Leisure Centre	Rob	Pace check – improvement from May?
14 th	Hills – Kenyan	Meet at Castle Manor – run at Eastern Avenue	Cheryl	Spring 6: Out and Backs	Castle Manor top field	Tracy	Pyramid (time)	Castle Manor track	Andrew	
21 st (Track)	Summer 1 4-6x500m	Leisure centre (Tennis court loop)	Joan	Spring 4 – 600m reps - Mark						
28 th Summer series week	Spring 6: Out and Backs	Castle Manor top field	Cheryl	Summer 11 400m and 200m reps	Castle Manor track	Kelly	Spring 5 – hill sprints	School Lane	Hayley	

Coaches and meeting points (if different to the training venue) will be confirmed via **‘Training’** on the Club App. And if you’re uncertain which group (Yellow, Green, or Blue) is right for you, take a look on the **website** or speak to **the coaches** on the night.

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

Please make sure you register your attendance for each training session on the Club App. From the Welcome screen click **‘Training’**, find the session and group you want to attend then click **‘I’m in’**. **It will be compulsory for you to register your attendance on the App from 1st July.**

Club Runs and Team Events

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

Date	Time	Venue	Details
Thursday 2 nd	6.30pm	Leisure Centre	<u>Summer Route 3</u>
Sunday 5 th	9.30am (Juniors) 10.30am (Seniors)	Ipswich High School	<u>Ekiden Relay</u>
Thursday 9 th	6.30pm	Three Horseshoes (Helions Bumpstead)	<u>Three Horseshoes Pub Run</u>
Thursday 16 th	7.30pm	Carver Barracks	5K Summer Series (Carver Barracks)
Thursday 23 rd	6.30pm	Leisure Centre	<u>Summer Route 4</u>
Thursday 30 th	7.30pm	Royston	5K Summer Series (Royston)

General information about Thursday night club runs can be found **HERE**.

Keep a look out for any last-minute changes via **‘Training’** on the Club App.

The 5K Summer Series events shown in the above table are in place of the usual club runs on those evenings. Details for these events are shown under **'Team Events'** on the Club App.

Please make sure you register for attendance for each club run, including HRC Time Trials and Pub Runs, on the App – From the Welcome screen click **'Training'**, find the session and group you want to attend then click **'I'm in'**. **It will be compulsory for you to register your attendance on the App from 1st July.**

Ekiden 2026

A reminder that the Ekiden relay race, arguably THE BEST event in the racing calendar, takes place on **Sunday 5th July 2026.**

HRC usually enters several teams for this event but at present we only have enough runners for two teams, which is very disappointing. This really is a great team event and quite different to other races. It's also an enjoyable day out for the family, who can come along, enjoy a picnic and support you all the way to the finish line. So come on folks - this is your last chance to get your name on the list!

You can find all the information you need and register your interest via the Club App. Go to **'Team Events'** (top left-hand button on the Welcome screen), select **'Ekiden 2026'** from the list of events and click **'I'm in'**. Once you've done that, you can let us know your preferred distance (5k, 7.2k or 10k) via the Group Chat function for the event.

Please make sure you register no later than 30th June.

Summer 5K Series

The 5th and 6th race of the 5K Summer Series will be held at Carver Barracks (16th July) and Royston (30th July). Further details about these races will be posted shortly under **'Team Events'** on the App. The last race of the series will be hosted by C&C on 13th August.

Please note that there will be both a 5K senior and a 2K junior race in Royston. All other races will only have a 5K race for seniors.

As always, we encourage all members to attend these events – the more of our members that run, the more points we get as a team. And please don't forget to wear your club vest or t-shirt in primary club colours (black with silver side panels).

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

Round Norfolk Relay

The Round Norfolk Relay, which takes place over the weekend of 12th and 13th September, is drawing closer and we need to firm up our list of runners and support crew.

For anyone not 'in the know', this is basically a relay race running 198 miles around the county of Norfolk, consisting of 17 stages from 5 to 20 miles. It's enormous fun and really brings out the HRC team spirit and camaraderie. We'd particularly like to hear from new members and members who haven't been involved with RNR in recent years.

Full details about the event can be found on the Club App. Go to '**Team Events**' from the Welcome screen and select '**Round Norfolk Relay 2026**'.

If you'd like to get your name on the list, either to run one of the stages or form part of the support crew, let Stephen Reyes and Lynnette Garstang know at rn timer@haverhillrunningclub.com and click '**I'm in**' on the App.

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.

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.



July 2026

5	Ekiden Relay
10	Brantham 5
16	5K Summer Series (Carver Barracks)
30	5K 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
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November 2026

15	Eastern Athletics XC Championships
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December 2026

3	Annual General Meeting (after club run)
4	HRC Christmas Party and Awards

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**
