

# SPRING 2010 NEWSLETTER

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2010

## Special Points of Interest:

- *Heath Run Thursday 6th May*
- *10k—Sunday 4th July*
- *London Marathon Bus Booking Form*
- *5k Series*
- *Marathon Photo*

## 5K SERIES—KEVIN HENDRY LEAGUE

### Dates for 2010:

All on **Thursday evenings:**

**3rd June 7:30pm - Cambridge**

**1st July 7:30pm - Saffron Walden**

**5th Aug 7:30pm - Haverhill**

**2nd Sept 7:00pm - Newmarket**

As ever we will be competing in the 5k series throughout the summer. This is a fun series with local runs of 5k against Cambridge and Coleridge, Saffron Striders,

Haverhill and this year welcoming Cambridge Tri Club. All Joggers are welcome and encouraged to run even if you've never run before please come along, they are fun events and a great starting point if you want to get into races. This year we will be meeting for drinks/bite to eat after the races for those that want to make it more of a social evening. Newmarket will host the final fixture which is also the presentation evening, this is likely to be held in the Exning Road Club, although if you have any ideas for other venues please let us know.



5K TEAM HAVERHILL 2007

**SAY  
CHEESE!**



All Joggers running in marathons this spring regardless of venue be it Brighton, Paris, Edinburgh or London please can you come to the Leisure Centre on **Tuesday 20th April at 5.50pm** for a photograph to appear in the Journal. We will be putting in an article about the Joggers and what marathons we are all running so if you have special stories, training mishaps, fundraising appeals, times that you are aiming for etc please let me know so this can be included.

## LONDON MARATHON BUS

Booking form enclosed, please fill in and return form and monies ASAP, non-members welcome as are children as long as accompanied by an adult.

## ENGLAND ATHLETICS

I have been assured cards have been sent direct by EA to all members now, if you have not received them let me know and I will chase. If you are not aware of your England Athletics number please contact me as I have all members numbers on file, this may be required for some online race entries.

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### 10K—SUNDAY 4TH JULY—ELLESMERE CENTRE, STETCHWORTH

As ever we will require all Joggers to offer to marshal/help out with this event as we require a lot of support from club members to ensure that this is another successful day. As per club rules (for club 10k) if you wish to run please ensure you have someone (friend/partner etc) who can marshal for you on the day or if not if you can help in some way towards organising the event either prior to the day or before race, without this offer of help your race entry may be refused.

We will require help in the run up to the day with course marking/entry forms etc, on the day we will be setting up from 7am and any help you could offer would be gratefully received. Now the most important bit CAKE STALL. Please can all members either donate a

cake/tray bake etc for the cake stall? This is a tough race but renowned for the fabulous cakes on offer afterwards, please as runners you know how much it means to have a big slice of something delicious after a run so get baking or get your partner in the kitchen or your mum, granny even chain the kids to the oven so we can host a great cake stall again.

Please can you let us know **prior** to race day if you can marshal/bake cakes ANYTHING.

Contact **Keith** with details on **0787 643 6048**



#### CLUB TRAINING NIGHT ROUTES

The next meeting to discuss routes will be held on **Tuesday 25th May at 7.30pm** in the Montage Café Bar at the Leisure Centre. All members are welcome to come along and make suggestions for the June/July routes. New ideas for routes/social events always welcome. Contact Brian on 01638 602870

#### HEATH RUN 2010

As you know the Heath Run is on Thursday May 6th, entry form enclosed and all Joggers encouraged to run, in addition we will require marshals/timekeepers on the evening. There will be training runs on the course at club nights prior to the event for newcomers and brave returnee's to the race. More details on charity from :

[www.friendsofcamillamilbankappeal.com](http://www.friendsofcamillamilbankappeal.com)



#### Benefits of club membership:

- Saving on entries for all affiliated races (usually £2 sometimes more)
- 2 training sessions per week and we have the option of track training sessions along with the Juniors every Tuesday & Thursday which all Seniors are welcome to join, coached by Mike Graham.
- Membership to England Athletics
- Discount at Sweatshop & Newmarket Sports
- Social events & club races
- Free entry to the Kevin Henry 5k League

#### RACE DIARY

#### HEATH RUN 6TH MAY ~ 10K 4TH JULY ~ 5K 2ND SEPTEMBER

**18th April** Bungay Half and Full Marathon

**2nd May** Heritage Coastal Run

**2nd May** East Anglian 10k

**2May** Bartlow Challenge 9

**3rd May** Breckland 10k

**3rd May** Impington 5k

**16th May** Dereham 10

**16th May** Woodbridge 10k

**28th May** Ipswich Friday 5

**31st May** Brandon Forest Half Marathon

**4th June** Kirton Friday 5

**11th June** Stowmarket Friday 5

**12th June** Kedington 5k

**13th June** Midsummer 10 Wymondham

**25th June** Bury Friday 5

**27th June** Sutton Feast Beast

**9th July** Great Bentley Friday 5

**25th July** Littleport 10k

**6th August** Wibly Wobbly Log Jog

**29th August** Ipswich Half Marathon

**5th September** Framlingham 10k

**12th September** Newmarket Duathlon

**10th October** Great Eastern Half Marathon

**14th November** Scenic 7

**21st November** St Neots Half Marathon (entries fill up quickly)

Please can you forward all race results to Carolyn on 0784 332 8889 or [lalaanderson@btinternet.com](mailto:lalaanderson@btinternet.com) to ensure you appear in club reports. In addition please make sure you put Newmarket Joggers down as your running club in any entries.