



NEWMARKET JOGGERS NEWSLETTER JUNE

Newmarket 10k 05.07.09

Ok here we go – PLEADING FOR MARSHALS & CAKES

Due to the amount of help needed for this race if you want to run you **must** provide a marshal. If you (or partners/parents/children) can help, even just for an hour, please contact Jenny O'C who is taking names and appointing to tasks. Please let Jenny know ASAP as we need in excess of 40 marshals to run this race and need to know who can help beforehand jenny@tristel.com 01284 810 376 or 07980 897 585. All marshals will receive free refreshments– bribery in the form of cakes usually works!



BAKE A CAKE – our cake stall has been the talk of local races in the past, please lets ensure all runners/helpers in 2009 get lots of lovely treats so get baking (or get someone to make one, or 12, for you) we need everything you can think of – cakes, muffins, flapjacks, brownies etc – you know what it's like when you've finished a run (especially a toughie like this) there's nothing better than a lovely cake to give yourself that well earned treat, so get baking. Please bring cakes with you on the day or call Carolyn on 01638 731160 / 0784 332 8889 to arrange delivery/collection.

5k Series

Well done to all our magnificent runners at the first 5k of the season at Saffron Walden, the best ever Newmarket turnout with some excellent times recorded by all, look forward to seeing everyone again on 02.07.09 at Haverhill.

Outdoor Circuits

Tim Wilson has asked me to pass on that he is now coaching outdoor circuits starting on **Monday 6th July 7pm-8pm** in the Newmarket College sports field, its £4.80 a session and he has specifically put it on a Monday so that it doesn't clash with Joggers/NC&TC training evenings, anyone can attend, it's very beneficial to runners fitness and will be targeting all core and cardio fitness.

Ekiden Relay – 26.07.09

Brian is organising a team (s) for the Ekiden Relay: a great event and one we try and enter every year. There are 6 members in a team, please contact Brian on 01638 602 870 – all abilities welcome.

Results Roundup:

Stuart Janes – Soham Half Marathon – 1:46 a PB, well done after months of hard training. Ursula White 1:36 another PB at Brandon Half and 1st Lady Senior, Julia Middleton (back after injury) 1:17 at Dereham 10miler and 1st vet 55, Miranda Paul – 2 marathons' in a week in 4:16 and 4:30 (YES THAT'S 2 MARATHONS IN A WEEK!!). Paul Holley – 1st in Newmarket Heath Run, 2nd in Jersey Half Marathon and 1st at Saffron Walden 5k – brilliant running and also recording a 1st in the 5k was the NJ's lady Jo Gapp. Ben Blowes who just keeps on running and getting better - he's posted the best marathon time of the year for the Joggers so far at 2hr 50mins in London. Big welcome back also goes to Martin Gear. Thanks to everyone for keeping me updated with results, keep them coming and remember I can't report on you if you don't let me know you're running or your results! Please remember to put Newmarket Joggers down as your club when entering.

Committee Meetings

If you have anything you want mentioned/reviewed at a committee meeting please feel free to come along, they are held on the 2nd Thursday of every month starting at 8pm in the New Astley Club. If you are attending please let me know **prior to the meeting** so I can add you onto the agenda. Alternatively you can appoint a member of the committee to discuss any issues on your behalf.

Diary Dates

July 2 nd	Haverhill 5k (club team event)
July 5 th	Newmarket 10k (club race)
August 6 th	Newmarket 5k (club team event)
August 9 th	Wandlebury XC – 5 mile (club race)
August 23 rd	Newmarket Duathlon
September 3 rd	Cambridge 5k (club team event)
September 6 th	Framlingham 10k
September 13 th	Grundy Fen Half Marathon
September 27 th	Tarpley 10 mile, Nr Bury St.Edmunds
October 4 th	Abington 10k
November 8 th	Scenic 7, Stowmarket