

Joggers Autumn 2010 Newsletter



Special Points of Interest:

- *AGM— Thursday 21st October, New Astley Club 7.30pm*
- *Christmas Party—Friday 3rd December, Rosery Hotel, Exning*
- *Suffolk Cross Country League*
- *London Marathon Club Places*

LONDON MARATHON CLUB PLACES 2011

As in previous years the following criteria should be filled to enter the draw for the club places:

1. **A current paid up member for one year**
2. **Completed in club races – 5k Kevin Henry league, Cross Country League and Champs**
3. **Marshalled for the club at club events – Heath Race, 5k and 10k**
4. **A rejection letter from the London Marathon Ballot**

One place will be for those who had **never** ran London before and the other will be for those who **have** ran London before.

The draw will take place at the AGM, if interested in going into the draw please bring the rejection letter to the meeting, if you cannot make the meeting please contact Carolynn prior to the AGM so that you can be included in the draw.

2011 Membership fees of £20 are now due

Please fill in the membership form and update all contact details where necessary, 2011 membership form enclosed. In addition please ensure that if your contact details change over the year let the Club Secretary know so that you can continue to receive newsletters/emails etc. In addition if your health changes in a way that may affect your running, or others running with you, you must contact the Club to update your medical details. Should you require further support we have a Welfare Officer associated with the club who will happily meet and discuss any issues that arise.

You must note your **EA number** as this is your competitors licence number and will be required for some race entries. If you are not aware of your number, and a fully paid up member, please contact the Club Secretary.



Follow Grover and Elmo's lead & wear your hi-viz vest every time you run. **Must** be worn on all winter club training nights with immediate effect

AGM THURSDAY 21ST OCTOBER 7.30PM

This years AGM will be held on the **21st October** in the **New Astley Club** at **7.30pm**.

All members are encouraged to attend as this is your opportunity to voice any concerns, queries or ideas for the club. The committee will be looking for new members and all positions will be up for vote. If inter-

ested in joining the committee or election to the role of Chairman, Club Secretary, Treasurer, Ladies Captain/Vice Captain, Men's Captain/Vice Captain please request a copy of the club Roles and Responsibilities factsheet or contact Carolynn for further details.

There will be no training on this date.

CURRENT COMMITTEE:

Chairman: Keith Williams

Club Secretary: Carolynn Anderson

Treasurer & Juniors Coach: Jennie Grimwood

Mens Captain: Brian Munns

Mens Vice Captain: Alan Goodenough

Ladies Captain: Ursula White

Ladies Vice Captain: Sarah Mampuy

Committee:

Greg Davis

Lisa Jennings

Debbie Read

Mike Sales

Jim Withers

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CROSS COUNTRY SEASON 2010/2011

31st October — Framlingham, near the castle

21st November—Bury, Nowton Park

5th December—Woodbridge, Sutton Village

16th January—Stowmarket, Haughley Park
20th February—Bungay, (Ditchingham)

11th March—XC Awards & Presentation Evening, Framlingham

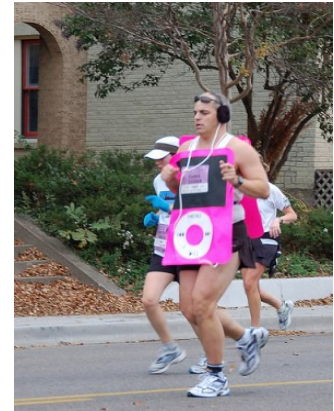
9th January—Suffolk XC County Championships, Ickworth Park, near Bury

All Joggers encouraged to come and run for the club

throughout the XC Season. They are great events, very sociable (lots of after race cakes) and we have been very successfully in the past so hopefully this will continue with your support this season. For car shares Framlingham/Woodbridge and Bungay fixtures we will meet at Newmarket Leisure Centre 9.15am. For the closer fixtures of Bury (meet 10am) and Stowmarket (meet 9.45am). If you are car sharing you should pay £3 towards petrol. Race entry is £3 per race.

The **Suffolk XC County Championships** will be

held in Ickworth Park on **January 9th**, as ever we will be entering men's and ladies teams and hope that as many Joggers as possible will compete. We will also require **marshals** as new rules dictate that if we don't provide marshals we cannot compete— please support the club by either running or marshalling. For men's teams contact Brian, ladies contact Ursula. **Please note that all runners must return their XC league finishing numbers to the hosting club as this year sees the introduction of reusable numbers rather than raffle tickets.**



MP3/IPOD RACING

Many races are now disqualifying runners who run with an MP3 player, please ensure you check your entry form and with the organisers prior to running to avoid disqualification.

MATCHINGS AND HATCHINGS

ENGAGEMENTS:

Jo Gapp and Paul Cole

Sarah Mampuys and Hans Keots

Ursula White and Kevin Ransom

BIRTHS:

Congratulations to:

Ben and Louise Blowes— on the birth of their first baby
the beautiful Joel ~ 7lb 12oz ~ 14.07.10



Newmarket Joggers 2010 5k Team Saffron-Walden

FORTHCOMING LOCAL RACES

Sunday 3rd October, Abington 10k, Cambridge & Martlesham Heath 10k

Sunday 10th October, Great Eastern Run Half Marathon

Sunday 17th October, River Cam Run 5

Sunday 31st October, **XC CLUB EVENT**

Sunday 14th November—Scenic 7, Stowmarket

Sunday 21st November,

XC CLUB EVENT

Sunday 28th November—Hadleigh 10

Sunday 5th December
XC CLUB EVENT

Sunday 12th December—Turkey Trot 10m

Thursday 31st December, Ely New Years Eve 10k (enter now as places fill fast)

RACE RESULTS

Please ensure you let Carolynn know of any race results so you can be included in all race reports—if we don't know your running we cannot sing your praises!

carolynn@newmarketjoggers.co.uk

WHERE'S MICHELE?

Michele Healy is currently training for a 104 mile walk for Help for Heroes if you would like more info or to donate please go to: www.justgiving.com/barrowwalk

CHRISTMAS PARTY

Please go online and book your place for this years Joggers party and disco, bookings must be confirmed with the hotel by 15.10.10 so please click on the **Christmas Party** link on the website or fill in the enclosed booking form.

As in previous years the party will also host the club annual awards.

www.newmarketjoggers.co.uk