

Joggers Summer 2011 Newsletter



Special Points of Interest:

- **Heath Run**—Thursday 5th May —7.30pm
- **10k**—Sunday 3rd July —10am
- **Round Norfolk Relay**—17th & 18th September
- **Greyhound Racing**—Friday 20th May 2011—Mildenhall
- **5k Kevin Henry League**—Starts Thursday May 12th
- **Paul Evans Training Session**—Tuesday 31st May

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, all professionally coached by Mike Graham.
- Membership to England Athletics
- Discount at Runability (Bury St Edmunds) specialist running shop offering everything for the runner from shoes & clothing to running accessories
- Social events & club races
- Free entry to the Kevin Henry 5k League
- Chance to qualify for London Marathon Places if rejected in ballot
- Discounted treatment (25%) at Newmarket Sports Injury Clinic, Newmarket Leisure Centre
- Coaching from Olympic Athlete Paul Evans (with next scheduled training session Tuesday 31st May)
- Advice, Motivation and Safety

CURRENT COMMITTEE:

Chairperson: Carolynn Anderson

Club Secretary: Cathryn Starling

Treasurer : Jennie Grimwood

Men's Captain: Brian Munns

New Members Officer: Debbie Read

Committee:

Greg Davis
Alan Goodenough
Stuart Janes
Lisa Jennings
Dave Price
Mike Sales
Sue Stoten
Keith Williams
Jim Withers
Ursula White

EMAILS. Please note that on average a weekly email is sent regarding training/races etc, therefore if you have not received any emails lately please can you email:

carolynn@newmarketjoggers.co.uk so we can check your details, thanks



Heath Run—Thursday 5th May—if not running please still come along and marshal/support the race then join us all afterwards in The Golden Lion (Wetherspoons) on the High Street for drinks—all welcome.

NEWMARKET 10K—SUNDAY 3RD JULY 2011—10 AM START (Note new start time)

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 a successful day. As per club rules (*for club 10k only*) if you wish to run please ensure you have someone (friend/partner/club member 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 the race as 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 and on the day we will be setting up from 7am and any help you could offer would be appreciated and gratefully received.

CAKE STALL. Please can all members either donate a cake/tray bake etc for the cake stall? As runners you know how much it means after a run so please contribute in this way to ensure we can cater for our competitors after the race.



KEVIN HENRY LEAGUE 2011 SEASON

12th May 2011

Cambridge Triathlon Club (Impington *new fixture*) – 7.30pm

2nd June 2011

Saffron Striders, Saffron Walden (Swan Car Park, Saffron Walden) – 7.30pm

14th July 2011

Cambridge and Coleridge AC (Wilberforce Road C&C Track) 7.30pm

4th August 2011

Newmarket Joggers, Newmarket (Newmarket Racecourse Heath) 7.30pm

1st September 2011

Haverhill Running Club, Kedington Village (Village Hall) 7.00pm *NOTE EARLIER START TIME*

Everyone who runs will get points for the team

5K RACES

All Joggers are welcome and invited to run in the 5k's and we beg you all to run. Entry is free just turn up on the night in your club vest. These races are great fun as well as being good social and team events, We always go for a drink afterwards to 'refuel' so these races are also a great way to get to know everyone. This year will see the introduction of Junior races to the League, if you have any children who would like to run (2k distance) please bring them along. The Junior races start at 7pm.



JOGGERS RUNNING KIT: Kroake have introduced new branded Newmarket Joggers wear for all ages and sizes, the quality of stock is excellent and there is a wide range of clothing available. Either visit our club website and click on the link **Newmarket Joggers Shop** or pop into the shop itself in Newmarket on All Saints Road (opposite Spar) and they will be more than happy to cater for all your needs. Please note that Club Vests cannot be purchased via Kroake and must be purchased via website (under **Club Vest** link) or by contacting Carolynn.

NIGHT AT THE DOGS

Joggers Night at Mildenhall Greyhound Racing on **Friday 20th May 2011**, tickets £5 per person and include fish and chip supper* for tickets please contact Jennie Grimwood on 07720567494 All proceeds from ticket sales will go towards Long Jump Pit Fundraising for our Juniors. (*first come first served).



RACE RESULTS

Please ensure you let Carolynn know of any race results so you can be included in all club race reports. If we don't know you're running we cannot sing your praises! Text or email to:

carolynn@newmarketjoggers.co.uk
or 0784 332 8889

ROUND NORFOLK RELAY 17th & 18th September 2011

Newmarket Joggers have entered a team in the Round Norfolk Relay www.roundnorfolkrelay.com. As this event requires not only runners but people to cycle with the team and also to help out with timekeeping etc we will be holding regular meetings to discuss the logistics and allocate tasks. If you would like to run, help, or find out more, please come along to the first meeting which will be held on **Tuesday 10th May** after training in the Montage Cafe Bar at the Leisure Centre. Jim Withers has put a lot of work in already ensuring our entry and would appreciate any help you can offer. ALL WELCOME

LASTLY BUT BY NO MEANS LEAST.....

Well done to all our recent marathon runners, you have all put in some fantastically incredible times and performances not only in London but Paris too. **Matthew Harvey** now holds the club record for a marathon by completing London in **2:36**—Awesome.

Massive well done to the Newmarket Joggers Ladies Cross Country team who this year won the Suffolk Ladies League for 2010/2011 lets hope they continue to do as well in the 5k league this summer.