

5K Kevin Henry series 2017

This is a series of six 5 km races, one hosted by each of the participating clubs:

Thursday 27th April	Cambridge Triathlon Club - Impington
Thursday 11th May	Ely Runners - Witchford
Thursday 8th June	Newmarket Joggers - Rowley Mile Racecourse
Thursday 29th June	Saffron Striders – Carver Barracks
Thursday 13th July	Haverhill Running Club - Kedington
Thursday 3 rd August	Cambridge & Coleridge AC – Wilberforce Road track at 7pm

There are three league titles up for grabs: Men's, Women's and Combined. It is a team event where every runner counts. This is how the scoring works:

The first 4 women and first 6 men for each club are awarded points according to finishing position so the lower their combined score the better. From that a point is deducted for every runner. For those of us outside the first 4 or 6 our run is equally valuable to the team whether we finish in 20, 30 or 40 minutes.

Last year the Joggers were 4th in all 3 categories, not far behind Haverhill who beat us by the impressive number of runners they field. So:-

Joggers new and old; young and not so young; fast and not so fast - we'd love to see you at some or all of these races. Last year we had 28 men and 24 women take part in the first race at Impington, including a good number of graduates of the 2016 beginners' course. Impington is a flat 2-lap course on concrete farm tracks so an ideal introduction to the series.

If you think you might like to give it a go but are unsure about anything please have a word with either of the team captains, Brian or Helen, at a training night or get in touch by email via the website <http://newmarketjoggers.co.uk/people/>

The only rules are that all participants must be fully paid up members of Newmarket Joggers and wear a club vest. Entry is free. You don't need to register in advance, just turn up on the night and give your name to whoever is holding the NJ's clipboard. If you don't have your own transport don't let that put you off. There are always cars going from the leisure centre and someone is sure to have a spare seat and be happy to give you a lift.

Hope to see you at the races.