

This is a series of six 5 km races, one hosted by each of the participating clubs as listed on the website.

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 5 women and first 5 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 5 positions our run is equally valuable to the team whether we finish in 20, 30 or 40 minutes. 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.

Impington is a flat 2-lap course on concrete farm tracks so an ideal introduction to the series, particularly graduates of the beginners course.

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 Jan, 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 kind of free as your membership covers it!

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