

Newmarket Joggers Newsletter

October 2022



Passing the Baton

Dear Joggers,

An emotional month as September saw the passing of Queen Elizabeth II. This saw a number of running events postponed as running paid its respects to our longest serving monarch.

But as the baton is passed to King Charles III a top effort by a NJ team saw the running baton make it all the way round the Norfolk coast to complete the Round Norfolk Relay. Also, great to see some newer members starting their own running journeys throughout the month.

October obviously kicks off with London Marathon but that's not the only event in town! Training sessions continue to be delivered even as the darker nights draw in. A number of Suffolk races are around this month and the usual range of other events to get involved in.



Pointing the way at Round Norfolk Relay

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Up The Toon at GNR

Message From Chair

It's 1st October as I write this, one day before the [TCS London Marathon](#) - so by the time you read this those of you who have run it will be basking in the glory of all the months of hard work and well-earned achievement- and hopefully not too sore.

We've got a full 32-seater bus heading to London, full of not only NJ's but others from local Clubs or the local running community- so a great day out for all.

It was only two weeks ago that we had the [Round Norfolk Relay](#). It is a very special event in so many ways, quite apart from the actual act of running it is just as much a test in logistical planning by ALL involved - both pre and during the event - great job as always by so many and for our relatively small club in size to come home in 16th place out of 53 teams along with some individual stage winners is truly magnificent.

Kicking off this month is our winter 5k Handicap series. This is one of our most popular events of our year. This year there are a couple of significant changes. Due to the busyness of traffic around town now it is right that we change the route - we considered various options and, on balance, Rowley Mile was felt the most appropriate to 'give it a go'. The other change is welcoming the Juniors to this event- it is the aim of the club to bring Juniors and Seniors closer together with club activities wherever possible, so in the spirit of giving things a go, we think it's appropriate to try this; given our new route. I know everyone will be supportive and welcoming of our junior members.

Always lots happening and as is my mantra - you are always very welcome to dip in and dip out of Club activities according to where you are with 'health, fitness & life stuff' - we are always here with one foot in front of the other.

Happy October

Kate 🏃 X



All set to go at the Round Norfolk Relay

Training

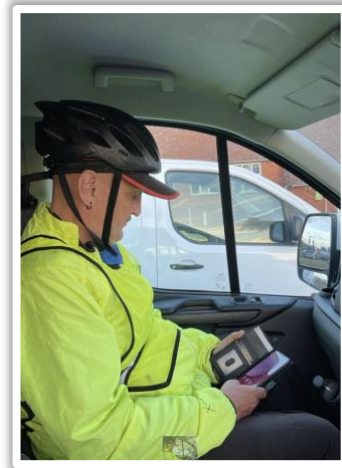
Be Safe – Be Seen

Everyone has by now noticed that the darker nights are here for a while so it's very important on all distance runs that members wear high visibility clothing, it's also useful to run with a head or body torch if you have one.

The usual conundrum for runners looking to complete a long run or race - which gels to use?

Well, you could always try using some natural alternatives that might provide a more interesting and pleasing nutrition experience! [\(CLICK HERE\)](#)

Trouble sleeping due to running? Adrenaline still flowing from your evening run or nervous about a race the next day? Try these simple stretches to aid catching some zzz's [\(CLICK HERE\)](#)



Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
						1
2	3	4 EH 5K Handicap	5	6 WR 6 Bury Rd, Crockfords Road, St John's Avenue, Wellington Pub. C6.5M	7	8
9	10	11 ED Centre Drive efforts	12	13 Committee Meeting WR 3 Exning, Studlands, Yellow Brick Road, Smilers Hill. C 6M	14	15
16	17	18 Track Only	19	20 WR 8 Scaltback, Hamilton Road Wellington Pub, Centre Drive, Meadow Lane, Duchess Drive Clocktower c 6.5M	21	22
23	24	25 Marks Scaltback Effort Session	26	27 WR 12 Clocktower, Wellington pub, Duchess Drive, Ashley Road, Avenue c6M	28	29 Quiz

Schedule

The training schedule for October is shown but can also be found on the club website (link for anybody viewing this electronically is [HERE](#))

All Tuesday and Thursday evenings are 6:20pm meet for a 6:30pm start at The Racing Centre or The Academy Field.

Currently we also try to send a training update on Monday to ensure members know what options are available that week.

Also, to remind all Joggers that you have the option of joining St Edmunds Pacers for their track sessions on a Monday or Wednesday evening (6:20pm meet and warm up for 6:45pm start) Location is Bury St Edmunds Leisure Centre, Beetons Way, Bury Saint Edmunds IP33 3TT.

Racing

Round Norfolk Relay

The weekend of the 17th to 18th of September saw a 17-member strong team take on the challenge of the Round Norfolk Relay. Supported wonderfully the whole way round by the top support team of Brian, Kate, Jeremy, Emma and led by super Jim Withers saw the team produce one of their best ever results since NJ started taking part in the competition. Special mention must go to Jonathan Ollington who ran a leg at late notice which he did in a great time and navigating it for the first time at night! We also had our 1st ever 3 stage wins...a big well done to all involved!



Winter 5k Handicap

So, it's nearly upon us - the first 5k handicap of the year. As mentioned previously this will be done at a brand-new course, we do recommend bringing a head/body torch as well as your mandatory high viz when running the 5k. Christine Conway-Jarrett will again be coordinating each race on the day. For newcomers the handicap works by your start time being decided by your predicated 5k pace with the fastest runner starting last. You should have seen the 5k registration sheet where you register to run (instructions on the sheet) Race and series results will be put on the website after each event - visit the Newmarket Joggers website and look for Winter 5k Handicap 2022-23 on the left. It's a great way to see if you can improve your time over the series and an even chance for everyone to get across that line first!



Eastern AA XC Champs

Newmarket Joggers are again looking to put in teams for the Eastern AA Cross Country Championships; this year being held on Saturday 19th November Southill Park, Biggleswade.

Last year both the Ladies and Men's teams came away with silver medals! Races start from midday with junior categories and Men and Ladies running in separate races. Info [CLICK HERE](#)

Entries have to be done in advance and NJ will cover the entry cost of any NJ entries - if you definitely want to take part all you need to do is email treasurer Mark Hayward at mark.hayward@newmarketjoggers.co.uk (don't enter online yourself) with the following information by the 16th October.

Name, Date of birth & England Athletics URN

If you don't know your URN - you can find out by [CLICKING HERE](#)

If you have any other general questions regarding this event then seniors can email/speak to the captains Jan and Brian, any juniors can contact Phil Blundell for more information. Or please feel to email me - secretary@newmarketjoggers.co.uk

Suffolk Winter XC League

The Suffolk Winter XC League Fixtures have been announced they can be found on this link [HERE](#)
Entry is free for any NJ - just turn up with your NJ vest on the day! They are great fun and one of the real highlights for the club each year.

The first two races of the season are also the last 2 races in the NJ Grand Prix so plenty to run for. We're looking to go even better this season than last when the club performed really well over the 6 fixtures.

The first fixture is 6th November at Framlingham Castle where there is usually a junior race too - keep your eyes on your inbox nearer the time for more details.



Upcoming Local Races

Here's a few local races that it would be great to see a few NJs enter:

Scenic 7: A picturesque 7-mile road race run by Stowmarket Striders - entry link is [HERE](#)

Hadleigh 5 & 10 Miles: Run by Hadleigh Hares - this long running event is always popular - entry link is [HERE](#)

Bass Belle 10 Mile: Back for its eighth edition - fast and flat with a small off-road section - entry link is [HERE](#)



Race Reports

As ever NJ's have been running a variety of races around the area and other far-flung places. You can read Chris Aylmer's reports on the website by clicking on this link [HERE](#)

Recent highlights have been Joe Cormack completing his first ever 100km, Mark Hayward running the fastest half marathon by a NJ this year and a few members completing the world famous Great North Run.

It's a great way to find out what your fellow club mates have been up to and a great resource for planning your races next year!

London Marathon

This newsletter is out the day after the London Marathon (other marathons are available) and Chris' report will have details of the NJ runners (once he's sufficiently recovered from running it himself!)

The ballot for running the 2023 London marathon opened on the 1st October - as a NJ member you are eligible to potentially secure a place through the club if you are unsuccessful through the ballot (we are given 1 entry per year being an EA membership club)

London Marathon's official ballot entry is [HERE](#)



The Rest

Primary School Athletics Competitions

The following primary schools' athletics and cross-country competitions will be taking place in Newmarket and Mildenhall during the 2022/23 academic year:

Tuesday 27 September, U12 Cross Country; Newmarket Academy field - 3:30-5:00pm

Tuesday 17 January, 2 x yrs 5&6 sports hall athletics; Newmarket Leisure Centre - 12:00-2:30pm and 3:00-5:30pm

Thursday 26 January, 2 x yrs 3&4 sports hall athletics; The Hub, Mildenhall - 12:30-3:00pm and 3:30-6:00pm

Tuesday 27 June, U11 Quadkids Athletics; Newmarket Academy field - 2:30-6:00pm

If any Joggers would like to have an involvement in any or all of the events (It could be in an officiating capacity or simply handing out flyers, etc.) Then please contact Ian Jackson at forestheathssp@gmail.com



Newmarket Jogger of the Month - September

Congratulations Zara Bailey on being awarded JOTM for September! Zara is a Beginners Group 2022 graduate and ran her first 10k Sunday 18th Sept at the Shanklin and Sandown 10k on the Isle of Wight

Proudly wearing her joggers vest and her number 392 She completed in an excellent time of 1hr 14. Her first proper race and first race medal - the first of many, we're sure!

You can nominate any of your fellow members for October by the 24th of the month with your reasons why by emailing secretary@newmarketjoggers.co.uk

Newmarket Ploggers

NJs very own Brain Munns, Helen Wass, Stuart Janes and Anna Mayhew proved their Womble credentials by organising a 'plogging' run down Wooditton Road in September. In total they collected an impressive 11 bin bags (estimating at least 200 empty Fosters cans!)

A wonderful community minded effort by the fantastic foursome - a credit to the club!

Brain is designated 'Chief Womble' and a very enthusiastic plogger - if you'd be interested in joining him on future efforts just have a chat with him down the club.



Racing Centre Membership

The Racing Centre has proven to be a great new home for Newmarket Joggers but did you know you can get discounted membership for being an NJ?

Membership is discounted to £20 per month which includes use of gym, changing facilities and daytime fitness classes (e.g., spin, hitstep, racefit) opportunity to book personal training sessions. There is no cancellation fee and membership can be cancelled at any time.

If you are interested or would like any further information just visit their website -

<https://www.theracingcentre.org>

Newmarket Joggers Strava Group

Did you know the club has its own Strava Group? It's a great way to keep tabs on how your fellow club mates are doing. Also, we have started putting what training and races are available on a weekly basis.

If you have a Strava account you can join by looking under 'Club' in explore and searching for 'Newmarket Joggers 2020s'

