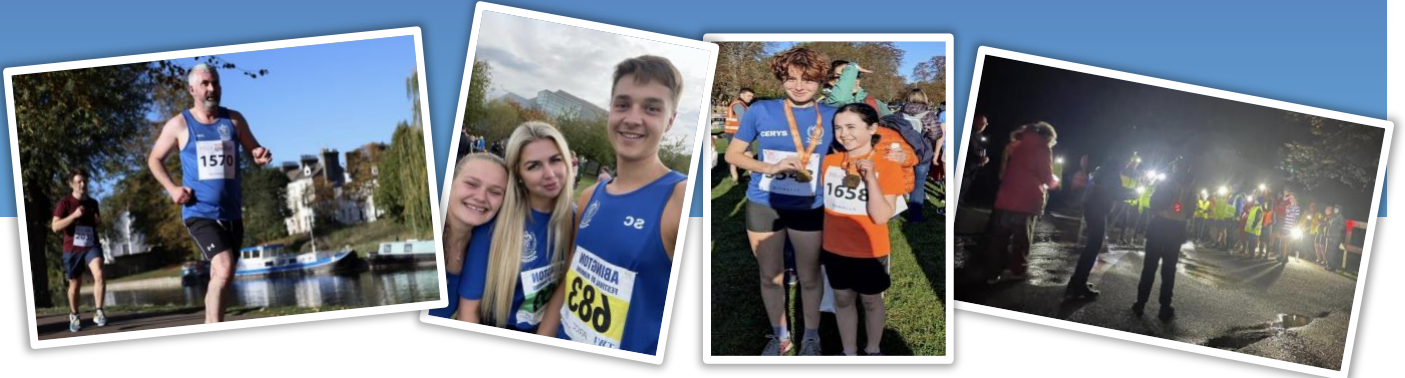


Newmarket Joggers Newsletter

November 2022



The Future is Blue

Dear Joggers,

Well, it's getting close to that favourite time of the year...not Christmas...Cross Country Season!

So, as we look forward to the next League fixtures in 2022, there will be plenty more going on around the club - the main thing being the club AGM.

Over the last month there has been so much going on running wise it's sure kept the secretary on his nail-free toes (thank you marathon!). London Marathon kicked the month off and near the end there were some awesome performances by both the juniors and seniors at Ipswich XC Relays and Thurlow 10.

So, enjoy this bumper November issue of the club newsletter!



Juniors in control at XC Relays.

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'Neily' there Neil at the Chester Marathon!

Message from Chair

Autumn is well and truly here and that means Cross Country and AGM! For the first time in a few years, we can actually hold a 'normal' AGM and as a committee we are looking ahead and planning for the Joggers 40th birthday in 2024. (Not 2023 as I had originally thought!) Our approaching 40th birthday is giving us the opportunity to take stock and ensure the club is structured for meeting future needs of our running community and giving purpose to what it means to be a member of Newmarket Joggers as an England Athletics Affiliated.

As a starting point we are kicking this off with a new look AGM which we hope offers bit more of an engaging evening with a bring and share supper and welcoming our guest speaker Jack Nixon; coach from St Edmunds Pacers - be great to see as many of you there as possible.

Thanks

Kate



Fantastic work by the Junior Joggers at the Ipswich XC Relay

Notice Of 2022 Annual General Meeting

Dear Members

We are delighted to announce details of Newmarket Joggers Ltd. 2022 Annual General Meeting (AGM) on Wednesday 23 November, starting at 6:45pm, at The Racing Centre, Fred Archer Way, Newmarket CB8 8NT.

We are really pleased to have a guest speaker this year Jack Nixon running coach and athlete from St Edmunds Pacers who will talk about 'Common mistakes in runners and potential solutions'. Jack not only coaches at the Bury track sessions he was this year's Suffolk 10k Champion and recently ran 2:27 at the Chester marathon.

There will also be a bring and share snacks so please bring a contribution

Please note in the agenda 'New Club Logo' and 'New Club Logo Voting' - to be able to cast your vote for the new club logo you will need to be present at the AGM in person. Agenda of the AGM is on the following link:

<https://newmarketjoggers.co.uk/club-governance/>

To ensure members have as much time as possible to be able to consider all aspects of this year's AGM and prepare their questions in advance, we are pleased to be able to share the following document via the link below (Please note that we are changing the structure of the committee for 2023)

AGM 2021 Minutes

<https://newmarketjoggers.co.uk/club-governance/>

Currently the committee is as follows - please note members who intend to step down.

Chair: Kate Warboys

Treasurer: Mark Hayward

Secretary: James Smith

Membership Secretary: Vacant

Junior Coordinator: Phil Blundell

Welfare Officer: Sarah Martin

Ladies' Captain: Jan Holmes (to step down)

Men's Captain: Brian Munns

Social Secretary: Jeremy Reader (to step down)

Committee Members: Jim Withers, Lisa Johnson (to step down), Joe Cormack and Neil Pollard.

Applications for any position are most welcomed and need to be emailed to the club secretary at least 5 days in advance of the AGM.

Descriptions of the club roles are available to view on the club website; also, please do contact committee members for more information regarding committee roles if you require.

The committee would like to thank Jeremy, Jan and Lisa for the tremendous amount of effort, enthusiasm and hard work they have put into the club the past few years.

Please send any apologies to secretary@newmarketjoggers.co.uk in advance of the 23rd November.

Training

Spikes & Trails at the ready!

As mentioned in previous editions Hi-Viz when taking part in club runs is mandatory currently, we also highly recommend purchasing a head or body torch.

Runners are often unsure of when they should focus on increasing mileage, if you decide to check out this article on how to safely increase your weekly mileage ([CLICK HERE](#))

And of course, we know running is good for us but we usually have a least one friend who says they won't do it because they are worried about their knees. Well just point them to the following article ([CLICK HERE](#))



Schedule

The training schedule for November 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.

A reminder that a grass track session is available every Tuesday & Thursday (6:20 for 6:30) on the Academy field. Thursdays are coached by Mick and Stuart with a focus on technique and speed. The Tuesday grass track sessions on the 15th Nov, 13th Dec & 10th Jan will be speed focused with a 1-mile time trial (800m option available if required). We are still a little short of volunteers to charge the track lights after Tuesday sessions; anybody who can help, please speak to Phil Blundell or Jenny Osbourn.

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.

Sun	Mo n	Tuesday	Wed	Thursday	Fri	Sat
		1 5K handicap	2	3 WR1 Exning, Studlands, Fordham Road, Welly, Avenue	4	5
6 Fram XC	7	8 EA Yassoo (Scallback)	9	10 Committee Meeting WR 7 Bury Rd, Wellington Pub, Avenue, Hamilton Road. c 6M	11	12
13	14	15 Track Only	16	17 WR 2 Exning, Studlands, Fordham Road, Smilers Hill. c 6M	18	19
20	21	22 EE Scallback efforts	23 AGM	24 WR 8 Scallback, Hamilton Road Wellington Pub, Centre Drive, Meadow Lane, Duchess Drive Clocktower c 6.5M	25	26
27	28	29 EI Top of the hill efforts (Centre Drive)	30			

Racing

Suffolk Winter XC League

Sunday 6th November saw the very welcome return of the XC season at Framlingham Castle. A great time had by all over a very interesting and picturesque course. The next fixture will be held by Woodbridge Shufflers on the 4th December; race details will be circulated to the membership via the appropriate means when available. Just a reminder XC races are free if you're a club member! Details of the Suffolk Winter League can be found [HERE](#).



Ryan's Suffolk Grand Prix

Thurlow 5 & 10 mile races were the last races in the Ryan's Suffolk Grand Prix organised by Suffolk Athletics. In total there was 7 events planned for 2022 with runners being able to score points over various distances.

There are prizes for the top 3 runners in each category and NJ had some winners! They are:

- Caroline McIntosh - 2nd female v65
- James Smith - 2nd male v40
- Mark Hayward - 3rd male v40
- Neville Clarke - 2nd male v65

Full results and information on races for 2023 can be found [HERE](#)

Lee Valley Track Open Meets

There are two forthcoming open competitions at Lee Valley open to both Junior and Senior runners:

- Jan 2nd 2023 (60m/300m/800m/200m/400m)
- Feb 15th 2023 (800m/1500m)

Juniors should remember that age groups for track are different to those for road and cross country. For track, U13 is school years 6 and 7.

Further information can be found on this link [HERE](#)





Southern XC Championships

Newmarket Joggers are again looking to put in junior & senior entries for the Southern AA Cross Country Championships; this season being held at Beckenham Place Park, London on Saturday 28th January 2023.

Further information will be communicated in email but you can see full details by going to page 6 of the following link [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 club secretary Jimmy (secretary@newmarketjoggers.co.uk)

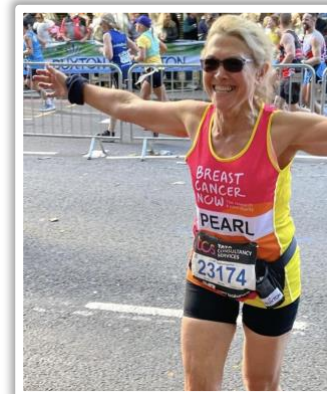
Upcoming Local Races

A number of local races that the Joggers are keen to support have opened entries recently - here's the details:

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

Hadleigh 5 & 10 mile: Always a well-attended event put on by Hadleigh Hares - entry link is [HERE](#)

Bass Belle 10 Mile: Back for its eighth edition - fast and flat with a small off-road section, with foot treatments provided by NJ's own Lisa Johnson! - entry link is [HERE](#)



Recent Results

Chris Aylmer regularly keeps the website updated with weekly race reports - they can be found [HERE](#)

Recent highlights have been runners absolutely smashing their pb's or making amazing debuts in the marathon distance. Many top junior performances including Cerys Bithell winning at Cambridge Town & Gown 3k. Mark Hayward claiming 1st at the Thurlow 10 & Joggers competing at major races such as Bath Half and Great South.

Social

Christmas Party & Awards

Our penultimate social gathering is Our Christmas Party and Awards night at the Racing Centre.

Yes, the bling returns to its familiar slot praising and acknowledging those team mates among us that have achieved great results or for just being awesome.

Friday 2nd December - 7pm-12.00am Food, Awards, and boogieing on down to Party Time Roadshow.

Further info and booking are available [HERE](#)



Jingle Jog

And finally, our last social we all love is Jingle Jog. The rumor in the camp is we've chosen a theme of Charlie and the chocolate factory.

Join in if you can on Thursday 22nd December, we need lots of oompa loompa's!

Meet point as always, the Racing Centre around 6.15pm for voting and a drink!

If you need any further details on socials email Jeremy on jeremy.reader@newmarketjoggers.co.uk

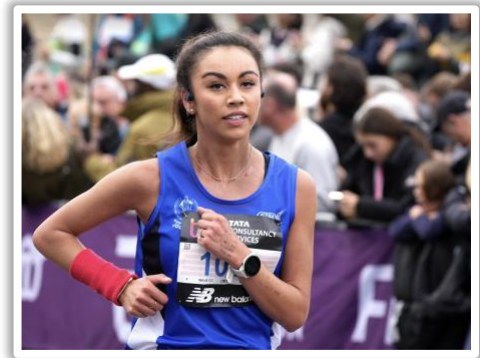
The Rest

Club London Marathon Place

So unfortunately for some people it's that time of year where you receive the rejection email from London Marathon.

But fear ye not; there's still a chance to run as the club will be allocated one place as part of being registered with England Athletics.

Full details on how to apply for the club place will be emailed to club members but in the meantime please ensure you have kept the rejection email from London Marathon (or a copy of your application) as you must have applied to be considered.



Newmarket Jogger of the Month - October

It was a very close-run vote in this month's JOTM but the award went to the extremely well deserving Newmarket Joggers Juniors - they made an amazing effort despite awful weather conditions. Extra kudos to Lilly Basing who ran an extra leg for a 2nd team after one of their runners was ill.

We would love to get members recommendations for Jogger of the month. You can nominate any of your fellow members throughout the month (with the deadline of **28th November**) with your reasons why by emailing secretary@newmarketjoggers.co.uk

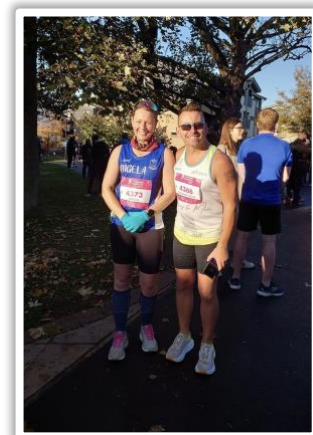
Power of 10 & RunBritain

Are you aware that there is a website that keeps a record of all the races you've done?

Power of 10 holds results from races all around the UK (and abroad!) and links them to your profile. It's a great resource and once registered you are also registered with its sister-site RunBritain Rankings. This site will show your current 'running handicap' and where you rank in the UK.

Register for Power of 10 ([HERE](#))

RunBritain Rankings info is ([HERE](#))



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>



Running Kit & Discount Codes

It's not race day unless you have your official Newmarket Jogger race vest! Remember to take part at a number of races including Hockey's and Cross Country you need to wear an official club vest. Our supplier has a range of branded NJ gear at great prices - details can be found on the club website or by following the link [HERE](#)

Also discount codes exclusive to Newmarket Jogger members only (including sportshoes.com) will only be sent through the membership portal separately. Even more of a reason to make sure your email is correct on the [NJ Membership Portal](#)



Feedback Welcomed!

The committee are always keen to get feedback on how YOUR club is run for YOU. If you have anything you would like to raise, please email secretary@newmarketjoggers.co.uk

In future editions I would love to include any photos you've taken from races or other Newmarket Jogger events - send any you would like included to the same email above (race photos please remember to include which race it was from!)

