

Newmarket Joggers Newsletter

January 2023



Happy New Year!

Dear Joggers,

So here we are 2023! And what better place to kick the new year off than with your NJ Newsletter.

Although December always tends to be a bit quieter running wise there was still NJ's out competing, running and taking part in a jingle jog!

After all those Xmas mince pies there's plenty of training and racing opportunities to start 2023 with a bang including the main XC event of the season with the Suffolk Champs on the 8th January.

I hope you had a pleasant Christmas and here's to wishing you a Happy New Year!

All the best,

NJ Club Secretary



Pudding out all the stops!



Xmas day social at Brandon Parkrun

Contents

Page 2 - Message From Chair

Page 3 - Training

Pages 4 & 5 - Races

Pages 6 & 7 - The Rest

Message From Chair

Happy 2023!

Hope you have all had a lovely restful Christmas break and are raring to go!

December was the 'fun' month for the club and it certainly didn't disappoint with the awards party and the always popular Jingle Jog.

Since the AGM at the end of November we haven't had a Committee meeting with the newly elected committee. Our first meeting this week will take the form of a workshop style with the focus on embedding both the new roles and the new members; making sure the appropriate supporting handovers are taking place.

We will also be setting out our plan for the next year. Taking in to account not only the business-as-usual elements such as training, race and social calendar but also setting a clear budget for the year; along with the one-off projects to support the club as it evolves and heading towards our 40th anniversary in 2024- the planning starts now!

Full report on this in next month's newsletter- in the meantime enjoy January, safe in the knowledge that the days are gradually getting longer!

All the best

Kate 🐘



On the start line for the Jingle Jog

Training

New Year Run Resolutions

With the beginning of the new year there will surely be a number of runners at the club looking to complete RED (Run Every Day) or start their marathon training plans.

RED January has increased in popularity over the years. You don't have to run every day; you just need to be active. It's free to sign up - you can find out further info by clicking this link ([CLICK HERE](#))

What better way to train for a marathon than to copy the best there is! If you want to know the basics of how Eliud Kipchoge trains ([CLICK HERE](#))



Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
1	2	3 EH 5K Handicap	4	5 WR 4 Bury Rd, Granby St, St John's Ave, Crockfords Road, Avenue	6	7
8	9	Track Only	11	12 WR1 Exning, Studlands, Fordham Road, Welly, Avenue.	13	14
15 Stow XC	16	17 EA Yassoo (Scaltback)	18	19 WR 12 Clocktower, Wellington pub, Duchess Drive, Ashley Road, Avenue c6M	20	21
22	23	24 EI Top of the hill efforts (Centre Drive)	25	26 WR13 Torch Run c6M or NR7 Bury Road, Wellington pub, Avenue Hamilton Road c6M	27	28
28	30	31 Marks Scaltback Effort Session				

Schedule

The training schedule for January 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. The grass track session on the 10th January will be speed focused with a 1-mile time trial (800m option available)

If you're looking for a starting place for a training program the Hal Higdon website has a lot of free plans for lots of distances ([CLICK HERE](#))

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

Suffolk XC Champs

Thanks to everyone who has put themselves down to run in the Suffolk XC Championships on the 8th January - it's great to see a potential big turnout by the seniors and juniors. You should have received an email with the race instructions before Christmas; a reminder that if you can't make it on the day, please can you let either Phil Blundell (juniors) or Brian Munns (seniors) know.

A massive thanks as well to the 5 members who are down to marshal on the day - make sure you give them a wave during your run!



Suffolk Winter XC League

Sunday 4th December saw the second fixture in the Suffolk Winter League. A great time had by all and awesome to see so many NJ's there supporting the club. The full results from the first 2 races in the league so far can be found [HERE](#)

NJ are doing great in the league so far so let's keep the great work going by having a good turnout at the next fixture.

The next fixture is at Haughley Park, Stowmarket on the 15th January; when the full race details are received, we will circulate via the normal means. Details of the league can be found [HERE](#).

Upcoming Local Races

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

Tarpley 10 & 20: Places are going fast for this great event hosted by St Edmunds Pacers, only a short trip from Newmarket - entry link is [HERE](#)

Sudbury 5 Mile Fun-Run: Run by Sudbury Joggers (our XC teammates!) - this long running event is always popular - entry link is [HERE](#)

Suffolk County Relays: Just save the date for this one (16th April 2023) Suffolk county teams are being invited to put in teams for the team county relays at Colchester - each leg being 5km. A brilliant event, info will be relayed when received!



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 a few road races around the country and some trail half and full marathons.

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!

NJ Grand Prix

Caroline McIntosh and Paul Holley have secured wins in the Newmarket Joggers women's and men's Grand Prix 2022, for which the Woodbridge XC was the final fixture. This year, the NJ Grand Prix consisted of four of the summer Hockey's 5k League fixtures and the two Suffolk Winter League XC fixtures at Framlingham and Woodbridge.

Fixtures for 2023 Grand Prix will be released as soon as we know them! You can find the full results for 2022 by clicking [HERE](#)



The Rest

Jingle Jog

The 22nd of December saw the annual NJ Jingle Jog which saw many a member dress up in a variety of Christmas themed costumes!

A great time was had by all which included stopping off to sing carols with the choir at the Wellington, further dancing and karaoke singing at the Wagon.

As well as the presentations for the NJ Grand Prix there was also prizes for the best dressed Male & Female so congrats to Sarah Martin and Jeremy Reader for their Charlie and the Chocolate Factory inspired costumes!

This was Jeremy's last event as social secretary with the torch now passing to Sophie Adams - we look forward to seeing what events are organised for 2023!



Newmarket Jogger of the Month - December

After all the voting was counted for December - the JOTM was Chairperson Kate Warboys!

She was nominated for being the unsung hero who takes the time to thank everyone but rarely gets thanked herself. She also recently won the EA regional club leader of the year award.

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

NJ Discount Codes

Discount codes which are specifically for Newmarket Joggers are sent through the membership email portal. The Sportsshoes.com discount code for example is usually sent the first day of the month.

If you haven't received these emails (or any other club emails, can you ensure you check the following steps:

1. Check your junk items for any emails from hello@clubmembership.cloud
2. Ensure your email address is correct in the membership portal <https://newmarketjoggers.clubmembership.cloud/>



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 use the message board to update on which 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'



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>

