

Newmarket Joggers Newsletter

October 2023



Love, XC and Sausage Rolls

The end of September saw us welcome the newest NJ married couple with the wedding of Andy Hayward and Rachel Allen - hopefully the NJ's on the dance floor didn't scare off the rest of the guests! A big congratulations from your NJ family.

Ok I can't hide it, it's XC season soon and personally I'm ridiculously excited - the races are always great team events and there's a bonus with the [Eastern AA](#) Champs being held only down the road in Horseheath (see the 'Racing' section)

If XC and sampling Jenny's sausage rolls at the finish doesn't float your boat there's still plenty to get involved with the club including the winter 5k handicaps, winter training routes and the last Suffolk Champs race in Thurlow near the end of the month.

Have an optimum October!

Jimmy Smith
Club Secretary
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Celebrating in Spoons...happy runners and support crew from the Round Norfolk Relay.

Newmarket Joggers Online

NJ Membership Portal

<https://newmarketjoggers.clubmembership.cloud>

Website

www.newmarketjoggers.co.uk

Facebook

www.facebook.com/groups/2423819742/

Strava

www.strava.com/clubs/NJs-2020s

Instagram

www.instagram.com/newmarketjoggers

Message From Chair

Hi Joggers

We are right in the middle of the most significant time of the year for the Club.

Firstly, we have come to the end of the 'summer' which means the end of the [Arkwright 5K Summer League](#) and what a fantastic finish. As a Club we finished in a combined place of 2nd overall with male 2nd and female 3rd - our best finishing place ever (certainly in modern times!) This is all down to the brilliant turnout and participation by you all and being up there in the top five finishing positions in all fixtures.

In the last month you also put in the most impressive performance for the [Round Norfolk Relay](#) with Joggers finishing 24 out of 59 teams and impressively, after 198 miles, beating our predicted time by just 52 seconds to finish in 25hrs 10mins 38secs.

As well as our significant achievements with those races we had a wonderful and 'hot' pilgrimage tour to [Bushy Park Parkrun](#) in West London- the birthplace of the 'running religion' that is parkrun.

This brings me on to the behind-the-scenes activities and focus for Club business. There has been a focus group on membership over the summer who have selected a refreshed version of our logo - the mandate being to ensure that we have an identity that is reflective and relevant for our Club today. This is going to be launched at the AGM in November all ready for our 40th birthday next year!

You will also be delighted (and none more so than me) to know that we are cracking on with a new website with the timeline to have the structure and look of it ready for a demo at the AGM and for it to go live on 1st January 2024 - our 'ruby' birthday year!

I have outlined all the above (and taken more space than usual - sorry ed) not just because it shows what a busy, well performing and social Club we have but it demonstrates the hard work and commitment of the [Committee](#) who, through coordinating with many of you, pull together the teams and effort to make it all happen.

It is all voluntary and is balanced with busy working and home lives - but we do it because we are committed to making this the best EA club we can in the area and supporting people to realise their running (and expanding athletics) ambitions; and that is a personal thing; for me over the next year it will simply be trying to run a 5k in 30mins again but for others it is smashing the 2.5hr marathon.

There is a lot we are getting right and there are some aspects that need some focused attention but none of it is possible without the Committee - so as we head to our AGM and the selection of a new 'management' team in November, I would like to invite any members who share the ambition and commitment to the Club and have some time; to consider joining the team. If you think you might be interested and would like to explore it, I'm really happy to have a chat to see if it might be for you. Please contact me at kate.warboys@newmarketjoggers.co.uk or 07977 408 666 - I would really love to hear from you.

Thank you ALL and well done for a fabulous summer of achievement and fun and support for the Club

Onwards and upwards

Kate

Club Chair

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Training

With the end of September, and the end of the outdoor track season, our own training moves from the summer programme to the winter one. The majority of the winter distance routes are on lighted roads in and around Newmarket but hi-vis clothing is mandatory when running in the dark and head- or chest-torches are recommended. Please note that “Hi-Viz” means something reflective, not just a fluoro yellow T-shirt.



A couple of members have suggested to me that they would like to see more out-of-town route options during the winter. These would be unlit, off-road routes and headtorches would be required for anybody wanting to run them. Please let me know if you would be interested in this so that we can gauge the likely uptake.

This year we will be continuing, weather permitting, to offer two grass track sessions per week through the winter. The Thursday session will be coached by Mick Graham and Stuart Janes; the Tuesday sessions will be led by various different club members. Our winter track programme is focused more on leg strength and endurance rather than all-out speed. As ever we will also need some help in charging the battery lights so, please contact me if you can assist with this.

We will also be continuing to offer our approximately-monthly strength and conditioning sessions led by Jordan Newton from Cambridge Track & Field Academy. Please watch your emails for dates and times. I would strongly recommend strength training to all runners who want to get faster or avoid injury and in this training section you will find a small testimonial penned by member and triathlete Martin Smith relating his experience with these sessions.

Finally, I would like to mention that, following some recent attrition, we are currently a bit thin on the ground with qualified run leaders. The club will cover the cost of a LiRF training course for any member who would like to gain this qualification, or indeed any other relevant EA coaching or officiating qualification. Please contact me if you would like any more details on this.

Happy training everyone, until next time.

Phil Blundell
NJs Training Captain
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07973 869202

Reflections on S&C Training from Martin Smith

As I sit here writing this, I find myself contemplating what is the point of running? To get faster? To socialise and mingle with likeminded people? To get some fresh air and closer to nature? To improve health and quality of life? Every club member can relate to at least one of these reasons and they are all valid. To add some context to these rambling thoughts, our Club Training Captain Phil asked me to write a short piece to promote the Strength and Conditions sessions the Club have been running for the last few months.



I have attended I think 3 now and each time walked away thinking how well structured and run specific they were and feeling a sense of achievement and purpose. So, I must feel they are aiding me in achieving my running goals and serving a purpose relating to the points initially raised, but how exactly? The sessions last an hour and are held at [PB Gym](#) over near Cambridge. The coach that runs the sessions, Jordan comes across really well and is patient and knowledgeable. A session normally consists of a set of progressive exercises and movements to stimulate the central nervous system (CNS), plus strengthen the muscles, ligaments and bones that are worked while running. Running is an example of a movement which is too dynamic to consciously control. It therefore relies on the CNS and the body's built in reflex actions to position and stabilise the foot and body when landing and fire the different muscles in the most efficient order at the optimum time to propel the body forward. During the cycle the muscles and ligaments are loaded and store energy which is released at specific points during the running gait. The goal of these sessions are to fine tune this timing and train the body so this pattern becomes hardwired into your running style. This might all sound a bit technical but it is the same kind of thing we do with Mick and Stuart at Track sessions when we do drills. Everything is guided by Jordan as he leads us through core strength exercises, plyometrics, running drills and resistance training (weights). Bringing this back to my initial 'what is the purpose of running?' statement, numerous studies have shown that this type of training improves how fast and efficiently you can run and makes you more resilient to injury meaning you can run for longer, do more mingling, enjoy more fresh air and become fitter and enjoy good health for longer into later life. So, in conclusion I think it's well worth a try and would encourage all of you to consider coming along for the next session.



Relax, Get To It...

First of all, remember **Hi-Viz is now mandatory** for club runs with the darker evenings - get a bib as modelled by Tom on the right. With the upcoming XC season and the road races we have left before the end of the year - it's important not to put too much pressure on yourself (and your training) and learn how being a more relaxed runner will make you a better (and happy!) runner.

Relaxation is they key when trying to improve your running from (well all the time if you ask me). To find out more ([CLICK HERE](#))

Further information on how to become the most relaxed runner on the start line is on the following link ([CLICK HERE](#))

Another great way to relax is through yoga and it can be particularly helpful to runners. A short blog on the benefits just ([CLICK HERE](#))



Schedule

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

All Tuesday and Thursday evenings are 6:20pm meet for a 6:30pm start at [The Racing Centre](#) (round the back!) or The Academy Field unless stated otherwise.

Weekly updates are sent out with any specific information for certain sessions.

Also, to remind all Joggers there is 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) at [Bury St Edmunds Leisure Centre](#). You can also see what sessions they are doing those days via this link ([CLICK HERE](#))

You can also join the club Strava group which is for NJ members only - you can find the club by clicking on this link ([CLICK HERE](#))

Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
1	2	3 Winter 5K Handicap	4	5 WR 8 Scalback, Hamilton Road Wellington Pub, Centre Drive, Meadow Lane, Duchess Drive Clocktower c 6.5M	6	7
8	9	10 EE Scalback efforts	11	12 WR 2 Exning, Studlands, Fordham Road, Smilers Hill. c 6M	13	14
	16	17 WR 10 Smilers Hill, Yellow Brick Road, Studlands, Exning C 6M	18	19 Track Only	20	21
22	23	24 EI Top of the hill efforts (Centre Drive)	25	26 Committee Meeting WR 6 Bury Rd, Crockfords Road, St John's Avenue, Wellington Pub. C6.5M	27	28
29 Fram XC	30	31 EA Yassoo (Scalback)				

Racing

Round Norfolk Relay

The weekend of the 16th & 17th of September saw a team of 17 NJ's along with their support crew compete in the Round Norfolk Relay. For anybody unaware by now this is an annual event which the club always put a team in consisting of 17 legs of differing sizes which the team have to pass a physical baton around.

There were some brilliant runs including Mark Hayward winning his leg...and some very unusual ideas including Tom Elton's masking tape solution for keeping his number on his vest!

You can read Chris Aylmer's report on the club's performance on this link ([CLICK HERE](#))

It all wouldn't happen without the organisation of Jim Withers who puts the team together and leads the support crew which this year consisted of Brian Munns, Kate Warboys, Danielle Jones and Olivia Carter. Jim will be putting in a team next year for sure so if you want to do some research before then check out the Round Norfolk Relay website ([CLICK HERE](#))



Eastern AA XC Champs

This year the Eastern AA Cross Country Championships is being held on Saturday 18th November at Horseheath, Cambridge.

Full details can be found ([CLICK HERE](#)) - last time at this venue in 2021 both the Women's and Men's teams came away with team silver medals! Races start from midday with junior categories starting from U13 and Men and Women running in separate races.

You have to enter in advance using this link ([CLICK HERE](#)) (make sure you choose the correct category). As an incentive to enter the club will refund £5 of your entry fee - to do this just email club treasurer Mark at mark.hayward@newmarketjoggers.co.uk with your race email confirmation and bank details.

Suffolk Winter XC League

The Cross-Country season starts this month! Last season saw one of the club's best seasons ever and we came away with 2 team trophies - 2nd Overall Team and 2nd Men's team.

The best thing about the season though was how many club members took part and enjoyed the races. The provisional fixtures for the 2023/24 season are as follows:

- Framlingham - 29th October
- Woodbridge - 3rd December
- Stowmarket - 14th January
- Haverhill - 28th January
- Bury St Edmunds - 11th February
- Bungay - 18th February

Further details on each fixture will be communicated nearer the time. If you haven't done one before you just need your NJ vest and to turn up on the day, no race fee or pre-registration needed. Details for the coming season will be found on this link soon ([CLICK HERE](#))



Upcoming Local Races

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

Ely Runfest: Ely Tri Club's annual Runfest event will be taking place slightly later this year, race day is: Sunday 8th October 2023 at Ely Cathedral. Race Distances are: 10k, Half Marathon, Marathon and an Ultra Marathon (66k) - entry link is [HERE](#)

Thurlow 5 and 10 Mile: Only a short trip down to Thurlow from Newmarket and hosted by Haverhill Running Club. The 5 mile race is this year's Suffolk County 5 mile championship. ([CLICK HERE](#))

Stowmarket Scenic 7: Hosted by Stowmarket Striders on the 12th November. 7 picturesque miles around Suffolk - includes a 2 minute silence for Remembrance Sunday ([CLICK HERE](#))

Hadleigh 5 and 10 Mile: Hadleigh Hares will once again be running their highly successful 5 and 10 Mile Road Races & Junior 2K Fun Run. ([CLICK HERE](#))

Social

Hi All,

Wow, last month's club coach trip to [Bushy Parkrun](#) was certainly one to remember. We were joined by friends from other local running clubs, parkrun representatives and ex club members to run the first ever parkrun "where it all began". Congratulations to all those who ran and well done to Elke Hausler who also claimed best age grading at the event, it was an amazing experience for everyone especially when running amongst such a big parkrun crowd and standing in those two-lane finish funnels. Thank you to all our members who supported this event and for the great feedback, it's something to consider for next year's social calendar and who knows it could become an annual event as suggested by many who joined us.



Future events!

[Mildenhall Hub Parkrun Takeover](#) on Saturday 21st October:

Thank you to all those who have volunteered so far, we've received a great response and nearly filled the rota apart from a park-walker role. Can you help? If so please email mildenhallhub@parkrun.com with the date of our takeover event, the role you would like to do, your name and parkrun number so the organisers can add you to the [roster](#). We are now in the position to offer pacer roles at our takeover, if you are interested in helping runners reach their goals please email sophie.adams@newmarketjoggers.co.uk with your minute time, name and parkrun number so we can collate a list. More good news, [Nicole Smith](#) will be offering a five minute running yoga warm up beforehand and also [Steph's Therapy](#) will be joining us again to offer sports massages and assist with any sporting injuries.

[Quiz Night](#) on Friday 3rd November:

We will be hosting our quiz night at the [White Hart](#), High Street on Friday 3rd November @ 7.00pm. The curtain booth area has been reserved for us NJ's again to sit back and relax with a drink and/or food, whichever you prefer. The quiz will be starting at 7.30pm so please ensure all your team members are ready and paying attention for a fun evening ahead.

Please note the quiz will be 4 people per team, £5 per person to be paid on the night with cash prizes up for grabs. To book your team please email sophie.adams@newmarketjoggers.co.uk stating your team's name and members. So far, we have 4 teams already registered, another 2 teams being spoken about but not yet entered and 2 people looking to join a team so if you're another individual or couple wanting to join us but cannot make a team, please get in contact so we can build one for you.

Christmas Party & Awards Presentation Evening on Saturday 16th December:

This year's Christmas party and awards presentation will be held at the Racing Centre on Saturday 16th December at 7pm. We are currently in the process of finalising the food arrangements, entertainment and costs so if there is something you would like to see at the event, please email sophie.adams@newmarketjoggers.co.uk before **Thursday 26th October**, our next club committee meeting.



Christmas Jingle Jog on Thursday 21st December:

The annual jingle jog is back so please ensure you've got your festive outfit ready. The event will start in the Racing Centre Cafe at 6.15pm where the bar staff will award the best dressed prize and afterwards, we will run a pub route around town, sampling the liquid delights and festive cheer. Be warned, you might need your singing voice and dancing shoes too! It's always a fun night, catching up with club friends at a more relaxed pace in festive outfits on the wind down to the Christmas period.



Don't forget the Kindness Rail is permanently located in the Racing Centre Cafe so why not pop along and check out the preloved sports clothing and shoes waiting for new ownership. Donations are always welcome anytime, just grab a hanger and display your item(s).

We do hope these events are of interest to you and look forward to seeing you at one or more of these events soon.

Sophie Adams
Social Secretary
sophie.adams@newmarketjoggers.co.uk

The Rest

Annual Awards – Submissions

It's getting closer to awards time (the panel has been put together) so we need you to send your submissions for 'Vest On A Quest' you can do this by emailing secretary@newmarketjoggers.co.uk with pictorial evidence along with a description of what race and which location.

You can also nominate anyone (including yourself!) for a fun award...this is any particularly amusing incident that has occurred for the year and you feel it deserves a mention!

Full info on how the club awards criteria works can be found on this link ([CLICK HERE](#))



Newmarket Jogger of the Month - September

Congratulations to our September JOTM who is Rob Dobson!

Rob is a fairly new member and has already added to the strength and depth of the club - he recently won the Felixstowe 10-mile race and was the first Jogger back at the last 2 Arkwright's 5k races - a great start to hopefully a long NJ running career! Enjoy your £10 [Cortado](#) voucher Rob!

You can always suggest anybody you think deserves the award by speaking to any of the committee members when you see them.

Newmarket Lantern Parade

Newmarket Community Arts are organising the lantern parade on 24th February 2024 along the Yellow Brick Road and wondered if we have around 10 people who would be interested in stewarding.

The route is 3/4 of a mile long and the main task would be crossing the parade over the road.

They offer free refreshments to those involved. It will be good chance to show Joggers' involvement in the local community - anyone interested in helping should email Newmarketcommunityarts@gmail.com



Club London Marathon Place

As previously communicated, we should soon receive confirmation from [London Marathon](#) on our club marathon place (expected to be 1 entry)

Once received we'll be asking people to submit their applications for the club place - a reminder of the criteria you need to meet to qualify for the draw.

- Proof of rejection for 2024 London Marathon Ballot
- Must be a current paid-up member (for minimum of 1 year)
- Has helped at a NJ club event this year
- Didn't run the London Marathon in 2023
- Didn't receive the NJ club place in 2022 or 2023
- Will own and race in an NJ vest on race day



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. After registering 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](#))

East Region Volunteer Awards

An extremely well-deserved recognition for social secretary Sophie Adams for being nominated and short-listed in the Community Project of The Year category at the [East Region EA Volunteer Awards](#).

Sophie has been instrumental in setting up the Kindness Rail which not only helps keeping running kit recycled; but also benefits the local community in providing kit for those who need it and raises money for [Newmarket Open Door](#).

Thanks for all your hard-work Sophie and good luck on the night!

