



Newmarket Joggers: Non- Newsletter Newsletter December 2023

Hi Joggers

We are at that point in the year when it's wind down from the year and ramping up to that well-earned rest over Christmas (hopefully!)

Since the AGM which was only three weeks ago(!) and the new committee year starts in earnest we take a bit of a breather so this newsletter is not the usual 'full fat' version you have come to expect, but rather a quick finish off the year and bring you up to speed on some key activities over the next month.

Looking forward to the Christmas and Awards Party next Saturday- we have had over 60 online votes which is fantastic and demonstrates you have got behind and engaged with the new Awards process.

On behalf of the Committee I would like to wish you and your families a really happy and restful Christmas and we can all look forward to a fun and successful 2024 particularly as we celebrate our 40th anniversary!

Keep safe and warm and have fun.

Kate

[AGM and New Committee](#)

The AGM was a well attended and positive meeting. Neil Pollard was our guest speaker and he opened the meeting with sharing his knowledge and experiences with training competition horses and training ourselves when racing- he covered the programme, structure and nutrition- really insightful. He doesn't know this yet but there is an invite heading his way to do an expanded version as an evening talk and 'bring n share' supper!

The Committee presented the 'business' aspect of the Club as an annual report. The Minutes and Annual Report can be viewed on the website by following this link. [Newmarket Joggers Ltd- Governance | Newmarket Joggers](#)

We sadly said goodbye to Jimmy Smith who has been our most 'on-it' Secretary for the last two years. Huge thank you to Jimmy for keeping us all to task.

The new Committee was adopted with thanks to the following who are either continuing or stepping up for the first time:-

Chair-[Kate Warboys](#)

Secretary- [Wendy Ancill](#)

Treasurer [Mark Hayward](#)

Membership Secretary [Angela Brennan](#)

Training Captain [Phil Blundell](#)

Events team Captain [Brian Munns](#)

Race Captain [Jim Withers](#)

Welfare Officer [Sarah Martin](#)

Social Secretary [Sophie Adams](#)

Members- [Neil Pollard](#), [Paul Holley](#), [Jo Bouttell](#), [Hannah Pollard](#)

Cross Country Champs

Suffolk County Cross Country Championships

Sunday 7th January 2024

Royal Hospital School Holbrook IP9 2RX

There is only an on-line entry process closing date 17th December

<http://www.race-results.co.uk/results/2024/suffolkxce.php>

Important- The Club will reimburse £5 of your entry fee once you have run- please contact Treasurer Mark Hayward at mark.hayward@newmarketjoggers.co.uk with your bank details.

Entry fees

Senior and Under 20's = £12.00

U11, U13, U15 & U17 = £10.00

TEAM AWARDS: 1st 2nd AND 3rd – Medals and Trophy (where appropriate)

INDIVIDUALS: 1st 2nd AND 3rd – Medals and Trophy (where appropriate)

SENIOR MEN TEAMS are the first four athletes to finish.

In all other races the first three home will be the scoring team.

There are no team declarations required for any of the races.

For full information and timetable of races please follow this link:-

www.suffolkathletics.org.uk/suffolk-county-xc-championships

South of England Athletic Association- Cross Country Championships

www.seaa.org.uk

A few of our members competed in this last year and loved it- although it's a bit of a distance to travel, feedback is it's worth it and car share can certainly be arranged.

Saturday 27th January 2024 Beckenham Place Park Beckenham BR3 1SY

Closing Date 22nd December

£10 per athlete

Please contact Mark Hayward on mark.hayward@newmarketjoggers.co.uk or 07730 581 158 and he will enter everyone on behalf of the Club but please note the Club are NOT paying the entry fee.

Social Events Report From Sophie

Thank you to all those who attended our Quiz Night at the White Hart last month, it was a great success with a fun and competitive atmosphere. Congratulations to Trivia Newton John - let's get quizzical, Jimmy, Nicole, Adam & Rachel M who won the club quiz at the White Hart. 2nd place Martin's Angels - Martin, Jan, Jackie & Sianie. 2nd from last Brain Busters - Brian, Jim, Helen & Lana.

Please note the final club social events for 2023;

Thursday 21st December (Jingle Jog) we will be hosting our December Food Bank Run, Collecting donations for the Newmarket Open Door in time for the festive season.. A collection box will be placed at the start line of the 5k Handicap and also at the meeting point of the Jingle Jog. Please click the link for more information about the charity.

<https://newmarketopendoor.org.uk>

Saturday 16th December is our annual Christmas Party & Awards Presentation evening

The Racing Centre, starting at 7pm until late. Bookings have now closed. We are having a masquerade theme so party wear and a face mask is encouraged as a bit of fun. The Awards and raffle prizes will be given out after the meal.

Thursday 21st December is our annual Jingle Jog

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. 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.

We do hope you've enjoyed this year's social events and look forward to planning more fun adventures for 2024. If you've got any ideas please let me know so we can discuss further.

New Logo New Kit

I'm sure you are all aware by now that we have launched our 'refreshed' logo. The idea behind it was to make it more representative and relevant – reflecting us 'today' and going forward for hopefully another 40 years. See top of newsletter for new logo!

There was a small working group that met in the summer to help influence and choose the final design.

I really want to stress that the 'old' logo has NOT become obsolete, you can still absolutely compete in the kit you have and will still be counted! We are gradually getting round to updating all our equipment such as flags and gazebo and where it appears digitally.

Sigma Embroidery in Witchford continue to be our kit suppliers and are very helpful. If you don't see what you are looking for on their hosted Joggers page please get in touch with them. Also, if you want to try sizes pop in and see them, maybe give them notice you are coming in and what you are wanting to try on.

On the point of going 'off- piste' with different colours- recreationally and for training this is fine, but for competition or representing the Club it is our branded blue.

Kit can be ordered online via this site: www.sigmaembroidery.co.uk/clubs

Eastern Masters Athletics Club EMAC- www.emac.org.uk

If, like me, you have heard EMAC being mentioned in the Club but wondering what it is all about, read on! Ellie Bithell explains...

With the days and nights being so dark at the moment you may be starting to think of the summer where the sun shines and the weather is warmer. As spring approaches I am beginning to think again about EMAC and the new events I might try this year. For those of us that are fortunate enough to be over 35 years old there is the option to join EMAC and take part in their summer series with events including 400m relay, javelin, discus, long jump, hurdles and many more. Last year I got to try javelin for the first time since high school and I took part in a race walk as well as running events. Coach Adam helped me achieve nearly 10m for my best javelin throw!

During the next season I plan to give long jump a go and maybe try hurdles. If you are thinking 'that sounds fun, but I don't know how to do some of these events' there will be the opportunity to practice these events in the lead up to the EMAC series.

I urge everyone eligible to think about participating. I was nervous for the first event I attended but it was so much fun. You could just have a go and it didn't matter if you were not the best. I saw a lady competing in the hurdles who ran up to them and then stepped over, this earned points for her club! If she can do that, so can I, and I am sure some of you reading this could even jump over them.

It would be great if we could get people participating in all the events and remember you are never too old to try new things!

(Ed: Now having read that I think I'm going to add that to my 'to do' list next year)



Look forward to seeing you as we round the year off.