



Newmarket Joggers: Newsletter February 2024

Hi Joggers,

Well, we made it through January, what seems like the longest month of the year! After all the December festivities, it was good to get back into a running routine. The mild weather and lighter evenings are definitely helping.

Jogger of the month

We are delighted that our Jogger of the Month will be sponsored by Cortado for a second year. Cortado is a local Espresso Bar in Newmarket and is run by the incredibly friendly Eva and Richard. They have an extensive menu, source their products locally and it is the perfect place to drop in post run to refuel and rehydrate.

We hope that our Jogger of the Month will enjoy spending their voucher and I highly recommend sampling one of their delicious homemade cakes or treats.

<https://www.cortadoespresso.com/>

<https://www.facebook.com/cortadonewmarket>

<https://www.instagram.com/cortadonewmarket/>

We had 4 nominations for Jogger of the Month in January and it went to the committee for voting. The Jogger of the month award goes to Sianie Painter for her amazing resilience and positive mental strength on the Peddars Way Ultra (50 miles). She started the race not knowing if she would make the cut off in time to be able to continue the race at Castle Acre. Well done Sianie!

If you would like to nominate someone for Jogger of the Month, please send me an email.

Wendy

Club Secretary

secretary@newmarketjoggers.co.uk



Sianie Painter – Jogger of the Month

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

Wow! I have just read this newsletter ahead of me adding my 'bit' and no wonder I'm feeling a bit exhausted, and not from running - there is a lot of action both in and out of trainers! A lot of dates and events to keep track of, this will be a key aspect of the website where we will have an integral 'live' calendar of all events and activities.

This is a busy time for Committee as we are into the detail of organising our two main hosted races of the year. Both of the races below come with a 'Save the date' to compete and/or volunteer in some shape or form. Over the next month we will be sharing the details.

The Heath Race- Thursday 2nd May from 6pm- Angela Drury has stepped forward to gallantly Race Direct this year – we will be coming out to you shortly with all the exciting news about this race this year and how you can get involved.

The Newmarket Joggers' 10k and Junior races- Sunday 23rd June- please save this date as this will be followed by the Joggers 40th Anniversary Summer BBQ; chill and reminisce with Joggers past and present- lots to come on this.

As well as huge thanks to Cortado for continuing to sponsor our Jogger of the Month, Providor- leading provider of smart metering services across the UK and based here in Newmarket, have very kindly agreed to be a key race sponsor again this year, their support makes so much difference to us being able to offer chip timing and the all important medals that we know everyone loves. However we are still in need of another key sponsor so if you know of any local organisations that would like to be associated with our 40th year and a local sporting Club with a membership of over 200 - please let me know.

Another heads up that new membership year starts from 1st April and we have a couple of new membership categories this year as voted on at the AGM. Over the next couple of weeks we will be sending a dedicated email out about this and will update the website and portal.

So strap in and enjoy the read!

Kate
Club Chair

kate.warboys@newmarketjoggers.co.uk

Training

All of a sudden we seem to have only five or six weeks to go until spring half marathon season commences in earnest, with the full marathons a couple of weeks later. I hope that preparations are going well for all those members who have entered any of these events, especially those who are following the Maltpress Marathon School programmes. Any feedback on these training plans would be enthusiastically received; you can email Adam directly at maltpress@newmarketjoggers.co.uk or speak to any of our club coaches.

For those who are looking for something less road-based there are plenty of other racing opportunities over the next month or two. The Eastern indoor championships are coming up on the weekend of March 2-3 and there are still several races left in the SWL SOAR cross-country league. If you haven't yet tried out either of these then why not give them a go?

Training continues much as normal for our club this month, please refer to the monthly schedule on our website. The 5k handicap is back to its usual date and, as ever, there will be no other training session on that day. Race-walking coaching with Stuart is available every Thursday at the grass track.

In other news, word reached me just before press time of this hard-to-resist offer:

Got an urge to get into some lycra? Are you (dare I say) Tri-Curious?

In all seriousness cross training is a great way to build resilience to injury, develop a stronger body and increase your training load without increasing stress on your body. Newmarket Triathlon Club are running a Tri-night on Monday evenings. These are 1 hour coached group sessions that focus on one of the 3 disciplines each week. They are run by Martin Smith who is a level 2 triathlon coach, and aim to develop the key skills and confidence to complete a triathlon. They are meant to supplement individual or group training.

The Tri Club are happy for Joggers to come along and try out these sessions with no obligation to join and they are keen to form closer ties with the Joggers going forward. If you are interested then contact Martin directly (07795662330) or speak to any committee member who will be delighted to put you in touch with him.

And finally, a note about EMAC, EMAA, BMAF and masters' athletics in general. Some of our members may be unaware that upon attaining the advanced age of 35 you qualify as a "masters" athlete and are eligible to enter masters-specific competitions of which there are a number throughout the year. These are generally a little more relaxed than the equivalent open or county championships and are always organised into age groups so you will be competing against athletes of similar maturity. Masters' events are generally held under WMA (World Masters Athletics) rules which are slightly more permissive than World Athletics and, for example, specify lighter throws implements for athletes in the higher age groups. Most of the forthcoming masters' events are noted in the Joggers race calendar.

Newmarket Joggers will be competing in the [EMAC](#) track and field league again this year. In a change from 2023, we have been placed in the newly-created "Central East" division where we will be competing against Cambridge & Coleridge AC, Peterborough & Nene Valley AC, Ryston Runners AC, West Norfolk AC and West Suffolk AC. This should reduce the amount of travel time involved in getting to midweek fixtures and, in particular, means that two of the matches will be at the nearby tracks in Bury and Cambridge. It would be great to see an increased turnout of Joggers this year and this is an excellent opportunity to try a discipline that may be new to you such as jumps, throws or walks (coaching for all of which is available through the club). Anybody wishing to compete in this league will need to join EMAC as a second-claim member (cost £10) and details are available on their website. If you have any questions about this please speak to me, Brian, or any other committee member.

Happy training everyone.

Phil
NJ's Training Captain
phil.blundell@newmarketjoggers.co.uk
07973 869202

February Training

Below is the February training schedule. Remember **Hi-Viz is mandatory** for club runs with the darker evenings.

The training schedule for February 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.

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](#))

February 2024

Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
				1 WR 10 Smilers Hill, Yellow Brick Road, Studlands, Exning c 6M	2	3
4	5	6 EH 5K Handicap	7	8 Track Only	9	10
11	12	12 EI Top of the hill efforts (Top of Centre Drive)	14	15 WR 9 Scotback, Hamilton Road Avenue, Wellington, pub Duchess Drive, Ashley Rd Clocktower c6.5M	16	17
18	19	20 Scotback Effort Session	21	22 WR 2 Exning, Studlands, Fordham Road, Smilers Hill, c 6M	23	24
25	26	27 Marks 1 mile effort session Hi life essential Head Torch's recommended Meet at Racing Centre	28	29 WR 5 Bury Rd, Wellington pub, St John's, Crockfords Rd Ave, Edinborough Road c 6.5M		

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Racing

The club took part at Haughley Park XC and Horseheath XC in January.

Well done to Lily-Ann Cooper who took part in the Enfield race walking league in January. She was crowned the junior champion 2023, well done Lily-Ann!

Below is a list of races to diarise. These are the core races that NJ will be actively attending or hosting

- Pakenham XC – 11 February
- Southwold XC – 18 February
- Tarpley 10/20 – 25 February
- Framlingham XC – 3 March
- Cambridge Half Marathon – 3 March
- Haverhill Running Festival (10km/half marathon/marathon) – 7 April
- Suffolk Country Athletic Association Road Relay (Colchester) – 7 April
- Heath Race – 2nd May (Hosted by NJ)
- Friday 5 Series (Weekly starting in May – July)
- The NJ 10km followed by Summer BBQ - 23 June (Hosted by NJ)
- Ekiden Relay – 7 July
- Arkwright 5km Summer Series – April thru to September (Dates TB)
- Eastern AA Cross Country Championship – TBC
- Round Norfolk Relay – 14th-15th September

Brian

Events team Captain

brian.munns@newmarketjoggers.co.uk



NJ Team at Horseheath Cross Country



Lily-Ann the Enfield race walking league junio champion for 2023

Social Events Report

Last Sunday we kicked off 2024 with our first social, the Kindness Rail coffee and chat event with the Newmarket Joggers and Let's Run Girls joining forces to back this community campaign at The Racing Centre. Between us all, lots of sports clothing and footwear donations were given, new and used, so the rail is now fully stocked with excess items stored away for another day when it looks a little sparse. It was nice to see everyone coming together for a coffee and chat and taking items home to reuse.



Future events – Please read, important dates for your diary.

Tuesday 6th February – Foodbank at the February 5k handicap.

We will be collecting food donations at the February 5k handicap finish line from 6.10pm onwards for the Newmarket Open Door. Please donate what you can afford and don't forget to check your kitchen cupboards at home for anything you no longer like because someone else would be very grateful for the item(s).

Why collect items for the Newmarket Open Door in February?

February is a key time of the year where families are hardest hit. Christmas has come and gone, a time where families feel the pressure to put food on the table and spend money on their children, plus there is a pause on some household bills. Let's get behind the national Runr Foodbank campaign again and show our support.



Sunday 25th February – Run Newmarket with drinks and/or lunch @ The White Hart, High Street, Newmarket.

We will be meeting at Run Newmarket (Warren Hill) to run, walk or volunteer the 2k and 5k course which starts at 11:15am followed by a visit to the White Hart (High Street) for refuelling of drinks and food afterwards. The curtain booth area has been reserved for us from 12:00pm onwards at the pub to enjoy a comfortable chat and refreshments amongst fellow jogger friends so please come along and join us.

Don't forget to bring your Joggers vest /sweatshirt along to create a sea of blue whilst supporting this weekly community run and please register on the webscorer if you wish to receive a run time.

<https://docs.google.com/forms/d/e/1FAIpQLSeFPJRPhiGbvWECQrRV8XbFaz6G8udWzA7QaKUisFSNzAc6A/viewform>

Sunday 21st April – TCS London Marathon Coach Trip

Our TCS London Marathon coach booking is now open so please use the links below to avoid disappointment.

A coach has been booked, £30 per person, it's first come first served with no refunds but transfers if needed.

The coach will be leaving the Unico bus stop, Newmarket at 6:15am prompt! We will drop the participants off in time at Greenwich Park and then the spectators in Central London where people can choose to do their own thing or be part of a group. We can go for brunch @ St. Katherine's Dock before cheering on the NJ runners around London, later to rejoin them all for a celebratory drink at the end of the day near the London Eye before boarding the coach back to Newmarket at 5:30pm.

<https://newmarketjoggers.co.uk/london-marathon-coach-booking/>

<https://newmarketjoggers.clubmembership.cloud/events/>

Friday 9th – Sunday 11th August – Run Sandringham 24 – save the date!

This event is a 24 hour race starting on Saturday 10th August @ 12:00pm. You can choose to run as solo, pairs or teams, whichever you prefer. Overnight camping, camper van and caravan options are available or you could just run throughout the night and not sleep! More details to follow shortly regarding booking arrangements and teams. We are hoping to field some male and female relay teams who will be amongst the 5 mile course, running at any pace spanning the 24 hours.

Saturday 28th – Sunday 29th September Gdańsk, Poland.

28th September 2024 Zamek w Malborku (Malbork Castle parkrun)

29th September 2024 – Polmarathon Gdańsk running festival (5k & half marathon races)

Full details of this event have already been emailed to all members on Thursday 25th January. - this is in celebration of Newmarket Joggers' 40th anniversary year and Parkrun's 20th – we are going abroad!

Flights and accommodation to be booked yourself. Our role with this trip is to bring Joggers together to do what we do best, run, have fun and make friends in a new and interesting location.

Newmarket Joggers cannot be held responsible for any changes made to any element of the trip and please follow all guidelines that apply.

If you are interested in attending this fun weekend away and would like to know more please email sophie.adams@newmarketjoggers.co.uk stating your name and mobile number to be added to the WhatsApp members only weekend chat group. We currently have a dozen members who have already booked their flights and accommodation and we welcome more to join us on this fun weekend away, most are flying Friday to Sunday.

That's all for now folks! Lots planned and lots more being planned with details to follow. We hope to see you at one or more of these events, there's plenty to choose from. See you soon.

Sophie Adams
Social Secretary

sophie.adams@newmarketjoggers.co.uk

Welfare Report

Hi Joggers and a belated happy new year,

We would like to share with you what we are hoping to achieve this year in our role as Welfare and Safeguarding Officers. Our priority is always to ensure that our members remain safe and supported. In doing so we aim to promote inclusivity and a positive ethos within the club. There are a number of elements to our role and we would like to introduce each of these to you over the year.

We are presently focussing on health and safety for our members and the wider community by updating our route risk assessments. We will share these as they are updated alongside the route details on the website. This is where we ask for your help in letting us know if you notice anything such as roadworks, damage to pathways or overhanging vegetation which should be added as it happens in order that the assessments are up to date.

As always, we are here to help if you have any safeguarding or welfare concerns and encourage you to contact us if there is anything you feel uneasy about or observe which worries you. We pride ourselves on having a safe and inclusive club but for this to continue we need club members and parents/guardians to feel confident in reporting concerns.

You can contact us by email at:

welfare@newmarketjoggers.co.uk

sarah.martin@newmarketjoggers.co.uk

jo.boutell@newmarketjoggers.co.uk

Take care of each other,

Sarah and Jo

REPORTING INFORMATION

To report safeguarding concerns please complete: [Safeguarding Incident Form](#)

To report serious misconduct complaints email: welfare@englandathletics.org

To report health and safety concerns please refer to: [Health & Safety – Incident Form](#)