Newmarket Joggers Newsletter

June 2025

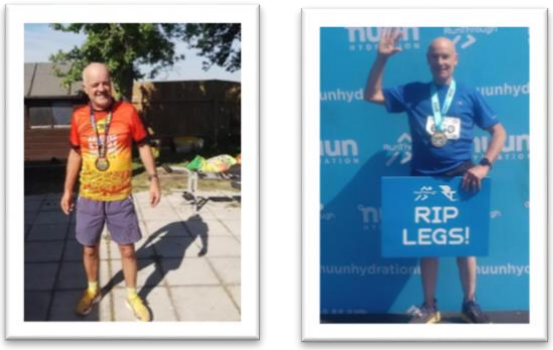
Another busy month of training and races. June kicks off with NJ hosting our leg of the Arkwrights / Turners 5k. It will be good to see as many blue vests on the night, especially as this event is on our doorstep. If you are going on summer holidays, be safe and be sure to pack some running kit.

The May JOTM (sponsored by Bidwells) is a combined one. Well done to our Burwell Bullets (Rob Hawkins and Tom Elton). Both of them completed their first marathons during May (Rob the Shakespeare Marathon and Tom the Halstead Marathon). Well done to you both!

Wendy Ancill
Club Secretary
secretary@newmarketjoggers.co.uk

Contents

Page 2 – Message From Chair
Pages 3 – NJ Portal App
Pages 4, 5 & 6 - Training
Pages 7, 8 & 9 – Racing
Page 10 & 11 - Social
Page 12 - The Rest



JOTM – The Burwell Bullets
(Tom Elton & Rob Hawkins)

Newmarket Joggers Online

NJ Membership Portal
https://newmarketjoggers.clubmembership.cloud

Website
www.newmarketjoggers.co.uk

Facebook Page
https://www.facebook.com/profile.php?id=61573780288228

Facebook Group
www.facebook.com/groups/2423819742/

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

Instagram
www.instagram.com/newmarketjoggers

Message From Chair

There was much to get involved in with the club during the month of May and there's still a huge amount of Newmarket Jogger related actively to come this year. We will do our best to round it all up in the monthly newsletter, although apologies if we have missed anything.

When I was fortunate to be elected as Chair of West Suffolk's friendliest running club, I said I wanted to concentrate on the following three areas – Community, Transparency and Communication. Here's how it's going so far:

Community: The monthly Talk and Train sessions continue to go from strength to strength and a big thanks to guest speaker Mike Hausler from EMAC for coming in May. The 10th of June Talk and Train will see local legend Ben Blowes turn up for a chat!

We are making an impact in the local community too including being able to donate a fantastic amount of £500 from the Heath Race to The Racing Centre. We will be involved in a few more community projects in the coming months including some Wellbeing events so watch this space! If you would like to get involved in any of these do let me know.

Transparency: 2025 saw a new Board of Directors appointed. This new Board have committed to minute their meetings and share these with members. The minutes of the first meeting held in April are available to view in the library section of the club membership portal. Alongside these you will also be able to find Terms of Reference which we have drafted to explain the role of Directors within the club.

Minutes of committee meetings can also be found in the library so you can see all the work that the committee put in behind the scenes. Just filter by tag 'Committee Meeting Minutes' to find them.

Communication: At the start of the year, we developed a Communication Strategy to help focus communication both internally to our members and externally to others outside the club. A 'Newmarket Joggers AC' Facebook page was created. This is a "business page" and is very different to the Informal Chat Group. The business page enables us to promote, in a professional way, what we do more widely to the outside world.

Through publicising upcoming events on various platforms, we have seen increased engagement and Talk and Train gets information to members via a direct face-to-face route. I am looking forward to further developments in the membership portal app (see article below) which will help communication at all levels in the club.

I realise the above is not the most exciting piece to read but I hope you can see it is helping to deliver a thriving club environment.

I am regularly at training so please feel free to grab me for a chat whenever I'm there. You can also always contact me on the email below.

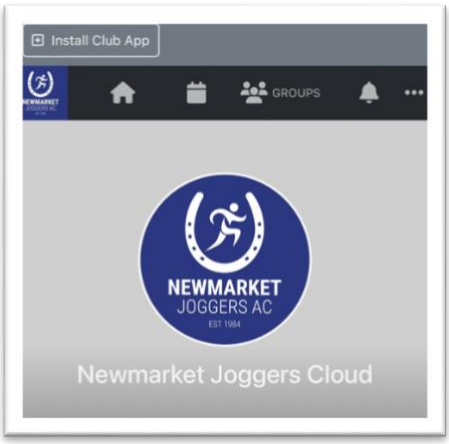
All the best,

Jimmy Smith
Club Chair
chair@newmarketjoggers.co.uk

NJ Portal App

As announced at the May Talk and Train, we are pleased to inform members that the club membership portal can now be accessed as an app that you can download onto your smartphone (or desktop) as well as continuing to use in a web browser format.

To download the app, just go to https://newmarketjoggers.clubmembership.cloud on your device and login. Once logged in you will see '+ Install Club App' in the top left-hand corner, click on this and follow the instructions (these differ depending on what make of phone you have), make sure you enable notifications when it asks you.



This will create an app on your device and you'll receive notifications when you receive emails from the club. Within the app currently you will be able to:

- Read emails and look at notification history.
- Manage your membership.
- Enter events created.
- Access the club library (currently found under the '…' in the top right-hand corner of the app).

If you have trouble downloading the app then please speak to any committee member when you see them who should be able to help (make sure you have your device on you and know your club portal login and password!).

We have been helping the portal developer with testing and over the next few weeks/months we are looking to build on the functionality of the app to include features such as:

- Session registration: allowing coaches and run leaders to register attendees for each training session.
- Chat Groups: to enable members to interact in a secure setting online.
- Group Notices: Rolling news items on the portal to keep members informed directly.

We are really excited about the potential benefits of the app for members. If you have any questions regarding the new app please feel free to contact chair@newmarketjoggers.co.uk or speak to any committee member at the club.

Training

May saw another excellent month of training which paid dividends in races with PBs, trophies and solid results all round for the Newmarket Joggers across all age categories. Consistency and hard work pay off.

You will notice in the June training schedule that we have a new session planned on Tuesday 17th instead of the usual monthly handicap. This is called the 'Three Amigos Race' and is a chance for us to try something a bit different, offer some variety and don't worry the handicap will be back next month!

This is a fun session which will take place at the closed loop circuit at Hamilton Hills (what3words location ///poems.custodial.flush). Further details will be provided nearer the time but it will be timed as the handicap is and you will be running in teams. There will be no need to pre-register. You can simply turn up on the evening no later than 6:20pm. We will need about 5 volunteers to help with the start/finish area and this will count as a volunteer credit, the same as the 5k Handicap.

The Three Amigos Race is open to all members - juniors and seniors - there might even be a small prize for the winners!

At Newmarket Joggers we offer grass track training (almost) every Tuesday and Thursday. You may feel this is for juniors only but that couldn't be further from the truth. We are blessed with a team of great coaches who can offer something for everyone. Sessions are planned around upcoming races to ensure we are in peak condition to perform. We have sprint sessions, endurance based sessions and more. Our coaches are always available to offer support, advice and share their knowledge so if you haven't been down the track yet we would love to see you there.

June sees lighter evenings with warmer and drier conditions. When out running please be responsible - bring water, wear high vis if we are off the path and most importantly, make sure you check in with our brand new app.

Leaders in Running Fitness

Within our club we are fortunate that we can provide distance runs and grass track training on Tuesdays and Thursdays. We are looking to expand the number of active LiRFs, primarily to support with the distance runs. Having at least one LiRF per pace group at each run will help us continue to safely offer the variety of routes we all enjoy so much.

You may be wondering what is a LiRF and what do they do? At Newmarket Joggers our LiRFs leads group runs, focusing on safety and basic running principles.

- **Responsibilities:**

Ensuring a safe and enjoyable running experience for the group, following session plans put together by myself and the coaches, and providing general advice.

- **Skills:**

Understanding group dynamics, risk assessment, adapting sessions to different weather conditions, and providing basic support.

- **The Course:**

The LiRF course focuses on the safe organization of running activities and leading groups of varying abilities. The course is made up of four on-line self-guided learning modules, remote feedback from a tutor of a supervised session and a 90 minute virtual classroom session.

- **Not a Coaching Role:**

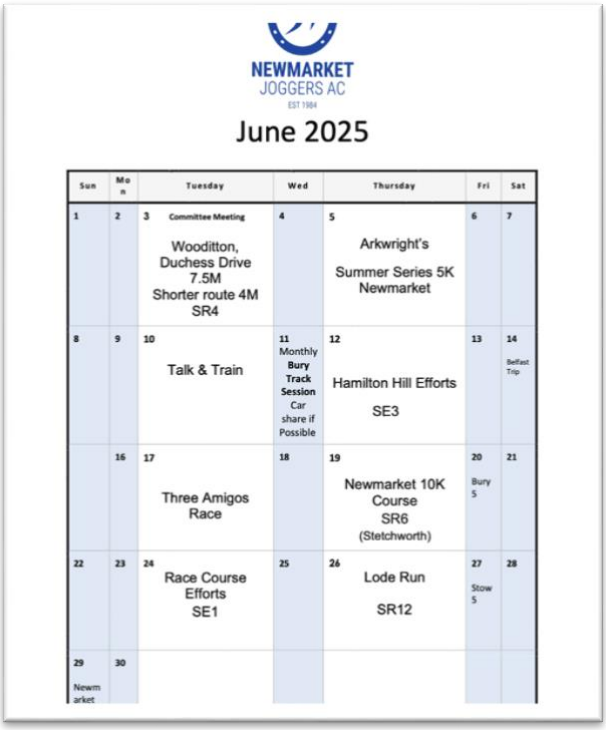
While they provide support, LiRFs are not qualified to create personalized training plans or coach individuals towards specific goals.

If this has caught your attention and you are interested in becoming a LiRF please reach out to myself or Chairman Jimmy as we are keen to support members here and ensure safe runs for all. Without enough LiRFs we may be forced to alter our training options for the club, the more LiRFs we have then the more options we have for you as a club.

Rob Pollard

Training Captain

Rob.pollard@newmarketjoggers.co.uk



NEWMARKET JOGGERS AC
EST 1984

June 2025

Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
1	2	3 Committee Meeting Woodditton, Duchess Drive 7.5M Shorter route 4M SR4	4	5 Arkwright's Summer Series 5K Newmarket	6	7
8	9	10 Talk & Train	11 Monthly **Bury Track Session** Car share if Possible	12 Hamilton Hill Efforts SE3	13	14 Belfast Trip
	16	17 Three Amigos Race	18	19 Newmarket 10K Course SR6 (Stetchworth)	20 Bury S	21
22	23	24 Race Course Efforts SE1	25	26 Lode Run SR12	27 Stow S	28
29 Newmarket	30					

Schedule

The training schedule for June 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 (round the back!) or The Academy Field unless stated otherwise.

Weekly updates are sent out with any specific information for certain sessions. Grass track is always available.

St Edmunds Pacers track sessions on a Monday or Wednesday evening are 6:20pm meet and warm up for 6:45pm start) at Bury St Edmunds Leisure Centre.

Racing

Our teams have been cracking throughout May! The Stephen Williams 10k race hosted by St Edmunds Pacers saw us have a huge increase in numbers (from last year's 4 runners to this year's 17!) Newmarket Jogger Rob Dobson won the race overall. The men took the Male Winning Team and many members ran well to win or be placed in their age categories.

The races sheets have been updated and you will see we have three Friday Five races in June. For those parents who may have missed it - Newmarket Joggers are offering one free entry to Junior Joggers for any of the Junior Friday Five races.

While I mention Junior Joggers, there is a QuadKids event being held at Newmarket Academy on Tuesday the 17th June for U11, 2.30pm - 6pm. For more information please contact forestheathsspgmail.com. If any members would like to help at the event, there's further info at the bottom of this newsletter.

We also have two Arkwright races this month. Everyone who runs gains the club a point and they're great fun, and free for all full members! Newmarket Joggers are hosting a Junior race at our event too, simply turn up on the night and register at the Newmarket Joggers Gazebo to run.

https://newmarketjoggers.co.uk/arkwrights-turners-5k-summer-series/

The Ekiden Relay is being held by Jaffa again this year, on the 6th July. This is a Senior and Junior event. It would be great to have a spread of ages and teams. Although the Teams have been submitted (30 runners so far!) we always need reserves. If anyone else would like to be involved please contact me angela.drury@newmarketjoggers.co.uk

More information can be found here - https://www.ipswichekiden.co.uk/

Track and Field

Well done to all the members that attended the second meet of the Eastern Athletics League (EAL) on the 25th May. We are slowly gaining more participants as the word spreads. We now have a short break, with the next match on Sunday the 6th July at Peterborough. You can still come and join in at the next match! The details can be found here, along with the timetable for the day https://newmarketjoggers.co.uk/tf-leagues/ Anyone else interested should contact me so I can add them to a group and keep them updated on the meets and events.
angela.drury@newmarketjoggers.co.uk

The next EMAC match is the 4th June at Cambridge, events include the 200m, 800m, 3000m, 2000m walk, Triple Jump, Pole Vault, Discus, Javelin and Relay! Let me know if you'd like to have a go at any of these!

EMAC are also hosting a Track and Field Championship on the 28th June at Sandy. EMAC Members have priority entry until midnight 5th June, then it opens up to all other masters clubs/ athletes. Entries close on the 20th June. https://data.opentrack.run/en-gb/x/2025/GBR/emacotf/

Eastern Athletic Association are holding outdoor Track and Field Championships on the 19th July, this will be held at Cambridge University Track. Please note you must compete for your 1st claim club, and it is open to members living in the East of England. Information and entry form can be found here https://easternaa.com/

Happy Running!

Angela Drury
Team Events Captain
angela.drury@newmarketjoggers.co.uk

Newmarket 10k Update

A huge thanks to everyone who has filled out the volunteer pledge and offered to help at the Newmarket 10k - it's really appreciated.

We now need around 10 volunteers to help with the 10K course and hall set up on Saturday 28th June at the Ellesmere Centre from 12 midday to 2pm. If you are able to help on the Saturday please email Jim at:

jim.withers@newmarketjoggers.co.uk

As we have enough volunteers on race day, members are welcome to enter the race - it's always great to see the blue vests line up en-mass on the start line! All finishers in the senior and junior races get medals.

https://my.raceresult.com/329263/

Fox Inn Trail – 23rd July

Back due to popular demand – The Fox Inn Trail Race – this time a brand new 6-mile route and a 2.3-mile route for walkers.

As before, this is a navigational trail race with route description and with your entry you also get a £1 drinks voucher to use in the pub. £1 of every entry goes to the wonderful folks at Burwell Print Centre.

This year you select your start time from the available options. Entries are limited to just 100 for the 6-mile route with 30 places on the 2.3-mile route. Book now to secure your place!

Full details can be found on the race webpage - https://newmarketjoggers.co.uk/fox-inn-trail-race/

Also join the Strava event - https://www.strava.com/clubs/599328/group_events/2044289

Social

Rogantide - Beating the Bounds – Saturday 17 May

Congratulations to everyone who participated in this community event – you made the news!

Annual Go-Karting event Newmarket Joggers v Bury Pacers

In a well-balanced competition this year's event saw Newmarket Joggers with an individual win but Pacers winning overall.

Friday 20 June – Newmarket Races – Ministry of Sound

Tickets for the Garden Enclosure are £36.96 – this is a high demand event so we recommend you book your tickets asap but we will send regular reminders.

Booking link: [Ministry of Sound Classical | Tickets & Info | Newmarket Racecourse]

We will organise a bring and share picnic at this event – it would be great to know if you are planning to attend so I have an idea of numbers social@newmarketjoggers.co.uk

If you have any questions on these events or any suggestions for future events please speak to Jan or email social@newmarketjoggers.co.uk

Sunday 20 July – The Playground

We have the opportunity to participate in an outdoor assault course on the afternoon of Sunday 20 July at The Playground in Barrow. Cost is £12 per head. Please email social@newmarketjoggers.co.uk if you would like to book a place.

Run Sandringham 24 Hour Race – 8-10 August 2025

This is a major event in the East Anglian Run Calendar which attracts a large field of runners of all abilities. Those of you who have attended in previous years will remember what a fun event this is and why it has now become an annual pilgrimage for us. With a Start/Finish and large event village within the Sandringham Estate, this event boasts a scenic route with stunning views of the Royal Estate, Norfolk Countryside and Royal Parkland.

How does it work?

Run Sandringham 24 is a 24 hour trail race where you run against the clock to see how many 5 mile laps you can complete. You can enter as a solo runner or as part of a relay pair or a team of up to 12 runners – contributing to an overall total of miles/laps. Basically you can run as much or as little as you like.

Please email social@newmarketjoggers.co.uk for further information.

Jan Holmes
Social Secretary
social@newmarketjoggers.co.uk

The Rest

EA Volunteer Awards

The regional volunteer awards are back for 2025! This year you can highlight the achievements of clubs, coaches, officials and volunteers through 7 unique categories. You can also highlight the contribution your club are having within the local community through the community project of the year category. Full details about the awards can be found on the EA website - https://www.englandathletics.org/about-us/volunteer-awards/regional-volunteer-awards-2025/

Please note the closing date for nominations is Monday 9th June.

QuadKids Athletics

Are you able to help on the 17th June? As mentioned earlier in the newsletter there is a Quadkids Athletics event on the 17th June at Newmarket Academy field from 2:30-6:00pm.

Duties will involve timekeeping and/or measuring standing long jump / vortex howler throw (no previous experience necessary!)

Any volunteers will be fed and watered – please email chair@newmarketjoggers.co.uk if you'd like to help.

Official Kit Ordering

Don't forget about the new delivery option you can select when ordering new Newmarket Joggers kit.

Full details can be found on the 'Kit Shop' website page.

https://newmarketjoggers.co.uk/club-kit