

# Joggers Autumn 2009 Newsletter



AUTUMN NEWSLETTER  
2009

## Special Points of Interest:

- **AGM— Thursday 22nd October, New Astley Club 7.30pm**
- **Christmas Party—Friday 4th December, Chequers at Fordham**
- **Winter Runs Meeting, October 8th New Astley Club 8pm**

**Current Committee:** Keith Williams (Chairman),Carolynn Anderson (Secretary), Jennie Grimwood (Treasurer), Jenny O'Callaghan (Ladies Captain), Brian Munns (Men's Captain), Ursula White (Ladies Vice Captain) & Alan Goodenough (Men's Vice Captain). Members: Cathryn Starling, Jim Withers, Maxine Copland, Lisa Jennings, Martin Gear and Sarah Mampuys.

## RECENT RESULTS & FUTURE PLANS

The Joggers have been out in force over the last few weeks with lots of success, PB's and conquering new distances. As ever half marathons have been popular with some even running 4 in a month—well done to our very own website wizard Sandie Jardine. Hoping to run their first ever half marathons this month are Dave Price and Rob Thurkettle, both have been competing throughout the summer and have been posting exceptionally good times, good luck boys! Some people are just born runners and that must be true for Miranda Paul who has raced in 4 marathons in 9 months and just completed her first ultra in Kent which was a 30 miler finishing in 5hours 18 mins out-

standing performances and an amazing achievement considering she only joined the club from a non running background over 2 years ago. Some members have even made the podium as overall winners —Vincent Coogan in the Wibbly Wobbly and Paul Holley in the Wandlebury 5, well done to both.

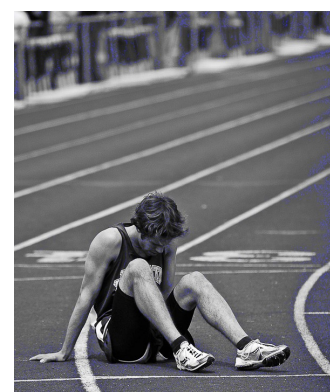
Mike Sales and Debbie Read bravely completed their first half marathons running in the London Run to The Beat, both completed in excellent times of 2:02 and 2:27 respectively, congratulations to you both.

Martin Gear is hoping to return to training this month and intends to train again for 2010 London Marathon and hopefully

joining him on the start line will be fellow marathon virgin Louise Hutt.

Full results can be found on [www.newmarketjoggers.org.uk](http://www.newmarketjoggers.org.uk) and weekly in the Newmarket Journal/Weekly News.

**CHRISTMAS PARTY** will be held at the Chequers Pub in Fordham on **Friday 4th December**, a booking form will be enclosed in your membership renewal pack. For further details please contact Cathryn Starling. As in previous seasons the evening will host the **Joggers of the Year awards**, voting forms will be forwarded to all members in due course.



*You have a choice. You can throw in the towel, or you can use it to wipe the sweat off of your face.*

**Membership fees of £20** are now **due**, please fill in the membership form when submitting fee and update any contact details.



Sadly its that time of year again, therefore please dust off your hi-viz vests for use in the dark evenings and early mornings. Please remember for insurance purposes ALL members must wear a vest at club training runs.

## AGM & LONDON MARATHON CLUB PLACES

This years AGM will be held on **Thursday 22nd October** in the **New Astley Club** at **7.30pm**. All members are encouraged to attend as this is your opportunity to voice any concerns or ideas for the club. The committee will be looking for new members and all positions will be up for vote. Many of you will be aware that Jenny O'Cal-

laghan, Ladies Captain has already submitted her resignation as she is moving to Haverhill and feels that she won't have the time to dedicate to the position. However the good news is that she will continue to run for the club. Jenny has been a marvelous captain as well as organising club runs and maintaining calm and camaraderie over the last

couple of years. We will be having a few drinks after the AGM to wish Jenny well and thank her for her commitment to the club. If you wish a copy of last years AGM Minutes please contact Carolynn.

We will also be voting for the 2 club places in the London Marathon 2010 (further details inside).

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### CROSS COUNTRY SEASON 2009/2010

**1st November**— Framlingham, Castle

**15th November**—Bungay, Ditchingham

**6th December**— Woodbridge, Sutton Village Hall

**24th January**—Bury, Nowton Park

**7th February**—Stowmarket, Haughley Park (nb. This date may change)

**10th January**—Suffolk XC County Championships, Newmarket.

As in previous seasons we hope that all Joggers will come along and run for the club, we've done brilliantly in the last few years winning age categories and the ladies have been in the top 2 teams on several occasions. We normally meet at the Leisure Centre at 9am race morning to share cars. If you are sharing you should pay £3 towards petrol. Race entry is £3 per race.

The Suffolk XC County

Championships will be held in Newmarket on January 10th, as ever we will be entering teams for this and hope that as many Joggers as possible will compete. Winners qualify for the National Championships.

Please be very careful when running at night, as there have been a couple of attacks on runners in Newmarket, these have been unprovoked and the police are aware.



*Junior Joggers are recycling aluminum cans for cash towards club funds—please collect and forward to Jennie Grimwood*

### Winter Runs Meeting Thursday 8th October 2009, New Astley Club @ 8pm

All members are invited to attend the meeting to discuss and arrange the winter runs schedule. We will be looking for new ideas of routes and training plans. Please come along and contribute—we need lots of fresh ideas for the dark and cold nights to keep everyone motivated.



*"If you fail to prepare, prepare to fail."*

### LONDON MARATHON CLUB PLACES 2010

As in previous years the following criteria should be filled to enter the draw for the club places:

1. **A current paid up member for one year**
2. **Competed for club in club races – 5k Kevin Henry league, Cross Country**
3. **Marshalled for the club at club events – Heath Race, 5k, 10k or Wandlebury 5**
4. **A rejection letter from the London Marathon Ballot**

One place will be for those who had never ran London before and the other will be for those who have ran London before.

The draw will take place at the AGM, if interested in going in to the draw please bring the rejection letter to the meeting, if you cannot make the meeting please contact Carollyn prior to the AGM—01638 731160.

**Get well soon wishes** go to Kirstie Newton who had a bad fall, knocking herself out whilst running. We are very pleased to report that Kirstie is making a great recovery aided by the fact she had a mobile phone on her when she fell, please ensure if running on your own you have a phone in case of emergencies.

**Heath Run 2010** will be run with all proceeds to the Camilla Milbank Trust. Camilla had a tragic riding accident this summer which has left her paralysed, Many of you will remember Camilla from the 2008 Marathon when she ran for Newmarket Joggers finishing her first ever marathon in an incredible 3hrs 54, so NJ's lets make this the best, most profitable Heath Run ever!

### FORTHCOMING LOCAL RACES

**Sunday 4th October,** Abington 10k, Cambridge

**Sunday 11th October,** Martlesham Heath 10k, Ipswich

**Sunday 11th October,** Great Eastern Run (half marathon) Peterborough

**Sunday 25th October,** Fenland 10, Wisbech

**Sunday 8th November**—Scenic 7, Stowmarket

**Sunday 22nd November,** Hadleigh 10

**Sunday 29th November,** Thetford Forest Duathlon.

**Sunday 13th December,** Turkey Trot, 10 miles.

**Thursday 31st December,** Ely New Years Eve 10k (enter now as places fill fast)