

WERRINGTON JOGGERS DIARY – JANUARY TO MARCH 2012

THESE SUNDAY RUNS START AT 9:30

DATE	RACE	CLUB RUN	SPONSOR
JANUARY			
Sun 1		None	
Mon 2		10:00 Folksworth (1 lap) (Folksworth VH) Hosted by Yaxley R&J - Cakes Welcome	Tim Cook for info
Sun 8	Cambs County XC – St Neots ^{JNR}	Wansford (Haycock) – B/C	XC-Paul Myland W – J&E Jeyes
Fri 13	Presentation Night	Peterborough Parkway Club	Emma Rigby-Burr
Sun 15	Frostbite – Whitemoor March ^{JNR} Ropsley Raid 6 or 13 mi	None	
Sun 22	Folksworth 15mi	Morrison's (Stamford) – B	Ken Pople
Sat 28	Southern AA XC – Brighton ^{JNR}		Paul Myland
Sun 29	Brass Monkey 6mi - Corby	Etton (Golden Pheasant) - A	Nic Bowlzer
FEBRUARY			
Sat 4	The Rauceby Ripper 8.5mi http://www.runningdiary.co.uk/link.php?id=8972		
Sun 5	Frostbite – Bourne ^{JNR}	None	
Tue 7	Headtorch Run - Etton		
Sun 12	Stamford Valentine 30K	Northborough (VH-TBC) – B/C	Andy Scott
Sun 19	Sleaford ½ marathon	Marholm (Village Hall) - Cakes	Jim Fell
Sat 25	National XC – Parliament Hill ^{JNR} Belvoir Challenge		XC - Paul Myland
Sun 26		King's Cliffe – B (Church)	Paul Denyer
MARCH			
Sun 4	Frostbite – TBA ^{JNR}	None	
Sat 10	Primary School Relay Werrington	<i>Help Needed!!</i>	Tim Cook
Sun 11	Newton's Fraction ½ Marathon MK ½ Marathon 5K 10K	Easton-on-the-Hill (VH) – A/B/C + Long option + Walk	George Prodrick
Sun 18	Ashby 20mi	Woodnewton (VH)- C	Paul Burgess
Sun 25	Thorney 10K (cc)	None BST Starts – Don't be late	

Regular Club Night: Tuesday at 19:00 at Werrington Sports Centre and afterwards at the Blue Bell Werrington. Anyone welcome, all abilities, men & ladies. Juniors (9-16 Years) at 18:00 supervised by qualified coaches. Further information call Tim Cook (Chairman) 01778-342913 or Sue Merritt (Secretary) 01733-350930 or e-mail via website.

Speed Training/Club Run: Every Thursday at Werrington Sports Centre at 18:30.

Sunday Run Grading: A = up to 10mi fairly flat; B = 10 - 11mi; C = 11+mi, and/or hills, mud, etc. **Winter Sunday Club Runs start at 09:30** unless noted. Any suggestions for Sunday Runs (e.g. new courses) to Paul Burgess 260923 or e-mail via website
JNR indicates there is also a junior race

Kit: Vests, tops, woolly hats, fluorescent bibs and gloves for the winter, base ball caps to keep the sun out of your eyes or rain off your glasses, waterproof jackets, - [See web site shop](#) or order from Sue Merritt

Future Diary Dates: 1/4 Oakley 20mi, 9/4 (Mon) Stanwick 10K Grantham 10K, 13/5 Eye 10K Hinckey ½M,

Social:

Annual Presentation Evening – 13/01/12 at Parkway Club
Frostbite Presentation Evening – 24/03/12 at The Plough Inn nr Farcet

Be green - share a car to races and Sunday runs. Just ask on Tuesdays.

CLUB CHAMPIONSHIP

25/3 Thorney 10K
May Soham 1/2M
June First 5K in Ferry Meadows
July Thurlby 10K
27/8 Grimsthorpe 10K
2/9 OWLS 10mi
11/11 (Bushfield) Frostbite

7 Races, must do 3 to qualify, best 4 count