

January 2022



Newsletter

Happy New Year!



Well another year has come and gone and you have certainly all been busy. For some of you, this time has given you a chance to do more activities and to have more time at home but for others I know it has not been an easy time. Fortunately, what a great support network you all are. That's really what our running groups are all about.



Included in this Newsletter are some of the things that you have been getting up to since the New Year, a bit of admin and an overview of some of our runs and Events that we have to look forward to in the coming months.



If you would like to register your interest in any of these Runs, Courses or Events please get in touch with us and we'll add you to the relevant Whatsapp groups/ mailing lists so that we can send you all the latest information and updates.



Get your Mojo back and Run!!!



Mojo Admin



THE BORING ADMIN PAGE BEFORE THE FUN



It's important information so please take a couple of minutes to read it and save this page for future reference

BANK ACCOUNTS - I have 2 bank accounts, one is personal and one is Mojo. I know it causes a bit of confusion as to which account to use for what, so I hope this makes it a bit clearer.

If you use a Nationwide account, you will need to message me and let me know if you're making a payment and what it's for. It's a weird anomaly but they treat Nationwide to Nationwide payments as internal and only provide the bank account number and no name or ref.

When paying for Mojo services and products – such as runs courses, zoom classes and Mojo buffs and t-shirts:

Joanne Kingston

07-08-06

08436794

When making payments via Mojo, such as charity donations, collections for runners, Mojo dinners and lunches:

Joanne Kingston

07-01-16

46468537



UPDATED MEDICAL FORMS – Coming soon

I will need a new signed one girls

I know it's a pain but it's important. There are three ways to do this:

1. Complete online and e-mail it to me
2. Print it out, complete by hand and give it to me (via your coach)
3. Ask your coach for a form, and return it to them when completed

NB Please don't WhatsApp or text it to me or the coaches as it can get lost in all the traffic. Thanks girls! x



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Moving Forwards!



Thursday Adventure 8:30am Runs will continue. I am delighted to say that Emily McMillan and Sharon Grinstead will be taking over the adventure trail runs on Thursday mornings in the next few weeks.

Jo will continue with these

runs for a few more weeks so there will be more 'Jo' miles and mud to come. Emily and Sharon will be adding some new routes and lots of fun and laughter on these beautiful trail runs. If you haven't tried this run but enjoy getting off the roads and into the hills and woods, then why not come along and give it a try.



Thursday Hildenborough 8:30am Runs are back!! Donna and Sharon are looking forward to starting back with the Hildenborough gentle/steady runs and hope that you will come along and join them.

Tuesday and Friday 8:15am Early Bird Runs Our gentle and steady runs will continue with Sharon, Irene, Evy and Jo, but we will be bringing back our **optional** bit of speed and tempo work for the next few Tuesdays to help improve fitness and pacing for anyone that would like to give it a try.

Get your Mojo back and Run!!!





Moving Forwards!




Weekend 8:30am chatty runs

Alternating between **Saturday (Hildenborough)** and **Sunday (Knole Park)** each week with a rota of Sarah, Donna, Irene, Sharon and Jo. These are very relaxed and gentle. Distance varies between around 4.5 and 5.5 miles, with the all important coffee at the end. The next run is Saturday (15 Jan) from Hildenborough with Sarah and Sharon.

Monday and Wednesday 9:15am runs - Emily, Emma & Sharon



Monday runs are a sociable way to tick off longer miles - we vary our routes every week to explore lots of trails and paths across Sevenoaks, Otford & Tonbridge. Our routes allow for a 6 mile or 10 mile option - ultimate flexibility depending on how you feel and what you have to get done! It's a chatty pace of around 10:30mm, with sweetie stops!

Wednesday Increase your Pace session is a short, more intense session which involves a mix of hill or interval running to give your fitness & pace a shake up. There are at least two coaches on every session to ensure all paces, experience & abilities can get the most out of these sessions - it's a great session if you are training for a race or just looking to build up your strength and fitness! 

Wednesday Evenings short speed sessions with Jo will continue to meet monthly at Sainsburys car park on the following three dates: 19 Jan; 23 Feb; 23 Mar at 7:30pm

Get your Mojo back and Run!!! 

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New Courses And Events



MOJO
RUNNING AND FITNESS
BEGINNERS COURSE

| | |
|-------------------------|---|
| Who is it for? | Anyone new to running or returning to running |
| How much does it cost? | £60 |
| How long is the course? | 10 weeks |
| Where is it held? | Hollybush, Sevenoaks |
| When does it start? | Sunday 16 Jan at 8:30am |

SIGN UP TODAY!
joannekingston@btinternet.com

WWW.MOJORUNNINGANDFITNESS.COM

NEW COURSES

Beginners and Rusty Runs

New Beginner 10 week course starting on Sunday 16 January at 8:30am at Hollybush.

Rusty Runner 5 week course starting on Sunday 20 February at 8:30am from Hollybush.

If you haven't run for a while and feel like you have lost your Mojo and would like to get it back please get in touch with Jo. If you know of someone looking to get back to running or start running please pass this on.

The course starts next Sunday (16 Jan) at 8:30am from Hollybush main car park.

Winter 10k Training

An optional extra in the Hildenborough Thursday run and the Tuesday Early Bird run for the next four weeks will be

Tuesday Early Bird – a little bit of hill, speed and tempo work incorporated into the middle and end of this run to help improve fitness and pacing –

Dates - 11, 18, 25 Jan; 1 Feb

Thursdays Hildenborough – getting you up to the 10k distance with a gradual increase in distance at the end of the run over the next 4 weeks with minimal stops and sustainable pacing –

Dates - 13, 20, 27 Jan; 3 Feb



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New Courses And Events



CANCER
RESEARCH
UK



<https://www.londonwinterrun.co.uk/home>

Winter Run - Sunday 13 Feb

Looking for something to aim for in the next few weeks, why not come and join us for the Winter 10K run.



We always have a good Mojo presence at this event and it's a great supportive run.

Whether you want to aim for a PB or just get out and soak up the atmosphere with friends, then why not sign up. put your Mojo t-shirts on and let's make it the biggest Mojo turnout!!



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Family Star ★ ★ Hunt



A huge well done to all the children that took part in the Family Star Hunt Adventure this year. With even more stars to find and in some pretty hard to find places – or so I thought. Never underestimate how resilient kids are at working things out. We shall have to 'up our game' next year!! Here are just a few of the photos of their adventures in Knole Park!!!

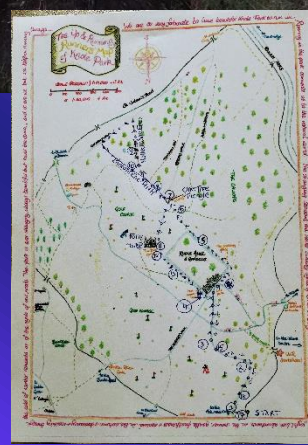
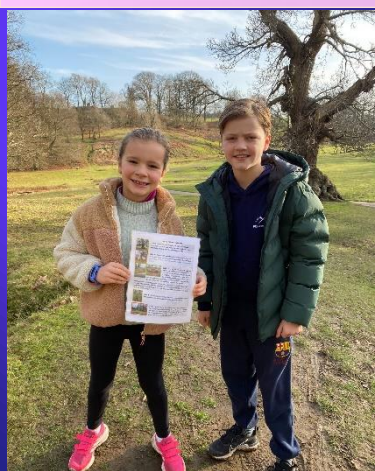


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Family Star Hunt



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Mojo News

What have you been up to?!!



Here's just a few things that you have
been up to this year. Enjoy!!!



Summer 10k Run – by Evy Barry

There must have been well over thirty Mojo runners who took up the challenge of taking part in the London Summer Run; it was not only a great opportunity to run together after the restrictions of lockdown but also an important opportunity to fundraise for Cancer Research UK, which the run was in aid of.

It was Sunday 5 Sep 2021 and boy was it hot. Did I say hot? Hot to run that is, so god bless the poor volunteers who squeezed themselves into flamingo and shark costumes to cheer us on from the side of the route.

I did so appreciate their encouragement too, especially when I got to the Bank of England, which seemed to be devoid of any other enthusiastic spectators and as it was only about the half-way point, a necessary spot for a psychological boost.

The 10k route took us on a pavement pounding journey from Trafalgar square to the finish, just shy of Downing Street and even featured a choir, a much more pleasing sound than my 'donkey in labour' breathing.

It was a day of fantastic achievements and a truly pleasing spectacle to see one Mojo runner after another cross the finish line to collect her race medal.

There were also PBs and I know Sarah Dixon, who smashed hers, would be the first to admit the bottle of champagne stumped up by Harry Geake if she were to succeed, was all the encouragement she needed. If we're really honest though, this is exactly the kind of friendship we have all come to expect at Mojo



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Mojo News

What have you been up to?!!



"Will you run the London Virtual Marathon with me"



The dreadful yet truly tempting phrase for an 'in your dreams' marathon runner. Always up for a challenge I agreed, after all it was a long way off. Claire joined MoJo for Thursday Adventure runs, all went well.....14 miles under

our belts. recurrence of an old injury for Claire.... we abandoned our marathon. Wind forward to a week before the great day. Raising money and awareness for Guide Dogs, Claire (now injury free) and I went for it. No one knew, not even family. We started at 7.30am and walk /ran it, laughing, joking, singing and generally having an awesome time. It was one of the highlights of my life which I could not have done without the might of MoJo behind me. You girls and Jo were in my mind every step of the way. Thank you.



Brighton and Beachy Head Marathons - Despite covid still hanging around, Brighton, London & Beachy Head Marathons all got a little sprinkle of MOJO thanks to Leonie, Jess, Sharon, Annie, Andrea, Isabel, Catherine, Jo Abbott, Emma, Eefke & Sophie. Massive congratulations to you all!!



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Mojo News

What have you been up to?!!



Two for One Marathon Girls!!

As luck would have it, the Loch Ness marathoners, who had also signed up for the virtual London marathon found that these two events fell on the same weekend. So, what better way to do your virtual distance than at the official marathon of Loch Ness. Not a bad place to run the distance, to get two medals for the price of one marathon and to raise money for the wonderful Hospice in the Weald. With some stunning scenery and a cheeky few days away in beautiful Scotland - outdoor swimming for Linda and Joan - a trip to the Whisky Brewery for Donna and Alice with stunning views around Gillian's homeland and a few days to breathe and unwind!!



Yum!!! - Our little 'Pocket Rocket' Baker Esmee has been spoiling us all with Dutch Apple Cakes this December, great run fuel and delicious too!



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Mojo News

What have you been up to?!!



Isabel Lane – The 1000 Mile Challenge!!!

The Monday MOJO group were super proud of Isabel who managed to run 1000 miles in 2021. Isabel had to put some serious miles in towards the end of the year and we were delighted to join her on the 31 December to celebrate her achieving it!



Champagne Breakfast Charity Run (minus the Breakfast)!!



Despite making the decision to defer the breakfast, it was still a great morning of running and walking. Thank you to everyone that came and supported us and to the coaches for all their help. I would also like to thank so many of you for donating your breakfast money to The Hospice -more on this at the end of the Newsletter. We didn't manage to get photos of all of you that came along, but here's a few that we did manage to take. Thank you again girls.



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Mojo News

What have you been up to?!!



Wild Swimming – Linda Bignell

I started wild swimming with a few friends in local lakes a couple of years ago but last year was the first time that we swam all through winter. No wetsuits, just a cossie, neoprene hat, gloves, socks and of course, a smidgen of courage!



During the winter months we don't swim for the exercise as we only stay in about 15 mins as having been in the water for a few minutes you begin to feel warm and think you can stay in there for a long time.

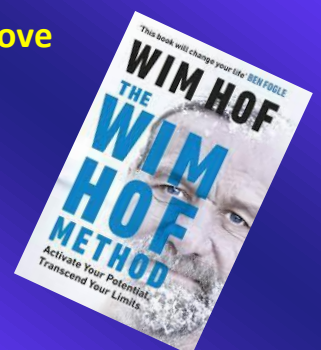
You can't as your core temperature continues to reduce after you get out and this 'after drop' can be dangerous.

We swim to feel the cold water (7.5 degrees today) on our minds and bodies. The effect is both exhilarating and calming at the same time. Some people describe the feeling as 'healing'. I can only speak as I find. After the initial minute or so during which time I begin to wonder about my sanity, I feel a sense of wellbeing, calmness and being in the moment. I don't think about anything except being in the water and appreciating the serenity it brings. It's a magical and amazing experience and I love it!

Linda is not the only brave, crazy one – Joan Lightfoot and Nicky Page love it too!



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Mojo News CHRISTMAS!



MOJO CHRISTMAS PARTY

Despite Covid continuing to rear its ugly head, we were able to hold our Christmas party, although understandably numbers were a little lower than in the past. It felt so good to be able to get together and have a fun evening with such great company.



An ad hoc 'roll the Malteser down the tape measure' game was not as easy as it looked!

Here's hoping that this year we will be able to get together without the same Covid concerns that we have been living with for the past two years and we are able to spend more time getting together and participating in even more events.



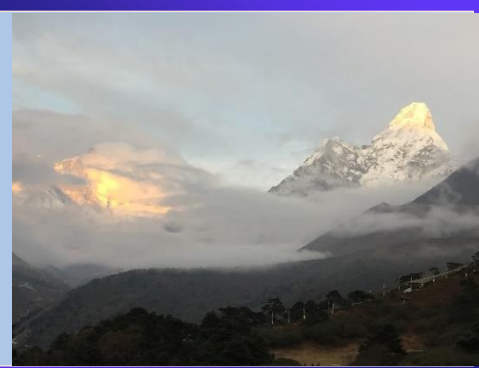
Monday 13 December saw the Mojo Monday girls run the last long run of 2021. Christmas attire was compulsory and Emma and Emily led the group on a fun, festive chocolate treasure hunt through Sevenoaks and Knole. We attracted a lot of attention and smiles – it was a fantastic run to end the term!

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LISA BROWN
11Oct69-11Nov21



There was so much more I wanted to say about all the things that we have done together, and individually. There are so many people that I could mention for special reasons but I will be writing this for the next month and you'll be reading it all day.



However, I want to end this with a little bit about our beautiful Lisa. Firstly, I want to thank you all on behalf of Jeremy and Evie for your generosity. We have raised over £850. Jeremy was overwhelmed by how much you all thought of Lisa and how kind you have all been.

I thought long and hard about what to say. There's so much that can be said, but I think the best words are the very words that come from her, so I'm going to take a piece that she wrote after much persuasion. As you know she didn't like to draw attention to herself or seek the limelight. It's a lovely piece.

I know we all had and always will have a special place in our hearts for the very beautiful, kind and unique person that Lisa was.

"Mountains are my happy place and having worked in Switzerland for many years I call the Alps my second home, I just love it there. After running the Eiger Half Marathon last year (2019), I decided to enter the Matterhorn Ultraks, a series of 5 mountain challenges.

Sky running is unlike any other run. It's like fell running, but up high – in fact technically over 2000m. Based in Zermatt, it attracts thousands runners from all over the world, however due to COVID numbers were restricted, with very small start waves to ensure everyone spaced out and didn't bunch along the narrow mountain paths.

It was an incredible run, amongst the most spectacular scenery and



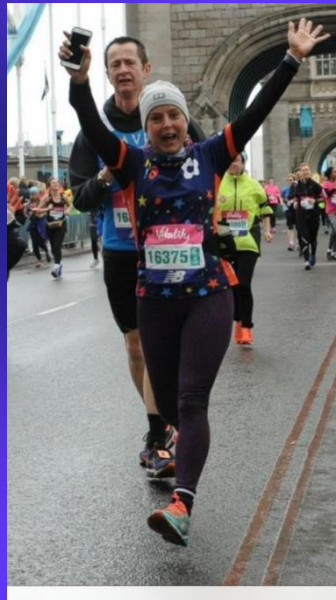
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landscapes few people ever encounter. Beautiful forest paths, steep mountain climbs (with Sheer drops!), technical descents and all with the Matterhorn and surrounding 4000m peaks as a backdrop. I won't deny it was tough, but mountain running makes me feel blessed, makes me appreciate what I am capable of and gives me an incredible sense of freedom (especially running down!) You simply can't help but 'look up' and take in the beauty of what's around you. To me it's what running is all about."

Life is amazing.
And then it's awful.
And then it's amazing again.
And in between the amazing
And the awful, it's ordinary and
Mundane and routine.
Breathe in the amazing,
Hold on through the awful,
And relax and exhale during the
Ordinary.
That's just living
Heart-breaking, soul-healing,
Amazing, awful, ordinary life.
And it's breathtakingly beautiful.



When it rains,
LOOK for
Rainbows.
When it's dark,
LOOK for
Stars.

Get your Mojo back and Run!!!