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BUSHFIELD JOGGERS HANDBOOK

**CLUB NIGHTS
TUESDAY AND THURSDAY**

**MEET AT
BUSHFIELD SPORTS CENTRE
TO RUN AT 6.30PM**

**EXPERIENCED RUNNERS
AND BEGINNERS ALIKE
ARE WELCOME**

CHAIRMAN:

RON FIRTH 01733 236353

VICE CHAIRMAN:

ALAN MILES 01733 891530

SECRETARY:

PHIL NICHOLSON 01733 371594

TREASURER:

LIONEL EVERITT 01733 232573

Bushfield Joggers current subscription includes the use of Bushfield Sports Centre on club nights (changing facilities and showers) and free entry into the Frostbite League races. Membership also helps you gain entry into races- if you are not affiliated as a member of a club you are subject to a surcharge on race entry fees.

RESULTS

Times and positions for any races that you compete in may be published on Thursdays in the Peterborough Evening Telegraph and the Peterborough Herald and Post.

In addition, the club has a race/results secretary who collates all the results for the club and ensures that club records are kept up to date. If you wish your times to be considered for entry in any newspaper, please let the race/results secretary know your official time as soon as possible. The race/results secretary is Alan Miles, Tel: 01733 891530 and Sheila Harray, Tel: 01733 234843.

CLUB RULES

TITLE

1. The name of the club is Bushfield Joggers.

HEADQUARTERS

2. The Headquarters of the club is Bushfield Sports Centre, Orton Centre, Peterborough, Cambs, PE2 5RQ.

OBJECT

3. The object of the club is the promotion of Amateur Athletics.

MANAGEMENT

4. The management of the club is vested in a committee, consisting of a Chairman, Vice-Chairman, Secretary and Treasurer, all of whom must stand for election at the Annual General Meeting. The committee has the power to fill any vacancy that may arise.

MEMBERSHIP

5. Membership of the club is confined to amateurs as defined by the Amateur Athletics Association as follows:-

“An amateur is one who has never competed for a money prize or monetary consideration in any athletic sport or game or been in anyway interested in a staked bet or wager made in connection with any athletic competition in which he was an entrant or competitor: who has never engaged in, or taught any athletic exercise for pecuniary consideration, or in any way exploited his athletic ability for profit; and who has never taken part in any athletic competition with anyone who is not an amateur.”

A candidate for membership must be proposed by one member and seconded by another. A person may join the club at 16, but must abide by various minimum age restrictions.

RESIGNATION

6. A member intending to withdraw from the club must give notice in writing to the secretary and his/her membership terminates on the day of that notice unless he/she is financially indebted to the club, in which case the committee may withhold acceptance of the resignation until he/she has discharged his/her liability. A member not having tendered his/her resignation prior to December 31st shall be liable for the ensuing year's subscription.

SUBSCRIPTION

7. The annual subscription of the club is payable on election and thereafter on the 1st November.
 - (a) The committee shall have the power to expel any member whose subscription is six months in arrears provided one months notice in writing shall have been sent to such a member by a recorded delivery letter, addressed to his/her last known address, informing him/her of the proposed action of the committee.
 - (b) The name and address of any person so expelled from a club shall be sent to the Regional governing body for amateur athletics. Any person whose name has been forwarded will be suspended from competing in any event until the liability has been discharged.

No member whose subscription is in arrears is eligible to take part in any competition promoted by the club.

ANNUAL GENERAL MEETING

8. A general meeting shall be held annually during the month of October to receive the committee's report and financial statement, elect officers and deal with any other matter specified on the agenda. The Secretary must give every member 21 days notice of the meeting and notice of any business which you wish to place on the agenda must be given in writing to the Secretary at least 14 days prior to the meeting.

SPECIAL GENERAL MEETING

9. The Secretary must call a special general meeting within 14 days of the receipt by him/her of a requisition in writing signed by 10 members of the club, stating the business to be brought before such a meeting.

NOTICE OF MEETING

10. The Secretary shall give at least 7 days notice to every member, of the time and place of any special meeting and the business to be dealt with, and **NO OTHER** business shall be dealt with at any such meeting.

ALTERATION IN RULES

11. No alteration or addition may be made to the rules except by an annual general meeting or a special general meeting called for the purpose. Notice of any proposed amendment must be given as provided in rules 9, 10 and 11.

SECOND CLAIM MEMBERS

12. Bushfield Joggers will not accept second claim runners other than members in the services, i.e.: - Police, HM Forces, college, school or university or at the discretion of the committee.

CLUB KIT

The Club colour is Royal Blue with white lettering. The following items are available through the club secretary:-

VESTS
T-SHIRTS
JACKETS
FLEECES

Club kit must be paid for before delivery.

LONDON MARATHON

Members are encouraged to enter the London marathon. Any member not accepted has a further chance by entering their rejection slip in a draw for the guaranteed club place. The committee will conduct the draw for the club place and only fully paid up members are eligible.

Marathon training sessions normally take place on Sunday mornings from Christmas onwards.

Coach transport to the marathon can normally be arranged with one of the larger local clubs.

CLUB HANDICAP CHAMPIONSHIP

Each year members can take part in the Club Handicap. The race used for the Club Handicap is the Whissendine 6, a six-mile race held over an undulating course near Oakham, Leics. The race is normally held on a Thursday evening in July (date to be confirmed). The committee will work out a handicap time for each member based on their last few races. The member who beats their handicap time by the most is declared the winner and a trophy is awarded at the annual presentation evening.

CLUB CHAMPIONSHIP

Each year a competition is held for both male and female members and is referred to as the Club Championship. To qualify, you have to compete in a minimum of three races, i.e. one race in each of the following qualifying distances: -

10 Kilometre Any at Deeping, Langtoft, Ramsey, St Ives and Eye
(These events are subject to change at the next AGM)

10 Mile Any between Nov and October
Half Marathon Any between Nov and October

Your best time for each distance will count towards the Club Championship, and must include one of the qualifying 10K races. Scoring is on a points system based on the Standards table (see the back of this handbook for details). You must be a fully paid up member of the club on the day of the race and wear a club or charity vest/t-shirt if fundraising. All finishing times must be verified.

CLUB STANDARD AWARDS

Any club member who competes in races throughout the year is entitled to submit claims for club awards. Awards can be claimed for 10K, 10 mile, half marathon and marathon distances. Members must wear either club vest/shirt or charity vest if fundraising. Claims should be submitted in accordance with the table at the back of this handbook. Times should be verified by official results and submitted to the secretary within 6 months of the event taking place. Ask any member of the committee for further information.

FROSTBITE LEAGUE

Bushfield Joggers is a member of the local Frostbite League, which is a series of six races of approximately 5 miles each, held at different venues throughout the winter months. Terrain varies from road to cross country. These races are intended for the non-elite. The finishing positions of the first ten members of each club (of which two must be female) score points for the club. All runners are important as even those not scoring for their team can help by displacing scoring members of other clubs.

Although Bushfield Joggers does not have a junior section, we are eligible to enter a junior team in the Frostbite League. Juniors can take part if they are aged between 9 and 16. The first four boys and the first girl of each club score points for the team.

Junior race starts at 10.15am.

Senior race starts at 11.00am.

It is a Frostbite rule that club vests or t-shirts must be worn by all competitors.

Announcement of the day's results is made at the end of each event.

Spot prizes are given to one senior and one junior after each event.

Races are held from October through to March.

Junior presentation follows the last event.

Senior presentation takes place in March.

SENIOR AND VETERAN STANDARD AWARDS

FULL MARATHON

	MEN	M(40-44)	M(45-49) LADY	M(50-54) L(35-39)	M(55-59) L(40-44)	M(60-64) L(45-49)	M(65-69) L(50-54)	M(70+) L(55+)
Platinum	2.50	3.00	3.10	3.20	3.32	3.44	3.56	4.08
Diamond	3.00	3.10	3.20	3.32	3.44	3.56	4.08	4.22
Gold	3.10	3.20	3.32	3.44	3.56	4.08	4.22	4.36
Silver	3.20	3.32	3.44	3.56	4.08	4.22	4.36	4.50
Bronze	3.32	3.44	3.56	4.08	4.22	4.36	4.50	5.06
Jubilee	3.44	3.56	4.08	4.22	4.36	4.50	5.06	5.22
3 star	3.56	4.08	4.22	4.36	4.50	5.06	5.22	5.38
2 star	4.08	4.22	4.36	4.50	5.06	5.22	5.38	5.56
1 star	4.22	4.36	4.50	5.06	5.22	5.38	5.56	6.14

HALF MARATHON

	MEN	M(40-44)	M(45-49) LADY	M(50-54) L(35-39)	M(55-59) L(40-44)	M(60-64) L(45-49)	M(65-69) L(50-54)	M(70+) L(55+)
Platinum	1.20	1.23	1.27	1.32	1.37	1.42	1.48	1.54
Diamond	1.23	1.27	1.32	1.37	1.42	1.48	1.54	2.00
Gold	1.27	1.32	1.37	1.42	1.48	1.54	2.00	2.07
Silver	1.32	1.37	1.42	1.48	1.54	2.00	2.07	2.14
Bronze	1.37	1.42	1.48	1.54	2.00	2.07	2.14	2.21
Jubilee	1.42	1.48	1.54	2.00	2.07	2.14	2.21	2.28
3 star	1.48	1.54	2.00	2.07	2.14	2.21	2.28	2.35
2 star	1.54	2.00	2.07	2.14	2.21	2.28	2.35	2.45
1 star	2.00	2.07	2.14	2.21	2.28	2.35	2.45	2.55

10 MILE

	MEN	M(40-44)	M(45-49) LADY	M(50-54) L(35-39)	M(55-59) L(40-44)	M(60-64) L(45-49)	M(65-69) L(50-54)	M(70+) L(55+)
Platinum	59.00	61.00	63.00	66.00	69.00	72.00	76.00	80.00
Diamond	61.00	63.00	66.00	69.00	72.00	76.00	80.00	85.00
Gold	63.00	66.00	69.00	72.00	76.00	80.00	85.00	90.00
Silver	66.00	69.00	72.00	76.00	80.00	85.00	90.00	95.00
Bronze	69.00	72.00	76.00	80.00	85.00	90.00	95.00	101.00
Jubilee	72.00	76.00	80.00	85.00	90.00	95.00	101.00	107.00
3 star	76.00	80.00	85.00	90.00	95.00	101.00	107.00	113.00
2 star	80.00	85.00	90.00	95.00	101.00	107.00	113.00	120.00
1 star	85.00	90.00	95.00	101.00	107.00	113.00	120.00	130.00

10 KILOMETRE

	MEN	M(40-44)	M(45-49) LADY	M(50-54) L(35-39)	M(55-59) L(40-44)	M(60-64) L(45-49)	M(65-69) L(50-54)	M(70+) L(55+)
Platinum	33.00	34.00	35.30	37.30	39.30	42.00	45.00	48.30
Diamond	34.00	35.30	37.30	39.30	42.00	45.00	48.30	52.30
Gold	35.30	37.30	39.30	42.00	45.00	48.30	52.30	57.30
Silver	37.30	39.30	42.00	45.00	48.30	52.30	57.30	62.30
Bronze	39.30	42.00	45.00	48.30	52.30	57.30	62.30	67.30
Jubilee	42.00	45.00	48.30	52.30	57.30	62.30	67.30	72.30
3 star	45.00	48.30	52.30	57.30	62.30	67.30	72.30	77.30
2 star	48.30	52.30	57.30	62.30	67.30	72.30	77.30	82.30
1 star	52.30	57.30	62.30	67.30	72.30	77.30	82.30	87.30

