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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**

Bushfield Joggers – Membership Handbook

Committee and Club Contacts

CHAIR:	Becky Witton
VICE CHAIR :	Rachel Stone
CLUB SECRETARY:	Peter Tebb
TREASURER:	Louise Tesloff
RACE RESULTS SECRETARY:	Joy Atkin & Mark Pereira
WEB SECRETARY	Julie Tebb
TROPHY & AWARDS SECRETARY:	Alison Shepperson
KIT SECRETARY:	Craig Matthews & Eve Matthews
COACHING REPS:	Brian Corleys & Stuart Day
GPAN REP:	Mandy Walker
PARK RUN REP:	Rachel Stone
FROSTBITE REP:	Mike Daniels
EVENT REP:	Mark Pereira
JUNIOR SECTION REP:	Paul Atherfold
SOCIAL COORDINATOR:	Mark Pereira & Joy Atkin
FACEBOOK ADMIN:	Nilesh Patel

CLUB RULES

1. TITLE

The name of the Club is Bushfield Joggers

2. HEADQUARTERS

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

3. OBJECTIVE

The object of the club is the promotion of Amateur Athletics

4. CLUB YEAR

The club year runs from 1st November to 31st October

5. MANAGEMENT

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

6. FINANCIAL GOVERNANCE

The club funds will be held in a bank account with the four posts of Chair, Vice Chair, Secretary and Treasurer being authorised signatories on the account.

Outgoing transactions shall require the electronic authorisation or signature of any two of the four signatories.

7. MEMBERSHIP

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 person may join the club at 16, but must abide by various minimum age restrictions.

Applications for membership from individuals who are members of other clubs may be accepted at the discretion of the Club Secretary as second claim.

8. SUBSCRIPTION

The annual subscription of the club is payable on joining and thereafter on the 1st November of each year. (Members joining between 1st August and 31st October are not required to pay again on the 1st November of the year they join.)

Membership	Cost per annum	England Athletics affiliation
Full (First Claim)	£35	Yes
	£20	No
Second Claim	£20	No
Social	£15	No

England Athletics affiliation entitles members to discounted entry into races – typically £2 per race. (If you are not affiliated you must pay the full amount when entering races)

The subscription includes the use of Bushfield Sports Centre on club nights (changing facilities and showers) and free entry into the Frostbite League races (see further in this document for details about the Frostbite League)

Members who have not renewed their membership by 31st December of the current year shall be removed from the club roll and may not take part in any competition promoted by the club.

Refunds will only be given to new members within one calendar month of their joining date or in the case of existing members within one calendar month of the start of the new club year.

9. RESIGNATION

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.

10. ANNUAL GENERAL MEETING

A general meeting shall be held annually during the month of October or November to receive the committee reports and financial statement, elect officers and deal with any other matter specified on the agenda.

The Secretary shall give every member at least 21 days notice of the time and place of the annual general meeting. 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. No other business shall be dealt with at the meeting.

11. SPECIAL GENERAL MEETING

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

The Secretary shall give every member at least 7 days notice of the time and place of any special meeting and the business to be dealt with. No other business shall be dealt with at any such meeting.

12. CLUB KIT

The club colour is Royal Blue with white lettering and is available to buy through the Kit Secretary who will advise on pricing and sizing. Club kit must be paid for before delivery.

13. LONDON MARATHON

Members are encouraged to enter the London Marathon. Any member not accepted through the London Marathon ballot may be eligible for a further chance by entering the club draw for the guaranteed club place(s). Members must meet all three of the criteria listed below:

Eligibility Criteria	Members must:
1	have been a full member of the club on or before 1st Nov of the preceding year. i.e. to enter the draw that takes place in Dec 2014 for the 2015 London Marathon you must have been a member of the club on or before 1st Nov 2013.
2	be affiliated with England Athletics
3	have submitted their rejection slip from the London Marathon to the Chair prior to the draw
4	have paid their subscription fee for the current year prior to the draw
Second Claim members are not entitled to enter the draw.	

The committee will conduct an initial draw for the club place(s) from eligible members who have not previously won a club place. Should any club place(s) remain after the initial draw, a second draw will take place from eligible members who have previously won a club place. The draw will usually take place during the club awards dinner in December.

14. RACE RESULTS

The Race Results Secretary shall:

- check the published results for common local races,
- collate all the results for the club.
- send a weekly list of results to the Chair and Web Secretary

The Web Secretary shall

- ensure that club records are kept up to date
- upload the results on to the club [website](#).

Members shall

- ensure they enter races as a Bushfield Jogger – it is not the responsibility of the Race Results Secretary to check for your result if you have not done so and your result will not appear in the club records.
- inform the Race Results Secretary if they participate in races that are out of the local area - it is not the responsibility of the Race Results Secretary to check for your result if they have not been informed where you have raced and your result will not appear in the club records.

15. ALTERATION IN RULES

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 8 or 9

CLUB EVENTS

The club runs, or participates in, a number of holds events throughout each year that members are encouraged to participate in. There is no additional charge for these events but you must be a fully paid up member of the club on the day of the race or event and comply with the dress code specified in the table below.

Eligibility Criteria	Club Championship	Fly the Flag	Parkrunner	Frostbite
Club Vest / T-Shirt	Yes	Yes	Yes	Yes
Charity Vest	Yes	Yes	Yes	No
International Vest	Yes	Yes	Yes	No
Sponsored Vest	Yes	Yes	Yes	No
Race requirement	Yes	Yes	Yes	No
Parkrun T-Shirt	Parkrun only	No	Yes	No

CLUB CHAMPIONSHIP

How does it work?

This is an annual event and there is a separate championship for male and female members. Members have to compete in a minimum of one race at any four of the five of the following qualifying distances (5k, 10k, 10miles, half marathon & marathon). If members compete in all five distances only the best four scores obtained will count towards the competition

All finishing times shall be taken from the officially published results. If there are no results then the race will not count for the championship. The winners are the male and female members with the highest points total over their best four distances.

Your best time for each distance will count and scoring is done on a points system based on the times within the standards table. (E.g. if you finish a race you get one point, if your time is between the standard times for a Jubilee and Bronze award you would get 5 points).

Standard	Points	Standard	Points
Platinum	10	Jubilee	5
Diamond	9	3 Star	4
Gold	8	2 Star	3
Silver	7	1 Star	2
Bronze	6	Finished	1

What races count?

5 Kilometre, 10 Kilometre, 10 Mile, Half Marathon & Marathon

Any race between 1st Nov and 31st Oct.

Parkrunner Award

How does it work?

This is an annual event in which members receive a point for each Parkrun race they either compete in or volunteer at. Volunteering covers a wide range of roles such as marshalling, organising etc, but does not include supporting.

There are separate competitions for men and women.

What races count?

Any Parkrun counts but results are required as proof of entry.

Only one point is awarded to a member per event even if members undertake a volunteering role and run the race.

In the case of a runner being able to compete or volunteer at two separate Parkruns on the same day, then a point is awarded for each event.

FLY THE FLAG

How does it work?

This is an annual event in which members receive a Fly the Flag point for each race (other than Parkrun) they either compete in or volunteer at. Volunteering covers a wide range of roles such as marshalling, organising, serving on a tea bar but does not include supporting.

There are separate competitions for men and women.

What races count?

Virtually any running race (including charity or fancy dress runs) or event counts with the exception of Parkrun and Chase Me. Race results are required as proof of entry.

Points are also awarded for multi-sport events that include one or more disciplines from a triathlon i.e. swimming, cycling or running.

There is no dress code for multi-sport events or volunteering, other than any requirement by the event organiser.

Only one point is awarded to a member per event even if members undertake a volunteering role and run the race.

In the case of multi-day events one point is awarded for each day that can be entered as a separate race. If the individual components cannot be entered separately then only one point is awarded for the whole event irrespective of the duration of that event.

FROSTBITE LEAGUE

How does it work?

Bushfield Joggers is a member of the annual Frostbite League, which comprises a series of races of approximately 5 miles each, held at different local venues over different terrain (from road to cross country).

The finishing positions of the first ten members (of which three must be female) of each club in the Frostbite League 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.

Bushfield Joggers has a junior section, and 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 five juniors (of which at least one must be a girl) score points for the team.

What races count?

The six frostbite races held from October through to March

- **Junior races start at 10.15am.**
- **Senior races start at 11.00am.**

CLUB TROPHY AND AWARDS

Personal Bests

The Web Secretary will keep track of your best time for the five common distances over which races are run i.e. 5k, 10k, 10mile, half marathon and full marathon. In addition your personal best for a Frostbite Race will also be kept separately as the distances are approximately 5miles rather than be exact distances. All of your personal bests are recorded and published on the club web site.

The weekly results will also show if your time is your best for the current season (commencing on 1st November) for the five common distances (as above). Your first race of the season at any of these distances will not show as a season's best, you have to beat it within the same season.

Club Records

If you run the fastest ever time for a Bushfield Jogger over one of the common distances within your age category your name will be recorded in the club records section of the club website. You will also be e-mailed a club record certificate shortly after the results have been verified.

Club Standards

Following the end of the club year on 31st October, a member who has competed in races throughout the year is entitled to submit claims for club standards. It is the athletes responsibility to submit their claims.

Awards can be claimed for 10k, 10 mile, half marathon and marathon distances. No awards can be claimed for the 5k.

To claim an award you must have run equal to, or faster than, the time shown in the tables at the end of this handbook.

For example a 43 year old man who has run 57mins 12secs for a 10k is entitled to claim a 1-star award because they have beaten the 57mins 30sec time required. If the same time was achieved by a 54 year old lady she would be entitled to claim a Silver Award.

You can only claim one award (the highest one achieved) per distance per season.

Once you have achieved an award for a distance you can only claim for higher awards in future seasons, irrespective of whether you have moved up in age categories.

The trophies for the club awards are presented at the awards dinner usually held in December. If you don't or can't attend your trophies will be kept and handed to you at a subsequent club night or race.

Club Trophies

In addition to the club standards trophies for the club events will be presented to the winners at the awards dinner as above. These include:

- **Club Champion (male)**
- **Club Champion (female)**
- **Fly the Flag Champion (male)**
- **Fly the Flag Champion (female)**
- **Parkrunner (male)**
- **Parkrunner (female)**
- **Most Improved Runner (male)**
- **Most Improved Runner (female)**
- **Trophies for participating in at least 4 out of the 6 Frostbite races for the previous season.**

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CLUB STANDARDS

Full Marathon

	Men	M (40-44)	M (45-49)	M (50 -54)	M (55-59)	M (60-64)	M (65-69)	M (70-74)	M (75+)
			Lady	L (35-39)	L (40-44)	L (45-49)	L (50 -54)	L (55-59)	L (60+)
Platinum	02:50:00	03:00:00	03:10:00	03:20:00	03:32:00	03:44:00	03:56:00	04:08:00	04:22:00
Diamond	03:00:00	03:10:00	03:20:00	03:32:00	03:44:00	03:56:00	04:08:00	04:22:00	04:36:00
Gold	03:10:00	03:20:00	03:32:00	03:44:00	03:56:00	04:08:00	04:22:00	04:36:00	04:50:00
Silver	03:20:00	03:32:00	03:44:00	03:56:00	04:08:00	04:22:00	04:36:00	04:50:00	05:06:00
Bronze	03:32:00	03:44:00	03:56:00	04:08:00	04:22:00	04:36:00	04:50:00	05:06:00	05:22:00
Jubilee	03:44:00	03:56:00	04:08:00	04:22:00	04:36:00	04:50:00	05:06:00	05:22:00	05:38:00
3 star	03:56:00	04:08:00	04:22:00	04:36:00	04:50:00	05:06:00	05:22:00	05:38:00	05:56:00
2 star	04:08:00	04:22:00	04:36:00	04:50:00	05:06:00	05:22:00	05:38:00	05:56:00	06:14:00
1 star	04:22:00	04:36:00	04:50:00	05:06:00	05:22:00	05:38:00	05:56:00	06:14:00	06:32:00

Half Marathon

	Men	M (40-44)	M (45-49)	M (50 -54)	M (55-59)	M (60-64)	M (65-69)	M (70-74)	M (75+)
			Lady	L (35-39)	L (40-44)	L (45-49)	L (50 -54)	L (55-59)	L (60+)
Platinum	01:20:00	01:23:00	01:27:00	01:32:00	01:37:00	01:42:00	01:48:00	01:54:00	02:00:00
Diamond	01:23:00	01:27:00	01:32:00	01:37:00	01:42:00	01:48:00	01:54:00	02:00:00	02:07:00
Gold	01:27:00	01:32:00	01:37:00	01:42:00	01:48:00	01:54:00	02:00:00	02:07:00	02:14:00
Silver	01:32:00	01:37:00	01:42:00	01:48:00	01:54:00	02:00:00	02:07:00	02:14:00	02:21:00
Bronze	01:37:00	01:42:00	01:48:00	01:54:00	02:00:00	02:07:00	02:14:00	02:21:00	02:28:00
Jubilee	01:42:00	01:48:00	01:54:00	02:00:00	02:07:00	02:14:00	02:21:00	02:28:00	02:35:00
3 star	01:48:00	01:54:00	02:00:00	02:07:00	02:14:00	02:21:00	02:28:00	02:35:00	02:45:00
2 star	01:54:00	02:00:00	02:07:00	02:14:00	02:21:00	02:28:00	02:35:00	02:45:00	02:55:00
1 star	02:00:00	02:07:00	02:14:00	02:21:00	02:28:00	02:35:00	02:45:00	02:55:00	03:05:00

10 Mile

	Men	M (40-44)	M (45-49)	M (50 -54)	M (55-59)	M (60-64)	M (65-69)	M (70-74)	M (75+)
			Lady	L (35-39)	L (40-44)	L (45-49)	L (50 -54)	L (55-59)	L (60+)
Platinum	00:59:00	01:01:00	01:03:00	01:06:00	01:09:00	01:12:00	01:16:00	01:20:00	01:25:00
Diamond	01:01:00	01:03:00	01:06:00	01:09:00	01:12:00	01:16:00	01:20:00	01:25:00	01:30:00
Gold	01:03:00	01:06:00	01:09:00	01:12:00	01:16:00	01:20:00	01:25:00	01:30:00	01:35:00
Silver	01:06:00	01:09:00	01:12:00	01:16:00	01:20:00	01:25:00	01:30:00	01:35:00	01:41:00
Bronze	01:09:00	01:12:00	01:16:00	01:20:00	01:25:00	01:30:00	01:35:00	01:41:00	01:47:00
Jubilee	01:12:00	01:16:00	01:20:00	01:25:00	01:30:00	01:35:00	01:41:00	01:47:00	01:53:00
3 star	01:16:00	01:20:00	01:25:00	01:30:00	01:35:00	01:41:00	01:47:00	01:53:00	02:00:00
2 star	01:20:00	01:25:00	01:30:00	01:35:00	01:41:00	01:47:00	01:53:00	02:00:00	02:10:00
1 star	01:25:00	01:30:00	01:35:00	01:41:00	01:47:00	01:53:00	02:00:00	02:10:00	02:20:00

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IOK

	Men	M (40-44)	M (45-49)	M (50 -54)	M (55-59)	M (60-64)	M (65-69)	M (70-74)	M (75+)
			Lady	L (35-39)	L (40-44)	L (45-49)	L (50 -54)	L (55-59)	L (60+)
Platinum	00:33:00	00:34:00	00:35:30	00:37:30	00:39:30	00:42:00	00:45:00	00:48:30	00:52:30
Diamond	00:34:00	00:35:30	00:37:30	00:39:30	00:42:00	00:45:00	00:48:30	00:52:30	00:57:30
Gold	00:35:30	00:37:30	00:39:30	00:42:00	00:45:00	00:48:30	00:52:30	00:57:30	01:02:30
Silver	00:37:30	00:39:30	00:42:00	00:45:00	00:48:30	00:52:30	00:57:30	01:02:30	01:07:30
Bronze	00:39:30	00:42:00	00:45:00	00:48:30	00:52:30	00:57:30	01:02:30	01:07:30	01:12:30
Jubilee	00:42:00	00:45:00	00:48:30	00:52:30	00:57:30	01:02:30	01:07:30	01:12:30	01:17:30
3 star	00:45:00	00:48:30	00:52:30	00:57:30	01:02:30	01:07:30	01:12:30	01:17:30	01:22:30
2 star	00:48:30	00:52:30	00:57:30	01:02:30	01:07:30	01:12:30	01:17:30	01:22:30	01:27:30
1 star	00:52:30	00:57:30	01:02:30	01:07:30	01:12:30	01:17:30	01:22:30	01:27:30	01:32:30

5K (Times are for Club Championship Only)

	Men	M (40-44)	M (45-49)	M (50 -54)	M (55-59)	M (60-64)	M (65-69)	M (70-74)	M (75+)
			Lady	L (35-39)	L (40-44)	L (45-49)	L (50 -54)	L (55-59)	L (60+)
Platinum	00:16:00	00:16:30	00:17:00	00:18:00	00:19:00	00:20:00	00:21:30	00:23:00	00:25:00
Diamond	00:16:30	00:17:00	00:18:00	00:19:00	00:20:00	00:21:30	00:23:00	00:25:00	00:27:30
Gold	00:17:00	00:18:00	00:19:00	00:20:00	00:21:30	00:23:00	00:25:00	00:27:30	00:30:00
Silver	00:18:00	00:19:00	00:20:00	00:21:30	00:23:00	00:25:00	00:27:30	00:30:00	00:32:30
Bronze	00:19:00	00:20:00	00:21:30	00:23:00	00:25:00	00:27:30	00:30:00	00:32:30	00:35:00
Jubilee	00:20:00	00:21:30	00:23:00	00:25:00	00:27:30	00:30:00	00:32:30	00:35:00	00:37:30
3 star	00:21:30	00:23:00	00:25:00	00:27:30	00:30:00	00:32:30	00:35:00	00:37:30	00:40:00
2 star	00:23:00	00:25:00	00:27:30	00:30:00	00:32:30	00:35:00	00:37:30	00:40:00	00:42:30
1 star	00:25:00	00:27:30	00:30:00	00:32:30	00:35:00	00:37:30	00:40:00	00:42:30	00:45:00