

Bushfield Joggers



HANDBOOK

**CLUB NIGHTS TUESDAY AND THURSDAY
MEET AT BUSHFIELD SPORTS CENTRE TO
RUN AT 6.30PM**

Membership Handbook 2023

Committee and Club Contacts

Position	Name and E-Mail
Chair	Mandy Walker chairman@bushfieldjoggers.co.uk
Vice Chair	Chris Stapleton vicechair@bushfieldjoggers.co.uk
Club Secretary	Polly Garland & Rachel Stone secretary@bushfieldjoggers.co.uk
Treasurer	Nigel Cronin & Victoria Abraham treasurer@bushfieldjoggers.co.uk
Race Results Secretary	Mark Pereira raceresults@bushfieldjoggers.co.uk
Web Secretary	Shane Goldsmith website@bushfieldjoggers.co.uk
Trophy & Awards Secretary	Lisa Borley awards@bushfieldjoggers.co.uk
Kit Secretary	Craig Matthews kit.secretary@bushfieldjoggers.co.uk
Coaching Reps	Brian Corleys & Eric Winstone
GPAN Rep	Eric Winstone
Park Run Rep	Rachel Stone
Frostbite Rep	Becky Witton
Welfare Officers	Eric Winstone & Vicky Olik

General enquiries

E-mail info@bushfieldjoggers.co.uk

CLUB RULES

Full club rules are laid out in the Club Constitution. This is emailed to all members on joining, and the most up to date version can be found on our website <https://bushfield-joggers.co.uk/> Below is a summary of the key information.

1. CLUB NAME

The official 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 March to 28/29th February

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 March of each year. (Members joining between 1st December and 28th/29th February are not required to pay again on the 1st March of the year they join.)

Membership	Cost per annum	England Athletics affiliation
Full (First Claim)	£37	Yes
	£20	No
Second Claim	£20	No
Social	£15	No

- England Athletics affiliation entitles members to discounted entry into races. (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 March of the current year shall be removed from the club roll and the Facebook page, 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 January or February 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 a website. The Kit Secretary can advise on pricing and sizing and 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 the criteria listed below:

Eligibility Criteria	Members must:
1	have been a full member of the club on or before 1st March i.e. to enter the draw that takes place in Dec 2023 for the 2024 London Marathon you must have been a member of the club on or before 1st March 2023
2	be affiliated with England Athletics
3	have submitted their rejection slip from the London Marathon to the Chair prior to the draw
4	commit to pay their subscription fee for the upcoming year if successful in the draw*

Second Claim members are not entitled to enter the draw.
* If a member is successful in the draw but does not pay their membership for the upcoming season within 2 weeks of the draw, they will lose the place, and a new draw will take place

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 Christmas Party in December.

14. RACE RESULTS

The Race Results Secretary shall:

- collate all the results for the club where possible
- 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 under the name they are registered with England Athletics and not abbreviate their given name. i.e. Stephanie Smith should not be abbreviated to Stef Smith or Steph Smith etc.
- ensure that any name changes are made to their England Athletics records (via the athlete portal), and “the Power of 10” and “Run Britain” websites, and also inform the club secretary
- 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. This can be achieved by completing the form located on the website and the Bushfield Joggers Facebook group.

CLUB EVENTS

The club runs, or participates in, a number of 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. The overall winner (male and female) will be awarded a trophy and club vest with club champion on the back. There will also be a trophy awarded for the following age categories:

V40 male and female
V45 male and female
V50 male and Female
V55 male and female
V60 male and female
V65 male and female
V70 male and female

The overall winner will not receive the age specific trophy as well this will go to the runner up
Your age group is determined by the age you were on 1
March (start of club year) and you remain in this age group

for the whole club year.

Races & Race Categories

Races will be set by the committee before the start of the club year and will consist of a variety of distances from 5k to half marathon. These races will be published on Facebook and the club website.

All finishing positions shall be taken from the officially published results.

If races are cancelled due to weather etc additional qualifying races may be identified and included by the Committee.

Points

Points are awarded for each race for the overall club championship competition and each age group as follows:

1st - 15 points

2nd - 12 points

3rd - 10 points

4th - 8 points

5th - 6 points

6th - 4 points

7th - 2 points

All other finishers - 1 point

Winning

To qualify for this competition, you must have raced a minimum of 4 of the chosen events. There will be one male and one female winner overall and one for each age group. This will be the member with the highest points total from the qualifying races.

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 two points if they volunteer at a race. 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. If a member volunteers and runs in the same event, then only two points are awarded i.e. no more than two points can be gained from one event. In the case of a runner being able to compete or volunteer at two separate parkruns on the same day, then points are awarded for each event as above i.e. one point for running and two points for volunteering, up to a maximum of two points per 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, 10 mile, half marathon and full marathon. In addition, your personal best for a Frostbite Race will also be kept separately as the distances are approximately 5 miles rather than 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 March) 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 Standards

<https://bushfield-joggers.co.uk/members-area/club-standards/>

Following the end of the club year on 28/29th February, 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 club standard tables published on the website. For example a 43 year old man who has run 57 mins 12 secs for a 10k is entitled to claim a 1-star award because they have beaten the 57 mins 30 sec 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 the summer. 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 Personality

The Trophies and Awards Secretary will ask members to nominate their chosen member for this award at the end of each club year. The nominees with the three highest number of votes will then be considered by the Committee to determine the overall winner.

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
- Club Champion runner up Male
- Club Champion runner up Female
- parkrunner (male)
- parkrunner (female)
- Most Improved Runner (male)
- Most Improved Runner (female)
- Club Personality (as above)
- Trophies for participating in at least 4 out of the 6 Frostbite races for the previous season.