

Castle Point Joggers Newsletter

November 2009

This edition

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Congratulations to Greg Deacon who won the inaugural Little Havens mud run earlier this year

Greg collects his trophy
(another one for the cabinet)



Tracey ties the knot with a little help from her friends.

I believe the running props were supplied by a certain Mr Jones.

Don't forget this is the time of year when the trophies are awarded and this years promises to be one of the most exciting and evenly contested seasons for a long time, so good luck to all.

See you at the A.G.M.

***Please note
subs will be also be due on this date***

Castle Point Joggers Newsletter



From the Ed

Ed (AKA Mike Hayward)

Welcome to the autumn edition of the CPJ newsletter.

It has been a very successful year. This year we have won the x country championship and our individual runners have also enjoyed tremendous success.

Bert has won M70 at Harlow 10 and Southend 10K
Daphne has won FV75 at Southend 10k
Denise D was first lady at Dark Lane 10k
Denise W first lady 45 at Leigh 10k

If anyone has any photos or stories to tell I'm always interested, so just let me know.

Remember this is your club. We would welcome any feedback. Don't be afraid to tell us what you don't like as well as what you do (hopefully) Do you want us to put on more of the handicap races on a Sunday, or 4 hills challenge, etc ?

What do people feel about having away days in the summer. So if you have any views on this or other matters please let us know.

You can contact me anytime on our new email address

info@castlepointjoggers.co.uk

Do you receive the club fixtures by email or are you missing out ? please let one of the committee know. Perhaps you have changed email address, or you don't have email. In which case we can post to you.



I found this picture while surfing the web and noticed Homer has the same number I had while competing in the Grays triathlon. I know how he feels !



[This months caption competition](#)

Best caption wins a years subscription to the CPJ newsletter.

Answers on a postcard or email
info@castlepointjoggers.co.uk

Clean answers only please this is a family club.

Good luck

The Marathon Man

Thanks go to John Rickard for sending in his story of his marathon feats (no pun intended)
I'm sure most people in the club were unaware John had completed over 70 marathons, so here is his tale.

[72 down 28 to go](#)

My first marathon was back in June 1983 when 4 of us from work decided to run in the 1st H.W. Stone Southend Marathon. I came last out of the 4 of us in a time of 3.45.27.

The same year I ran the Canvey Marathon in 3.45.05.

In 1984 I had to miss the Southend Marathon due to my son being born on the same day but ran Canvey again in September in a much improved time of 3.10.37.

I ran the 3rd and final Southend Marathon in 1985 in 3.13.32.

April 1986 saw me run my first Mars London Marathon in 3.44.17 and I still have the mars bar which was in the goody bag!

In June of the same year I ran the Potteries Marathon in very hot conditions in 3.27.38.

1987 saw me run my first Snowdonia Marathon in 3.39.10, I then ran Snowdonia every year up to 2007. My Snowdon pb is 3.23.09 and my worst time was in 1998 when I ran with an injury in a time of 5.37.46. In 2002 the race was cancelled a few hours before the start due to severe winds but 4 of us ran it the next day in beautiful conditions and in fact ran 28 miles as we started outside our hotel, we did a time of 4.53.

Other marathons I have run which don't exist anymore are Basildon 1987, 3.29.44, Poole 1989, 3.28.07, Slough 1990, 3.08.02 which is my marathon pb, Romney Marsh 1991

3.31.23. This was the flattest marathon in the country. St Albans 1991, 3.30.01, South Coast 1995, 3.45.29 Manchester 1997, 4.21.55 and the last Hereford Marathon in 2001, 4.13.54. In June 1991 I ran the 80mile South Downs Way run in 15.52.31, there was a 27hour time limit.

Other marathons have been, Luton, Kent Coast, Isle of Wight, New Forest, Robin Hood, Taunton, Shakespeare, Dartmoor Halstead and Loch Ness.

In 2002 I ran 3 marathons on consecutive Sundays, April 7th Taunton, 3.56.42, April 14th London, 4.07.31 and April 21st Shakespeare, 4.11.38.

I ran my 70th marathon in December 2008 when I did the Hastings 100th Anniversary Marathon in 4.06.35. I did my first off road marathon on 1st March this year when I ran the Steyning Stinger in 4.37.42.

Recently I ran my 72nd Marathon running Halstead in 3.56.19, my best time since 2004

John Rickard



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I recently wrote to England Athletics raising some points that a few people had brought up, and thought you would be interested in seeing my letter and the reply I received back, so here it is in full.

Dear Mr Thomas,

May I take this chance to bring this to your attention.

We have recently had quite a few prospective members wishing to join our club, Castle Point Joggers. We are a club aimed at beginners and intermediate runners rather than serious athletes.

The problem I am having at the moment is where new members have previously been with other clubs it is preventing us from adding them to the database, as you know because there are procedures in place whereby they have to submit resignation forms and pay England Athletics a further fee of £10.

Whilst I understand there needs to be some sort of system in place to prevent athletes constantly changing clubs I do believe there should be some flexibility to allow ordinary runners to fast track to a new club in some way. We currently have several runners awaiting the completion of this process which I believe involves England Athletics having to ratify every change of club athlete at a monthly meeting.

Some of these people have not competed for their old club for over 18 months. Some also never had their competition cards issued from their old clubs, but still cannot be added to the database just because the old club holds their details.

In my opinion these rules seem to be in place to suit the higher standard of athletes, i.e. when a runner would want to step up a level for example if they left a jogging club to join an AC or harriers type 'serious club' This is understandable, but we are finding a lot of people are interested in doing it the other way round, i.e. joining a smaller club that is less competitive, but perhaps more friendly.

These are not runners who are ever likely to win any events, but merely want to compete as affiliated runners for their new club and at the moment are being prevented from doing so. This could lead to them being lost to our sport due to them being frustrated at what they may see as unnecessary red tape and bureaucracy.

Many of them ask me "Why do I have to pay a further £10 when I have just paid my club fee and EA £5 fee ?" AND "Why does it take so long"

I have to explain these are not our club rules, but EA regulations.

I would be interested in hearing your views on this subject.

To see the reply I received from EA please see next page.

Yours sincerely,

Mike Hayward
Secretary, Castle Point Joggers

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Dear Mr Hayward,

Thank you for your email.

Your understanding of the system is a lot better than most.
I would just like to clarify a few points before I answer your main question.

The £10 fee is only applicable if the athlete is applying for exemption from the 6 month ban.
If the athlete is under 15 then the fee also does not apply.

I can also understand your frustration when all the athletes want to do is compete for their new club.
Unfortunately we must have the same rules for all clubs & athletes. They must all go through the process.
From an Olympian to a complete beginner then must all go through the process. To have different processes would be unfair for all involved.

The £10 fee is only if you are applying for exemption. This fee is an admin fee for the committee that the application is sent to.

The length of time is totally dependant on the athlete & previous club. The resignation side of the process is normally the longest to complete.

We must get confirmation from the previous club that the athlete has left & does not owe any monies (membership, fee's etc) before we can make the appropriate changes.

If anyone has any queries relating to their England Athletics affiliation I would more than happy to help answer your questions, or I can contact them for you on your behalf.

Mike H

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Sunny Southend on Sea 10K



Castle Point Joggers celebrated the 25th running of the Southend 10k with a record turnout of over 30 runners.

Honours once again went to Richard Bonham. First CPJ in a time of 38.31, but he had to work hard for the club honours battling with Paul Jackaman who finished 10 seconds behind him in 38.41.

The club's spokesperson said "There were some stunning performances from our guys today. Not just from the fast boys, but from some of our beginners, and more seasoned campaigners. In fact we had 2 class wins and several of our runners achieved personal bests"

These included Bert Miles who followed up his M70 class win at Harlow with another victory today and Daphne Pugh who took the honours in the F75 class.

The Southend 10k concludes our championship series, so there was even more at stake. The club champions are announced at our A.G.M. in November"

"This shows we are a club that look after all ages and abilities and is certainly not elitist and goes to prove it's never too late to take up this great sport"

"Everybody connected with our club enjoys this race not just because of the chance of fast times, but you get to see so many well known faces and the camaraderie and atmosphere is second to none"

All our runners stay to cheer on the newcomers and our times range from 38 minutes to over an hour, and this year we even celebrated with a Rossi's ice cream on the seafront in the autumn sunshine"



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A big thank you goes to Greg for all his efforts in putting on the trail race in memory of Neil. As you know the money that was raised went towards the bench in the nature reserve at Little Havens, one of Neil's favourite spots and the scene of many a hard training session. Please do take a moment to go and see it when you are next over there.



A great turnout at the start of Neil's trail race which took place at Little Burstead earlier this year. We had runners from Pitsea, Springfield Striders and Basildon all taking part.

The results in full are on the website



I Don't know how this bloke won, must have been because everyone else had already gone home before the prizes were given out !

