



New Members Welcome Pack

Congratulations you are now a member of Castle Point Joggers. Here is some information you will find useful. If you have any queries please just ask Mike, Jayne or Kate on a Tuesday evening or drop us a line info@castlepointjoggers.co.uk

It is well worth while signing up to our Facebook group page even if you don't use Facebook on a regular basis, as lots of last minute information will be posted here.

<https://www.facebook.com/groups/CASTLEPOINTJOGGERS/>

Running Sessions

The club meets on a **Tuesday** evening at the old fire station, Hadleigh **7.15pm for a 7.30** start. (This is our main club night)

Monday evening – Hill / Speed session (A great way to improve your times and running in general) **6pm**, Opposite King John School, Shipwrights Drive.

Wednesday 7pm Circuit Training

Please note these sessions are subject to change. Please check Facebook group page for up to date info

Thursday mornings there is normally a social run from John Burrows Park meet in the car park by the tennis courts, Hadleigh, 10.30am. Distance between 5 and 7 miles. Thursday evenings there is normally a beginners session / fairly easy, 6.30 at John Burrows park. The evening sessions are great for people who may be returning to running after a layoff from injury, etc. and want to get their confidence back.

Thursday Evening Interval Session 6.45pm John Burrows Park (Winter)

From April meeting point will be opposite King John School, Shipwrights Drive

The new session will embody the club's ethos of Fitness Fun and Friendship:

Fitness

The training will be based on short intervals of running with recovery between them (in reality the recovery is a chance to chat and have a laugh while you get your breath back!)

The group is for all abilities everyone works within their own limits. Anyone who can run or jog 5 km will be able to take a full part in the session.

The training is great for improving stamina and leg speed and enabling you to improve -whatever your favourite distance or simply to maintain your general fitness

Fun

The sessions will be varied from week to week to ensure that they are fun and interesting and providing something for everyone

Success will be measured by monitoring SPM (smiles per minute) within the group.

Friendship

it is very rewarding to work in a group there is great camaraderie and lots of support and encouragement nobody will be pressurised or left behind.

Saturday 9am lots of our members take part in Park Run. These are 5k runs, free to enter, but you will need to register and print off a bar code. Don't forget to put Castle Point Joggers down as your club. They take place at Basildon, Hockley and Southend and start at **9am**

<http://www.parkrun.org.uk/>

Sunday

This is normally race day, but if there is not a race on we normally meet up for a long training run.

Great for marathon training. The start times and location do vary, so please check our Facebook

page for all the up to the minute info. <https://www.facebook.com/groups/CASTLEPOINTJOGGERS/>

Club Kit

We don't force our members to wear the kit, but we do encourage it as it does look great at a race when we all turned out in our Blue. If you would like to purchase items of kit please just ask Kate and she will be able to help. The only time it is compulsory is when you are competing in Essex championship events, such as Saturday league cross country and the relay events, etc.

England Athletics Affiliation

If you are a new member and have opted for the full EA membership and have joined between November and March 31st we will pay this to England Athletics on April 1st when their fees are due. You will then receive a card with your unique number. This is then used every time you enter an affiliated race saving you £2 each time. If you wish to enter a race before April you can opt to have your fee paid immediately, but this would mean it would be due again from April 1st

Email

Please ensure we have your up to date email address, as we will use this to send out important information, monthly fixture, and any other things that come up that you may need to know. We promise not to bombard you with too many emails.

Trophies

Everyone has a great chance to win a trophy. These are awarded at the end of the season at our AGM at the end of November when the subs are due. Below is an explanation to how these are awarded,

The Jogger of the Year

This is given to the runner who the committee believes has not only had an outstanding year in terms of running, but has contributed towards the success of the club in some way and who is a regular attendee at club events and an active member.

John Virgo Shield

This award is given to the runner who has shown the most improvement over the 5k distance

The All Rounder

The basis of the cup is that you do at least one race of each of the 5 distances (5k, 5m, 10k, 10m, 1/2 marathon). If you do more than race at the distance then your best time counts. The quickest man and lady overall is crowned best all-rounder. Some of the earlier races are very popular so an early entry is suggested. This trophy is worked out on age grading percentages, so everyone has an equal chance of winning.

Eamon Martin Trophy

This operates on a handicap system and only applies to 10K races. The races that are eligible are shown each month on the fixture list. The final is the Southend 10k in October.

To qualify you must have completed at least 3 of the races including Southend. If you miss the final your scores will not count.

For each race you finish you will be awarded 20 seconds bonus.

The series begins straight after the previous year's Southend 10k, normally Billericay in November.

The runner who sets the fastest time at the first race creates the benchmark time. Below is an example,

Mr Other runs a time of 49.21 at Billericay which is the fastest time that day for CPJ runners therefore laying down the benchmark for all other club members.

Joe Bloggs runs the same race in 49.28 this means Joe has a 7 second handicap advantage over Mr Other. Joe then takes part in the Hatfield and Horndon events. This means he has now earned 60 seconds (3 x 20) bonus. If you add this to his 7 seconds it gives him a handicap of 1.07 this is then deducted from his Southend finishing time. He runs a time of 48.59 at Southend, 1.07 is taken away leaving him with a time of 47.52

Hope that helps explain things. Make sure you enter as many 10k races as possible to give yourself a better chance.