

CASTLE POINT JOGGERS TROPHIES.

The Jogger of the Year

This is awarded 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.

Runner of the Year

This award is decided by the members. Each member votes for a runner who in their opinion has excelled in their running achievement during the year. The award is purely running performance based.

John Virgo Shield

This award is given to the runner who has shown the most improvement over the 5k distance. Based on parkrun times at Basildon, Hadleigh, Hockley or Southend from November to October. Minimum of three races to be completed

The All Rounder

The basis of the cup is that you do at least one race of each of the 6 disciplines (Cross Country, 5k, 5m, 10k, 10m, 1/2 marathon). If you do more than one 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.

Eamon Martin Trophy

The Eamon Martin Trophy applies to 10K races. The winner is worked out after taking into account a combination of a time bonus and handicap time.

All 10K races during the season that have official published times (other than the Hadleigh Legacy race) are eligible. Where a gun time and chip time are published the chip time will be utilised.

The season starts with the Leigh on Sea 10K and ends with the Southend 10K. For your race / time to count please make sure that it is included in the club record achievement, which if you are not sure that it has been included can be done by notifying one of the committee.

To qualify for entry you must complete at least 3 races during the season.

Your time bonus is calculated as follows; for each race that you finish you will be awarded a 20 second time bonus.

Your handicap time will be calculated as follows; if your fastest time is slower than the benchmark time, then you deduct your time from the benchmark time to give your handicap time. If your fastest 10k time is faster than the benchmark time your handicap time will be nil.

At the end of the season, your total time bonus and handicap time are deducted from your fastest eligible race time which gives your Eamon Martin time.

The Benchmark time is calculated as being the mean average of the 3 fastest times recorded during the season.

Below is an example of a members Eamon Martin time.

Benchmark time for the season 42.00

CPJ member runs in 5 eligible 10k races and their fastest time is 44.10.

This means that their time bonus is 5×20 being 100 seconds (i.e. 1.40) and their handicap time is $44.10 - 42.00$ being 2.10.

Therefore their Eamon Martin trophy time for the season will be $44.10 - 1.40 - 2.10$ being 40.20

So the more 10k races that you complete the better your chance of winning.