

## **Newmarket Joggers Club Awards**

### Purpose of the awards

The awards have been structured so that they will recognise and reward:

- absolute ability and/or performance; or
- personal achievement/improvement/participation/effort; or
- a combination of some or all of the above factors.

Members will be asked for nominations via an online form approximately 3 weeks prior to the annual Christmas Party ( or otherwise notified) and then taken to committee for a vote. This will be further ratified by the Captains and Chair- who's decision will be final.

The period taken into account for the annual awards will be 1 December to the following November except for the Winter 5K Handicap. In all categories except New Member previous winners are eligible. A member may be given more than one award.

### Champion Performer

Will be awarded to the runner (male or female) who has posted the outstanding performance(s) of the year. This will be in race(s) where the time and finishing position are officially recorded and verifiable. Participation at training, in club races, helping at club events and involvement in the management of the club etc will not be taken into account.

Nominations will be invited from club members in early November 2018 and will be put to a vote of the committee.

### Veteran

There will be separate awards for men and women. Runners who were aged 50 or over on 1<sup>st</sup> December of the awarding year will be eligible. These awards will recognise performance in races where the time and finishing position are officially recorded and verifiable including Parkrun.

### Improver

There will be separate awards for men and women. These awards will recognise improvement (from any starting level) and will take into account:

- Race results (including but not only Kevin Henry 5K and Suffolk Winter Cross Country leagues and Parkrun)
- Winter 5K handicap (December – November )
- Training - track sessions (based on feedback from coaches)
- Training - distance runs (eg where someone runs with a faster group)

### Grand Prix

There will be separate awards for men and women. This rewards both performance and participation in the Kevin Henry 5K and Suffolk Winter Cross Country league races and takes age into account. For a full explanation of the rules please go the website:

<https://newmarketjoggers.co.uk/grand-prix-series/>

### Winter 5K Handicap

There will be separate awards for men and women. These awards will be based on the races from October to April take into account: achievement and participation (running and volunteering) and will be decided by the Organiser. They will be presented at the Heath Race in May.

### New Member

There will be separate awards for men and women. Members who joined after 1 November of the awarding year will be eligible. The award will be for the runners who have shown that they have got the most out of being a member of the club. Taken into account will be:

- Participation in club training (track and/or distance runs)
- Running in league races (Kevin Henry 5K and Suffolk Winter Cross Country leagues)
- Running as a Newmarket Jogger in other races
- Helping with club activities and races

Nominations will be invited from committee members in early November 2018 and will be put to a vote of the committee.

### Club Member

There will be separate awards for men and women. The award will be for the runners who have shown that they have contributed to the club in some or all of the following ways:

- Run for the club in team events (eg Kevin Henry 5K and Suffolk Winter Cross Country leagues; Ekiden Relay; Round Norfolk Relay; Cross Country County Championships)
- Run as a Newmarket Jogger in other races
- Helped run club activities (eg Heath Race, Marcus Gynn 10K, Beginners' Group, coaching and leading runs)
- Fundraising (for the club or for a good cause or charity through their running)

For committee members to be eligible they must have done more than is expected of their committee role.

### Vest on a Quest

The most different or interesting (eg furthest away, scenic, fancy dress) place a Newmarket Joggers club vest was worn in a race. Photographic evidence required.

Self-nominations will be invited and voted on by committee