

Club Awards Specification – 2023

The specification for club awards in 2023 has been reviewed so that they are more inclusive, fair and clear for members.

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

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

The qualifying period for each year will be 1st November to 31st October. In all categories except New Member previous winners are eligible. A member may be given more than one award. To win any award a member will have to be 1st claim Newmarket Joggers.

Nominations will be put together by the selection panel (see 'Selection Panel & Voting Process' document) unless otherwise stated.

Members will be able to vote on the nominations (see 'Selection Panel & Voting Process' document).

Champion Performer

Separate awards for male and female.

Member who has posted the outstanding performances of the year. This will be in races where the time and finishing position are officially recorded and verifiable. The key races/indicators considered by the selection panel will be:

- Races verified by British Athletics, results can be viewed on Run Britain / Power of 10 on road, cross country, trail or track.
- County & National Level Competitions.
- Suffolk Winter Cross Country league & Summer 5k Series.

Time and finishing positions will be considered and representing your county/country – also to ensure that the awards are given to a good representative of the club, race results will only be considered if they wore an official Newmarket Joggers vest (unless valid reason for not wearing one such as wearing charity or county/national vest).

Veteran

Separate awards for male and female.

Runners who were aged 50 or over on 1st December for the year will be eligible. These awards will recognise performance in races where the time and finishing position are officially recorded and verifiable. Key factors in deciding who the selection panel nominate will be:

- Performances in age category at races verified by British Athletics, results can be viewed on Run Britain / Power of 10 on road, cross country, trail or track.
- Age graded performance on above races.
- County/National age selection.

To ensure that the awards are given to a good representative of the club, results from races will only be considered if they wore an official Newmarket Joggers vest (unless valid reason for not wearing one such as wearing charity or county/national vest).

Most Improved

Separate awards for male and female.

These awards will recognise improvement (from any starting level) and will consider:

- Performances in age category at races verified by British Athletics, results can be viewed on Run Britain / Power of 10 on road, cross country, trail or track.
- Club Winter 5K handicap.
- Training - track sessions (based on feedback from coaches).
- Training - distance runs (based on feedback from LIRFs).

Grand Prix

Separate awards for male and female.

This rewards both performance and participation in the Summer 5K Series 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/>

These awards will be presented at the Jingle Jog due to the last race in the series usually being after the awards evening.

New Member

Separate awards for male and female.

Members who joined after 1st November each 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. Consideration will be given to:

- Participation in club training (track and/or distance runs).
- Races verified by British Athletics, results can be viewed on Run Britain / Power of 10 on road, cross country, trail or track.
- Suffolk Winter Cross Country league & Summer 5k Series.
- Helping with club activities and races.

To ensure that the awards are given to a good representative of the club, results from races will only be considered if they wore an official Newmarket Joggers vest (unless valid reason for not wearing one such as wearing charity or county/national vest).

Club Member

Separate awards for male and female.

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 (e.g. Summer Series 5K and Suffolk Winter Cross Country leagues, Ekiden Relay, Round Norfolk Relay, County Championships).
- Helped run club activities (e.g. Heath Race, Newmarket 10K, marshalling, 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.

To ensure that the awards are given to a good representative of the club, results from races will only be considered if they wore an official Newmarket Joggers vest (unless valid reason for not wearing one such as wearing charity or county/national vest).

Winter 5K Handicap

These awards will be based on the 5k Handicap races from October to April.

- Overall series winner

For all members who complete a minimum of 4 races – their best 4 results will be added together and the member with the lowest score wins the series. Prizes for 1st, 2nd & 3rd

- Fastest 5k time

Fastest time by both male and female over the whole series.

These awards will be presented at the NJ Heath Race or other summer NJ event.

Coaches Award

Separate awards for male and female.

To recognise consistent commitment to, and application in, training. Consideration will be given to:

- Regular attendance at training.
- Enthusiastic and helpful to fellow members during training sessions.
- Helped out or run training sessions.

Award will be decided by coaches without going to selection panel or voting. Can be awarded to regular club member or coach/LIRF depending on who coaches feels is most deserving for the year.

Vest on a Quest

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

Fun Awards

Awarded at the club 'Jingle Jog' these awards will celebrate the lighter side of being a club member and will be created based on events happening throughout the year. Examples would be:

- Funniest running photo.
- Forgetful member of the year (e.g. turning up to race without running shoes).
- Best fancy dress.