

BOURTON ROADRUNNER JUNIORS

ATHLETE OF THE YEAR AWARD COMPETITION.

POINTS ARE GIVEN FOR ATTENDANCE, DEDICATION, IMPROVEMENT (PERSONAL BEST'S & AVERAGE BEST'S), & SUPPORT OF THE CLUB.

Without regular Attendance and Dedication you are much less likely to improve and in turn improve on your Personal Best's and Average Bests. We also highly value your support of the Club by competing in Fun Runs and Races, this in turn helps you become an even better Athlete. From 2019 bonus points will also be given (Support of the Club) to help Marshall at either one or both of the Club's two races. Proceeds from these races subsidise the Junior Club by paying the Cotswold School Fee's.

Athlete of the Year Award Competition runs annually from January through to December and is split into four Periods. January to April (WINTER XC). May to July (ATHLETICS). August to September (SUMMER XC). October to December (WINTER XC). As Bourton Road Runner Junior's are predominantly a Cross Country Club and our main Competition Period runs from October to April when the important County and School Cross Country Competitions take place. We give additional bonus points over the two WINTER XC periods due to the importance of regular training over these periods.

Each age group is split into three categories, A, B and C. Those in Group A run the full distance for their Age Group which is of a similar distance to what they would run in Cross Country Competitions. Those who feel they are not yet ready to run the full distance will be placed in Group B or C as we do not want to push our new runners and discourage them. Group B run the same distance as the year group below and Group C, two year groups below. We do however wish our members to run the full distance for their age group when ready, even at a slower pace. With regular training this should not take too long and make it even easier to improve on their Personal or Average best the following period. Therefore even though members in Group B or C will receive points for Attendance, they will not receive points for improving on Personal Best's or Average Best's and their times will not be carried forward from previous periods.

For Personal Best's and Average Best's we compare times from the current period against a previous period. For any members who stay in the same age group the Long Timetrial time from the current period will be compared against the Long Timetrial time from the previous period. When moving up an age group, the Short Time Trial time from the current period will be compared against the Long Time Trial time from the previous period which is of a similar distance. We often find when members move up an age group that they concentrate on the longer distance and slow on the shorter distance which we advise against. Running a quick Short Time Trial will lead to quicker times on the Long Time Trial.

ATTENDANCE

All members will be awarded points for attendance for the current period.

The greatest number of points are awarded for the current periods's Attendance but also a smaller percentage of points will be awarded for Attendance, from the same period, the year before, for Dedication.

PERSONAL BESTS

Your Current Personal Best is compared against a Personal Best from a previous Period

For the ATHLETICS and SUMMER XC periods, this would be for the same period the year before. For the two WINTER XC periods this would be for the last WINTER XC period before. (The current Jan to April period will be compared against the previous October to December period and the current October to December period will be compared against the previous Jan to April period.)

If you do beat your Previous Best then you will also receive Bonus Points for the number of times you beat your Personal best over the current period and also for Attendance over the current period and the previous period to be compared.

We do feel that when beating a Personal Best that it is far more impressive when members have high attendance in the current and previous period to be compared, than with low attendance. If you only ran a few sessions during the previous period to be compared, you will find it far easier to beat your time during the current period and do feel we should offset this.

AVERAGE BESTS

Your Average Best from the current Period is compared against your Average Best from the same Period the year before.

Your Average Best is calculated by averaging your best two or three times over each period to be compared.

We compare either an average of two or three of your best times set each period. The number of times is determined on the number of sessions over the same distance during the period. For three or four sessions then it is an average of your two best times, for five or more sessions then an average of your three best times.

If you have not completed the required amount of sessions during the current period or the same period the year before, you will not receive any points.

Should for any reason we fail to run at least three Long Timetrial or Short Timetrial sessions for the current period or the previous years period then no points will be given to any member for Average Bests.

SUPPORT OF THE CLUB

Points are given for supporting the club in club colours in local Fun Run's and Races and for competing in the Gloucestershire Cross Country League. We use the results from the Race Champ Competition to calculate these points. Currently a maximum of 35 points per session are given if you competed in every race in the Race Champ Competition or a percentage thereof. This is then multiplied by the number of sessions run throughout the year.

From 2019 you will also receive bonus points when a member and parent/guardian helps to marshall one of the clubs two races, currently the Bourton 10k and Half Marathon. 5 points will be given for each of these two races if you help. These points will then be multiplied by the total number of sessions that take place during the current year, therefore approximately 250 points for either of the two races, approximately 500 if you do both. (Based on 50 sessions in 2018)

ATHLETE OF THE YEAR AWARDS

Trophies will be awarded to approximately 20% of the total number of fully paid up members as on the 21st December of the Competition year.

The Female and Male with the highest number of points will win the Female and Male Athlete of the Year Trophies.

The member with the highest number of points, who has not won the trophy before, will be presented with the Jack Oaky Trophy which they will keep for a year.

All other award winners will be presented with an Athlete of the Year Runner's Up Trophy.

The presentation will usually take place in February.