

Easingwold Running Club - Club Championship Rules

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The purpose of the Club Championship is to encourage member participation in a selection of popular races and enable friendly competition as well as promoting a collaborative ethos in the club.

There are separate Male and Female Championship competitions, the events used will be the same.

The Championship runs with the calendar year, races will be selected by the Competition Secretary and Committee member representatives in consultation with club members. Members do not have to register for the Championship but ideally make sure they enter events under 'Easingwold Running Club'. This will then help the Competition Secretary to include their results in the Championship and make sure all participants are correctly scored.

The races will be selected bearing in mind the following:

- distance from Easingwold
- ease and cost of entry (races which sell out quickly are generally not considered)
- difficulty and popularity among members
- generally not being less than 7 days from each other.

The Championship will include races from the York Road Race League, XC League and club only free to enter events.

There will be a total of 20 events, with two of the events being 'floating' (more details below). The list of events will be published before the start of the season although it is accepted that some events may not yet be confirmed with entries open.

At least 8 events will have some element of "Off Road". These can be Cross Country races (XC), Multi Terrain, Trail Races or Fell Races.

An individual must complete at least eight events from the twenty to finish and qualify for the Championship. If the individual completes more than 8, the higher scores will be used.

At least two events must be from the Road category and two from the off-road category in the eight event qualifying score.

There is no limit on the total number of events an individual can do but only eight will count to the individual's final Club Championship score.

Championship Scoring

The scoring shall be Age graded to ensure a level playing field, regardless of age.

Age Grading was developed by the World Association of Veteran Athletes, the world governing body for masters (veterans) track & field, long distance running and race walking. It uses tables of age factors and age standards (last updated in 2020) to adjust the actual time according to the individual's age. This is known as the age graded result. The individual's age on the 1st January of the Championship year shall be used throughout the season. More details can be found at

<http://www.howardgrubb.co.uk/athletics/mlrroad20.html>

Also see rules appendix for current tables being used.

The Club Championship Scoring race time shall be calculated as follows -

Race time x age grade factor = Age corrected race time

Race organisers chip time will be used or organisers official result time where chip timing is not in use.

Example below:

40 year old female runs 10k in 50:00

Age grade factor from table 0.9713

Race time x age grade factor = Age adjusted race time

50:00 x 0.9713 = 48:34

Championship points will be awarded for each event as follows:

Fastest Age corrected race time = 50 points

2nd fastest Age corrected race time = 48 points

3rd fastest Age corrected race time = 46 points

4th fastest Age corrected race time = 44 points

And so on, everyone completing the event receives points.

Results will be published after each event along with the current Championship scoring table.

In the event of a tie after 8 scores between individuals, additional round scores will be added in until the tie is broken e.g. 9th best scores between two individuals. If the tie still can't be broken head to head results will be used to determine the outcome.

Trophies shall be presented to the following at the annual awards evening:

Male and Female - Club champion, 2nd place, 3rd Place

All qualifying individuals completing the Championship shall be eligible for an award memento.

The finishers list will be divided into highest scoring third, middle scoring third and lowest scoring third.

Award mementos will be presented at the annual awards evening as follows:

Highest scoring third - Gold (mementos will not be given to Trophy winners)

Mid scoring third - Silver

Lower scoring third - Bronze

Floating events

These were introduced in 2024 to give members even more flexibility and are any parkrun and any measured, certified marathon. You will be able to take part in as many (of both) as you like from 1st January and submit your best time to the Competition Secretary via the correct online form by 30th September for parkrun and 30th November for the Marathon. The times will be listed, age grade corrected and points applied in the same way as the non-floating events after the closing dates above. Only one floating event will be considered in an individual's 8 events required to complete the Championship. When multiple floating event times have been

submitted, the Competition Secretary will work out which gives the participant the most points and that will be the only one included.