

Strathearn Harriers Club Championship 2008

The overall aims of the club championship in 2008 remain the same, namely

- To make club membership more enjoyable
- To encourage club members to race more frequently for the club
- To give the club a stronger and more visible presence in the running community and in so doing attract more members

The club championship in 2008 has a few changes based on the experience of last year.

1. Race selection for 2008 aims to
 - take account of which races our members said they would run in the online survey in 2007 (which was largely local, short and a mix of hill and road)
 - take account of which races our members did actually run in 2007
 - find a balance between weekdays/weekends, road/hill, long/short, which were concerns raised on the forum
 - spread the races out across the year and apart from each other
2. The scoring system for 2008 aims to
 - make it possible for all club members to compete for the championship
 - smooth out the age handicapping by using exact ages rather than age bands
 - reduce the weight given to taking part in many races

The championship race calendar is:

<i>Month</i>	<i>Date</i>	<i>Day</i>	<i>race</i>	<i>distance</i>	<i>terrain</i>
April	24	Thur	Kinross 10k	10k	road
May	7	Wed	Dumyat	5 miles	hill
	28	Wed	Knock Hill	5 miles	hill
June	4	Wed	Lang Toon 10k	10k	road
August	7	Thur	Comrie Hill Race	5m	off-road
	17	Sun	Sherrifmuir	11 miles	road
September	28 or				
	Oct 5	Sun	Pitlochry	10k	road
<i>Other Club Championship race categories</i>					
Half marathon, marathon or ultra		Wkend	Any accredited	13 miles +	road/off
AM or AL hill race		Wkend	Any accredited	> 6 miles	hill
Joker		any	Any accredited	>= 5 miles	any

A Joker is available to all members for one accredited minimum 5 mile race, not to be used retrospectively, ie only for a race run between the date of the AGM/official start of championship and the end of October 2008.

Rules and points system are

- minimum of 5 races in order to qualify for the championship
- 1 attendance point per race run, up to a maximum of 7
- If you don't race in a club vest you don't score your attendance point
- additionally, for the individual's best 5 qualifying races, points will be awarded based on:

(200 minus % of winner's finishing time divided by 10) x (1 + 1% age)
- Men's points calculated based on time of the overall winner, women's points based on time of first woman.
- If you finish in over double the winner's time you don't score any points.

So for example

- o Winner finishes in 30 mins. Your time is 39 mins = 130%
- o 200-130 = 70
- o 70 divided by 10 = 7 points
- o your age is 42, so 1 + 1% of 42 = 1.42
- o Net score 7 x 1.42 = 9.94 points