

Strathearn Harriers Club Championship 2010

The overall aims of the club championship in 2010 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 proposal for the club championship in 2010 has a few changes to make it easier to administer and to spread the races out some more.

1. Only the named races listed below qualify for the championship. This year there will not be an option to submit your best hill race or marathon/ultra outside the races listed.
2. You may choose a joker from among the 10 listed races. When you play your joker your total score counts double. You must nominate your joker on the forum or by e-mail at least 24 hours before the start of the race. You may not choose the Comrie Fun Run or the Lang Toun 10k as your joker.
3. Otherwise, rules and scoring system remains similar to previous years:
 - 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 based on time of the overall winner, women's on time of first woman.So for example
 - ° Winner finishes in 30 mins. Your time is 39 mins = 130%
 - ° $200 - 130 = 70$
 - ° $70 \text{ divided by } 10 = 7 \text{ points}$
 - ° your age is 42, so $1 + 1\% \text{ of } 42 = 1.42$
 - ° $\text{Net score } 7 \times 1.42 = 9.94 \text{ points}$

The proposed championship race calendar is:

1. March 6th Sat Birnam Hill Race (4miles; 1600ft)
2. March 21st Sun Alloa ½ Marathon
3. April 29th Thur Kinross 10k road
4. May 19th Weds Kinnoull Hill Race (4 miles; 800ft)
5. June 2nd Weds Lang Toun 10k road
6. June 30th Weds Brig Bash 5 mile road
7. July 14th Weds Maddy Moss Hill Race (6.5miles; 2500ft)
8. August 5th Thur Comrie Hill Race 5m off-road
9. August 15th Sun Sherrifmuir 11 miles road
10. Sept 19th Sun Stirling 10k