

## Strathearn Harriers Club Championship 2012

The overall aims of the club championship in 2012 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

It works as follows:

1. Only the named races listed below qualify for the championship.  
There is no longer 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 Fortnight Hill Race 10k as your joker.
3. Otherwise, rules and scoring system remain 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
    - o Winner finishes in 30 mins. Your time is 39 mins = 130%
    - o  $200-130 = 70$
    - o  $70 \text{ divided by } 10 = 7 \text{ points}$
    - o your age is 42, so  $1 + 1\% \text{ of } 42 = 1.42$
    - o  $\text{Net score } 7 \times 1.42 = 9.94 \text{ points}$

**Some dates remain to be confirmed , but the 2012 championship race calendar is:**

1. February 5<sup>th</sup> Forfar ½ Marathon (mixed terrain)
2. March 18<sup>th</sup> Alloa ½ Marathon
3. March 24<sup>th</sup> Birnam Hill Race (4miles; 1600ft)
4. April 11<sup>th</sup> Newtyle Hill Race (7.5k, 280m ascent, 7 pm start)
5. April 26<sup>th</sup> Kinross 10k (7.30 pm start)
6. May 16<sup>th</sup> Kinnoull Hill Race (4 miles; 800ft)
7. June tba Lang Toon 10k road
8. June 21<sup>st</sup> Milnathort Dash (5.5 miles road, 7.30 pm start)
9. July tba Brig Bash 5 mile road
10. August 2<sup>nd</sup> Comrie Fortnight Hill Race 5m off-road

