

Club Championship 2017

Category A – Trail/hill races

Gartmorn 6 ¹	Trail	6 miles	March 12
Norman's Law ²	Hill	4.3 miles	April 22
Dumyat hill	Hill	4.9 miles	May 3
Kinnoull hill	Trail	4 miles	May 18
Club 5k	Trail	5k	end September

¹ Also includes the Junior trail race

² Also includes the Junior Emily Hill race

Category B – Short road races

Dunblane ³	Road	12k	May 28
Women's 10k	Road	10k	June 4
Milnathort	Road	5.25 miles	end June (midweek)
Brig Bash	Road	5 miles	early July (midweek)
Pitlochry 10k	Road	10k	mid September

³ Also includes a 2km Junior race

Category C – Long road races (10 miles or longer)

Tom Scott 10	Road	10 miles	April 2
Loch Leven half	Road	13.1 miles	May 13
Aberfeldy half	Road	13.1 miles	September 2

The Championship is open to all members of Strathearn Harriers over the age of 16. For the men, the Championship consists of a series of 12 nominated races. For the women, there are 13 races – all the same races as the men, plus the Women's 10k in Glasgow in June. You can do as many of the races as they wish.

In order to complete the Championship a minimum of 5 races must be completed, with at least 1 race from each of the three categories shown:

- trail/hill races
- short road races
- long road races.

If you cannot manage any of the nominated races in a category, you can use a wildcard to complete another race in the same category. For example, if you cannot enter one of the three long road races, you can use a wildcard with any other road race of 10 miles or more, such as the Tay 10, or any other road half-marathon, such as Alloa, Edinburgh, Dundee, Islay, Mull, and so on.

The 5 best races for each runner will be added to give performance points. In addition, 1 appearance point is given for every Championship race run. To gain the appearance point, you must run in Harriers vest or top.

In addition to the nominated races, you have 2 wildcards. Wildcard races should be nominated prior to the race to the Championship organiser Tony Wayte (email/forum/Facebook/text would be best). Wildcards can count as one of the best 5 races and so count towards the Championship.

A wildcard must be a race that has a Scottish Athletics/UK Athletics permit, has a field of at least 100 and takes place within the timescale of the championship. It will be the responsibility of the person playing their wildcard to provide the Championship organiser with a full set of results of the race or it will not be counted.

Everyone has one joker they can play. This must be nominated for a specific race in the same way as the wildcard to the Championship organiser before the race. Playing your joker means that points scored for that race before an appearance point is added are doubled. Jokers can be played on wildcard races, but you cannot play your joker at the Club 5k.

Championship points will only be awarded to runners listed in the official results. Runners running under someone else's name will not get race or appearance points. If race places are exchanged, this can only be done with the express agreement of the race organisers in advance of the race.

Championship points will only be awarded to paid-up members of the club.

The winners of the championships will be the man and woman with the most points after the last formal championship race has been run.

Calculating the points

Performance points are awarded according to the calculations shown below and are worked out in relation to:

- the winning time of the race
- the finishing time of the runner
- the age of the runner

To take an example:

The winning time of a race is 30 minutes.

Runner X is 45 years old and finishes in 36 minutes.

Runner X's time is divided by the winner's time to give a number:

- $36 \div 30 = 1.2$

That number is then subtracted from 2 and the resulting number is multiplied by 10.

- $2 - 1.2 = 0.8 \times 10 = 8$

That number is multiplied by a factor depending on age:

- 1+ age divided by 100: in this case 1.45

So the points awarded would be:

- $8.4 \times 1.45 = 12.2$.

Finally an appearance point is added to give a total of 13.2 points for the race.

The age correction factor is a little tricky for the youngsters. Someone under 20 will have a correction factor of 1.3. Age 20 and above it is your own age as described in the example. Age 25 would have a correction factor of 1.25.