Club Championship 2025

The overall aims of the club championship are to:

- encourage club members to race more frequently for the club
- make it accessible and attractive both to those who prefer road racing and to those who prefer hill racing
- identify male / female club champions who showed commitment and excellence in their racing
- offer a parallel "good-for-age" championship opportunity for Masters (40+) athletes
- give the club a stronger, more visible presence in the hill and road running communities.

Rules

- Open to all club members who are eligible to compete in the required number of races (i.e. Juniors are welcome to take part in races for which they meet the organisers' minimum age requirements).
- 10 races have been chosen as specific championship races: 6 road races; 4 hill races.
- You must complete at least 4 eligible races to count in the championship.
- Each competitor must complete at least one road race and one hill race from this list of 10.
- In addition to the nominated races, you can also play a Joker. Your Joker counts as an eligible race. A Joker can be any race with more than 75 finishers and be over 5 miles long.

With apologies for the mixed units, the nominated Championship races are shown in the table below. Links are provided for race info and online entries.

Date	Race	Distance/ascent	Category
29 March (Saturday)	Birnam Hill Classic	4.5 miles/335m	Hill
19 April (Saturday)	Ben Chonzie	13.5 miles/1140m	Hill
27 April (Sunday)	Hidden Glen 10k	10k/lumpy	Hill
7 May (Wednesday)	Dumyat	5 miles/380m	Hill
15 May (Thursday)	Kinnoull Hill	4 miles/250m	Hill
25 May (Sunday)	Dunblane Road race	12k/lumpy	Road
21 June (Saturday)	Eildon 3 Hills [1]	4.5 miles/510m	Hill
26 June (Thursday)	Milnathort Dash	5.4 miles/up on the way out, down on the way back	Road
23 August (Saturday)	Killin 10k	10k/mostly flattish, apart from the hill at halfway	Road
14 September (Sunday)	Auchterarder Half	13.1 miles/undulating	Road

[1] This year's race will be the 2025 East District Championship race. The junior race is also the Scottish Athletics Junior Championship race.

Rules and points system

- Minimum of 4 races in order to qualify for the championship
- Points will be awarded based on your finishing position in each race relative to your fellow Harriers as follows: 1st Harrier to finish = 20; 2nd = 18; 3rd = 16; 4th = 15; 5th = 14; 6th = 13 and so on down to 15th place scoring 1 point, with 0 points thereafter.
- 1 appearance point per race completed excluding your Joker (i.e. maximum 10 appearance points available). You must wear a club vest/t-shirt to score the appearance point.

Jokers

- A Joker is available for one *accredited* minimum 5 mile race with at least 75 finishers, run between the date of the AGM (14 March) and the last race in the Championship (14 September). It is your responsibility to submit your chosen Joker by email (including a link to the results) to Peter Banks. **The closing date for joker submissions is Sunday 14 September.**

- Jokers are designed to help you if you are unable to participate in enough of the specified championship races to qualify and to allow you to choose a race in which you feel you performed particularly well.

- Joker races use a formula based on your performance relative to the male or female winners' time. This is designed to normalise performances across distances and terrain. Based on this, once everyone has submitted their jokers, a ranking table across everyone's joker races can be created for men/women with the highest scoring jokers ranked top and lowest scoring jokers ranked bottom. The above points system (20 for 1st, 18 for 2nd, etc.) are then applied and these scores added to the championship totals.

The formula for calculating the Joker points is:

$$\frac{200 - \left(\dfrac{t}{w} \times 100\right)}{10}$$

where t = your race time and w = winner's time

i.e. (200 minus % of winner's finishing time) divided by 10

So for example

Hamish's joker

Winner finishes in 30 mins. Hamish's time is 39 mins = 39/30 = 130%

200 − 130 = 70, 70 divided by 10 = **7 points for Hamish**

Rab's joker

Winner finishes in 60 mins. Rab's time is 65 mins = 65/60 = 108%

200 − 108 = 92, 92 divided by 10 = **9.2 points for Rab**

Lachlan's joker

Winner finishes in 45 mins. Lachlan's time is 60 mins = 60/45 = 133%

200 − 133 = 67, 67 divided by 10 = **6.7 points for Lachlan**

So Rab has the highest number of Joker points, followed by Hamish and then Lachlan, so Rab gets the 20 1st place points, Hamish the 18 2nd place points, Lachlan the 16 3rd place points, and so on:

- 1st Rab: 9.2 = 20 points
- 2nd Hamish: 7.0 = 18 points
- 3rd Lachlan: 6.7 = 16 points etc

Masters Championship

Alongside the overall club championship, we will have a vet's champs too. This is open to anyone aged 40 or more on **15th March 2025**. If the winner of the overall champs is 40+, they cannot also win the Masters champs. It passes to the next best 40+ runner.

As none of the hill races are over accurately measured distances, we won't be able to use the published age-graded calculators to work out adjusted performances. Instead, for all your results in the championship, we will use the formula above to normalise performances and then apply an age-factor. The best 4 will count towards your score (plus any attendance points) so:

$$\frac{200 - \left(\dfrac{t}{w} \times 100\right)}{10} \times \left(1 + \frac{a}{100}\right)$$

where t = your race time, w = winner's time and a = your age in years on race day

i.e. (200 minus % of winner's finishing time divided by 10) × (1 + % age)

So for example:

Winner finishes in 30 mins. Your time is 39 mins: 39/30 = 130%

$200 - 130$ = 70, 70 divided by 10 = 7 points

Your age is 42, so 1 + 0.42 = 1.42, net score 7 × 1.42 = 9.94 points

As with the Jokers, a ranking will be produced for each race, with the top scoring runner getting 20 points, 18 for 2nd, 16 for 3rd, 15 for 4th, 14 for 5th, etc.