

YEOVIL TOWN ROAD RUNNING CLUB

Championship Rules – 29th September 2019-31st October 2020

Award Categories:

Highest Five Scores

Men's Champion Under age 50; Ladies' Champion Under age 50 (based on age at **1st Jan 2019**)

Men's Champion Over age 50; Ladies' Champion Over age 50 (based on age at **1st Jan 2019**)

Highest Ten Scores

Men's Champion Under age 50; Ladies' Champion Under age 50 (based on age at **1st Jan 2019**)

Men's Champion Over age 50; Ladies' Champion Over age 50 (based on age at **1st Jan 2019**)

Slam Hat Winners

See details of requirements for these later in this document

General Rules

The Yeovil Town Road Running Club (the club or Yeovil Town RRC) 2019-2020 Championship will run from 29th September 2019 to 31st October 2020 (the Racing Year) with final presentations and awards presented at the club Annual Awards Dinner evening.

Membership subscriptions are due on the 1st April each year. Members who have not renewed their subscriptions by the **30th June** will **not** be registered and eligible to continue to compete in the Club Championship standings for that year.

Therefore, only paid up members of Yeovil Town RRC shall be eligible to take part within the Club Awards.

Championship Points or Awards will not be given to competitors **not** racing in the designated Yeovil Town RRC colours. (However, the discretion of the club Championship Secretary will be given to new members who maybe awaiting new kit).

Second claim Yeovil Town RRC members are very welcome and encouraged to compete within all Award Categories but must be race registered as Yeovil Town RRC; and race in Yeovil Town RRC colours. If they compete under the banner of any other club their result in that event will not be valid.

Please ensure you enter all races under the name of **Yeovil Town RRC** (as registered with England Athletics).

The Scoring

The Championship Calendar (see list at end of this document) consists of races of pre-determined running events over the Racing Year, 29th September 2019 to 31st October 2020, inclusive. These races consist of a variety of distances and terrains.

Please note that additional events may be added; equally an event may be taken out. This is unlikely to happen and will only be due to unforeseen circumstances. One instance of a change is if, when the dates of the races are published, we have a date clash.

Any challenges regarding an error/omission in the results or the non-wearing of club colours **MUST be made to the Championship Secretary (club-championship@yeoviltownrrc.com) **within 14 days** of the results being published. Failure to do so will result in the Championship Table showing the results as published.**

The Scoring is made up from:

- (1) Scores for the pre-determined races which are calculated based on the first Yeovil Town RRC Man and Yeovil Town RRC Lady past the post being awarded 30 points, the second Yeovil Town RRC Man and Yeovil Town RRC Lady being awarded 29 points, and so on until the 30th Yeovil Town RRC Man and Yeovil Town RRC Lady who are awarded one point. All members finishing after 30th position will also be awarded one point. **However, an**

anomaly to this is where the score is based on age grading where the scores are awarded in age grading order as per the published results. This Racing Year these are Babcarry in February and the first May & June Montacute Parkruns

- (2) **Bonus** points will be awarded to each of the Wessex League cross country races as listed in the championship events. **20 bonus points to be awarded for running 3 of the 4 XC races; 30 bonus points for racing all 4 XC races. In addition to this another 20 bonus points will be awarded to marshals of the Yeovil XC race.**
- (3) One **bonus** point will be awarded for **each** event completed over the minimum of five championship events, up to a maximum of five. Therefore, to win all these bonuses you will need to complete 10+ championship races;
- (4) One **Bonus** point will be awarded if you achieve a PB in **certain** championship races shown in the event list .To get a PB it must be your fastest time in that particular **distance** within the past 2 years and the year to date, ie for this Racing Year your fastest time must be faster since 1st January 2017. Of course, if it's your first race of the distance this will be counted as a PB. **You must inform the Championship Secretary when PBs are achieved;**
- (5) One **Bonus** point will be awarded if you achieve a PB in the listed Montacute parkruns. These must show in the parkrun results as being a PB. **You must inform the Championship Secretary when a PB is achieved;**
- (6) **5 bonus** points will be awarded for each marshalling duty of our races, ie Easter Bunny or any Yeovilton 5k, ie potential for up to 35 bonus points. Also as mentioned in (1) above **20 bonus** points will be awarded for marshalling the Yeovil Wessex League XC event.
- (7) One **Bonus** point will be awarded for marshalling a Yeovil/Montacute parkrun.

The Club Champions

Male and Female Champions will be determined by calculating their highest:

- (1) **Five** scoring races from the total available plus any bonuses. There will be an award for the top male and female in the two age categories (ie Under age 50 and Over age 50). If two runners have the same number of points, the order will be determined by the runner with the greatest number of first places, or if they have the same number the greatest number of second places etc. (21 available races); and
- (2) **Ten** scoring races from the total available plus any bonuses. There will be an award for the top male and female in the two age categories (ie Under age 50 and Over age 50). If two runners have the same number of points, the order will be determined by the runner with the greatest number of first places, or if they have the same number the greatest number of second places etc. (21 available races).

Any challenges regarding an error/omission in the results or the non-wearing of club colours **MUST be made to the Championship Secretary (club-championship@yeoviltownrrc.com) **within 14 days** of the results being published. Failure to do so will result in the Championship Table showing the results as published.**

Slam Hats

The club continues to recognise individual club member's achievements by awarding Slam Hats. The qualifying race period is 29th September 2019 to the 15th November 2020 (this will enable any late entrants to complete a 10 mile race at Wimborne in mid-November). **In all cases it is the responsibility of the individual to claim their Hat by notifying the Championship Secretary of the events they have completed by 3rd November 2020.** Qualifying Events may be anywhere in the world but must be an official race and appear on the official published results over a verified distance, the Race Name being the decider, eg 'Ash Fearsome 5' qualifies as a 5-mile race (even if the distance is very slightly longer or shorter).

Mini Slam Hat

5km; 5 mile; 10km; 10 mile; Half Marathon (or advertised as such)

Grand Slam Hat

5km; 10km; 10 mile; Half Marathon (or advertised as such); Full Marathon (or advertised as such)

Super Slam Hat

5km; 10km; 10 mile; Half Marathon (or advertised as such); Full Marathon (or advertised as such);
Ultra Marathon 31 miles (50Km) plus.

- **Please note, your help is always required before, during and after the six Yeovilton 5k race series. Please check with the Chief Marshal on the night that there are enough marshals to enable you to run.**

2019-2020 Championship Races

	Race	Distance	Road/ Trail	Date of Race
1	* Canford Heath XC (Wessex League)	Varied	T	29th September 2019
2	* Lytchett School XC (Wessex League)	Varied	T	3rd November 2019
3	* Canford School XC (Wessex League)	Varied	T	15th December 2019
4	Chard Flyer	10k	MT	1st January 2020
5	* South West XC Champs, Aldon	Varied	T	5th January 2020
6	Ninesprings by Night 10k	10k	T	18th January
7	Babcary (result in Age graded order)	7 mile	R	23rd February
8	Weymouth	10k	R	15th March
9	** Yeovil Half Marathon	13.1 mile	R	29th March
10	BHam Trail	10k	T	5th April
11	Marnhull	12k	R	19th April
12	** Montacute Parkrun (result in age graded order)	5k	T	2nd May
13	Town Tree Trail	10k	MT	20th May
14	** Wells	10k	R	24th May
15	** Montacute Parkrun (result in age graded order)	5k	T	6th June
16	** Martock	10k	R	21st June
17	Minster Miler	10k	MT	28th June
18	Portland	10 mile	R	5th July
19	Baltonsborough	5 mile	R	31st August
20	Ash Excellent Eight	8 mile	MT	13th September
21	** Burnham-on-Sea	13.1 mile	R	4th October
	*** Marshal bonus points Easter Bunny/Yeovilton 5k			
	**** Marshal bonus points Yeovil/Montacute parkrun			

A few of the dates above are TBC and will be confirmed as and when they are published by the organising Clubs. If, when the dates are published, there is a 15 date clash we will amend this list to avoid this.

*** = 20 bonus points for participating in 3 of the 4 XC races; 30 bonus points for participating in all 4 XC races; 20 bonus points for marshalling the Yeovil Wessex League XC race.**

**** = 1 bonus point if a PB for any race of this distance since 1st Jan 2018;**

***** = 5 bonus points for each Easter Bunny/Yeovilton 5k race marshalled;**

****** = 1 bonus point for each Yeovil/Montacute parkrun marshalled.**