

YEOVIL TOWN ROAD RUNNING CLUB

Championship Rules - 26th November 2016 - 23rd November 2017

Award Categories:

Men's Champion; Ladies' Champion; Points King; Points Queen; Slam Hat Winners; Distance Champions; Real Runner Hats.

General Rules

The Yeovil Town Road Running Club (the club or YTRRC) 2016-2017 Championship will run from 26th November 2016 to 23rd November 2017 (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 YTRRC 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 YTRRC colours. (However, the discretion of the club Championship Secretary will be given to new members who maybe awaiting new kit).

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

The Scoring

The Championship Calendar (see attached) consists of races of pre-determined running events over the Racing Year, 26th November 2016 to 23rd November 2017, inclusive. These races consist of a variety of distances and terrains. In addition to these races the best timed of the following three distances are included, with points awarded as shown in the table below:

- Street 5k **OR** Yeovilton 5k (at the discretion of the Race Director - you may be needed to marshal!)
- Half Marathon
- Marathon

Scores for the pre-determined races are calculated on the basis of the first YTRRC Man and YTRRC Lady past the post being awarded 50 points, the second YTRRC Man and YTRRC Lady being awarded 49 points, and so on until the 50th YTRRC Man and YTRRC Lady who are awarded 1 point.

However, points for the **best timed 5k, half marathon and marathon** are as follows:-

Street/Yeovilton 5k (finishing times)	Half Marathon (finishing times)	Marathon (finishing times)
Under 18 mins 50 points	1 hr-1 hr 30 mins 50 points	Under 3 hr 30 mins 50 points
18-19 mins 49 points	1 hr 30 mins-1 hr 45 mins 45 points	3 hr 30 mins - 4 hr 45 points
19-20 mins 48 points	1 hr 45 min-2 hrs 40 points	4 hr - 4 hr 30 mins 40 points
And so on in one minute intervals until:	2 hr-2 hr 15 mins 35 points	4 hr 30 mins - 5 hr 35 points
28 mins + 39 points	2 hr 15 mins-2 hr 30 mins 30 points	5 hr - 5 hr 30 mins 30 points
	2 hr 30 mins + 25 points	5 hr 30 mins + 25 points

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.

The Club Champions

Male and Female will be determined by selecting their highest **ten** scoring races from the total available. In the event of a tie, the competitor with the highest average of all available races (39 available races).

Points King and Points Queen

Man and Lady, will be determined by totalling the scores from **all** the races over the racing year. Bonus Points (see below) gained over the season will be added to provide a grand total, with the highest points tally winning. In the event of a tie, the competitors will share the trophy over the year. In the case of Points King/Queen being the same as the Club Champion, the trophy will be awarded to the competitor in 2nd place.

Bonus Points

Bonus Points will be awarded for taking part (and completing) the following:

- Parrett Trail Relay – 45 points
- Wessex Ridgeway Relay – 45 points

Slam Hats

The club continues to recognise individual club member's achievements by awarding Slam Hats. 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. Qualifying Events may be anywhere in the world but must be an official race with a published recorded time 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). The qualifying race period is 28th November 2015 to the 24th November 2016.

Mini Slam Hat

5km; 5mile; 10km; 10 mile; Half Marathon (13 miles 192 yards)

Grand Slam Hat

5km; 10km; 10 mile; Half Marathon (13 miles 192 yards); Full Marathon (26 miles 385 yards)

Super Slam Hat

5km; 10km; 10 mile; Half Marathon (13 miles 192 yards); Full Marathon (26 miles 385 yards);
Ultra Marathon 31 miles (50Km) plus.

Distance Champions

Certain distance events within the Championship Round Calendar (see attached) have also been endorsed to determine distance age category winners at 5km, 10km, 10 mile, Half Marathon (13.1 mile). **2015-2016 Nominated Events are listed on the next page.**

The determined age categories are as follows and will be determined by your age at the time of the nominated event:

Male:

Senior (16-34, inclusive)	Vet 35 (35-39 inclusive)	Vet 40 (40-44 inclusive)
Vet 45 (45-49 inclusive)	Vet 50 (50-54 inclusive)	Vet 55 (55-59 inclusive)
Vet 60 (60-65 inclusive)	Vet 65 (65-69 inclusive)	Vet 70 (70 plus)

Female:

Senior (16-34 inclusive)	Vet 35 (35-39 inclusive)	Vet 40 (40-44 inclusive)
Vet 45 (45-49, inclusive)	Vet 50 (50-54 inclusive)	Veteran 55 (55-59 inclusive)
Vet 60 (60-64 inclusive)	Vet 65 (65-69 inclusive)	Vet 70 (70 plus)

2016-17 Nominated Events

5km	Your fastest Street OR Yeovilton 5k Summer Series race	
10km	Egdon Easy	Saturday 27th May 2017
10 mile	Lytchett Manor	Sunday 12th February 2017
Half Marathon	Yeovil	Sunday 26th March 2017
Marathon	Yeovil	Sunday 12th June 2017

- Please note, your help is always required before, during and after the six Yeovilton 5k race series.

The Real Runner Hat

Awarded to members taking part in their first competitive event in YTRRC colours; claims made to Deb Neal.

2017 Championship Races (Race Year 26th November 2016 to 23rd November 2017)

Dec				July			
Sun 11th	4k	Santa Dash	9.00 am	Sat 1st	8 ml	Charmouth Challenge	2.30 pm
Jan				Sun 2nd	10 ml	Portland	10.30 am
Sun 1st	10k	Chard Flyer (SS)	11.00 am	Sun 2nd	5.5 ml	Quantock Beast (SS)	11.00 am
Sun 8th	10k	Stoke Stampede	11.00 am	Sat TBC	10k	Maiden Castle Loop	6.30 pm
Feb				Sun TBC	20 ml	Exmoor Seaview	10.00 am
Sun 5th	10k	Longleat	10.00 am	Sun TBC	10k	Durberville Dash	11.00 am
Sun 12th	5 ml	The Hurtle	11.10 am	Aug			
Sun 12th	10 ml	Lytchett Manor	10.30 am	Wed 2nd	10k	Haselbury Trail (SS)	7.30 pm
Sun 26th	7.5 ml	Babcary (SS)	11.00 am	Sat TBC	10k	Maiden Newton Madness	7.00 pm
Mar				Sun TBC	10k	Lulworth Castle	11.00 am
Sun 12th	10k	Great Western	11.00 am	Sun 27th	10k	Battle of Sedgemoor (SS)	11.00 am
Sun TBC	10k	Combe St Nicholas	10.45 am	Mon 28th	5 ml	Baltonsborough	11.00 am
Sun 19th	7 ml	Butleigh (SS)	11.00 am	Sept			
Apr				Sun 10th	8 ml	Ash Excellent 8 (SS) (SS)	11.00 am
Sun 2nd	10k	Penselwood	11.00 am	Sun 10th	5 ml	Ash Fearsome 5	11.00 am
Fri TBC	7ml	Kilmington Kanter		Sun TBC	10k	Shepton Beauchamp	11.00 am
Sun 30th	10k	Glastonbury (SS)	11.00 am	Sun TBC	7 ml	Mells (SS)	11.00 am
May				Oct			
Sun TBC	10k	Jack & Jill Challenge	11.00 am	Sun TBC	10k	Gold Hill	11.00 am
Sun 14th	10k	Wambrook Waddle (SS)	11.00am	Sun TBC	10k	Cary Canter	10.00 am
Wed TBC	7 ml	Ash Town Tree Trail	11.00 am	Sun 15th	10 ml	Weymouth	10.30 am
Sat 27th	10k	Egdon Easy	7.00 pm	Sun TBC		Wessex League XC	11.30 am
Sun 28th	10K	Wells (SS)	10.30 am	Sun 22nd	6 ml	Exmoor Stumble	11.00 am
June				Sun 22nd	15 ml	Exmoor Stagger (SS)	11.00 am
Sun 4th	10k	Crewkerne (SS)	11.00 am	Sun TBC	10 ml	The Stickler	10.30 am
Sun 18th	10k	Martock	10.00 am	Nov			
Wed TBC	10k	Tin Tin 10	7.00 pm	Sun TBC	7.5 ml	Gilly Hilly	11.00 am
Thurs TBC	10k	Forde Abbey	7.00 pm	Plus Best timed:			
				Marathon (points awarded in ½ hour slots – see website)			
				Half Marathon (points awarded in ¼ hour slots – see website)			
				Plus Best timed:			
				Street 5k / ONE Yeovilton 5k (at the discretion of the Race Director – you may be needed to marshal!)			
				Bonus Points (Points King/Queen) for taking part in (and completing):			
				Parrett Trail – 45 points			
				Wessex Ridgeway – 45 points			

(SS) = Somerset Series Races

Most clubs haven't published the dates of their 2017 races at the time of this publication; therefore some of the dates/times may be incorrect or TBC. We will endeavour to update it but it is your responsibility to check on their websites for accurate information.