



## clyderrunners - CLUB CHAMPIONSHIP 2015

This year in an effort to make the championship more interesting to all members we have altered the format somewhat, the rules of which are as follows:

1. The Club Championship will cover the period up to and including 30th November 2015. The championship will be contested over 9 championship races (see No13 for list of qualifying races) + best parkrun + wildcard/joker event can count. **With an extra bonus at No6!!!**
2. Only races completed while a paid up member of clyderrunners will be eligible (so races run before joining CRC, or when membership subs were unpaid, will not count). Registration can be at any time during the year, but only events after registration will count.
3. In order to gain Championship points, all events must be run as clyderrunners wearing a clyderrunners vest unless race rules specifically prohibit this.
4. Points will be awarded from 10 points to 1 point on actual finishing position (ie, by time), added to finishing position by WAVA calculation. eg, 1st by time (10 points) + 3rd by WAVA (8 POINTS) = 18 POINTS, 10 points will be awarded to every finisher of a championship event for participating and supporting the Club Championship. So no one goes home empty handed. 😊
5. Best parkrun of the year to be included in the Championship, points being awarded as above. ie, 10 to 1 + 10 to 1 + 10
6. Points will also be awarded to members who compete as clyderrunners in any race where a published result is available to verify participation @ 5 points per race. This is limited to 5 races.
7. Points also to be awarded to members participating in any voluntary/marshalling capacity @ 5 points per event. Let's call these goodwill points for spreading the word (the word being clyderrunners) 😊
8. The single "Wild Card" event which each entrant will be able to nominate must be pre-declared to be included in the Championship. The WAVA % score of this event will be added to the points total for the season.

9. Intention to use a “Wild Card” must be formally declared to the Championship Coordinator giving at least 48hours notice of the selected race taking place. A “Wild Card” may only be nominated once by each member and if, for any reason, the member cannot compete or does not complete (other than the entire event being cancelled) then the “Wild Card” will still be deemed to have been played for the 2015 season. No "Wild Card" race can be chosen after the last normal club race in the season. The race must be of certified length. i.e. no approximate distances.
10. At the end of the season the Club Champion will be the member who has amassed the highest number of points over the season and has competed in at least 4 championship events. In the case of a tie, final Championship positions will be decided on the basis of those events in which the tied runners both competed; if still a tie, the member who has completed the most events in the series.
11. The onus is on the runner to provide documentary, third party confirmation of race finishing times to the Championship Coordinator at [clydechamps@outlook.com](mailto:clydechamps@outlook.com) as soon as possible after each event. Where available, chip times rather than gun times will be used. Runners' own watch times reported to the scorer will be ignored. For Championship points to be awarded, the runners name must appear on the official race results obtained via official race sources. Primarily for health and safety reasons, races run under someone else's name/number will be ineligible.
12. Any disputes will be arbitrated by the current clyderunners club Chairperson whose sole opinion will be binding with respect to this competition.
13. List of championship races;

Distance	Race	Month
5k	parkrun	Jan-Nov
5 mile	Carluke Development Trust	June 7th
10k	Cambuslang	1st March
10k	Men & Womens 10k Glasgow	17 <sup>th</sup> May (F) 21 <sup>st</sup> June (M)
Half Marathon	Monklands Half Marathon	May (tbc) *
Half Marathon	Cumbrian Half Marathon	4 <sup>th</sup> October
Marathon	Edinburgh	31 <sup>st</sup> May
Marathon	Lochness	27 <sup>th</sup> September
Ultra/Relay	Clyde Stride	July 18
Ultra/Relay	Highland Fling	25 <sup>th</sup> April

\*this may have to be changed if Monklands half marathon doesn't run