

GADE VALLEY HARRIERS

Club League & Club Championship Rules

2019/20

CLUB LEAGUE

SCORING

- Attend fixture races
 - Points for best 20 performances in Men, Ladies & Age Grade
- Gain additional participation scores:
 - parkrun – 1 point
 - 5km (non parkrun) – 2 points
 - 10km – 5 points
 - 10m or half marathon – 10 points
 - 20m or marathon – 15 points
 - Cross country – 15 points
 - Other distance – 10 points
 - PB or Age Grade improvement bonus – 10 points
- There will be 1 **League Fixture Race** per month + marathon at any time of the year
- **Scoring Cap.** Maximum two scoring races per month (either league race + 1 other or two non-league races) + 2 parkruns

RULES

1. All league races must be entered as a member of Gade Valley Harriers and displayed as such on the results.
2. To score any points the runner must complete the race.
3. All times will be based on chip time, where available.
4. In the event that two runners share the exact time or percentage their points will be shared (e.g. if equal 1st both would score 24.5 points then next would be 3rd with 23 points).
5. In the event of a tie in a league table at the end of the season, a countback system will be used as follows until a winner is established: Number of 1st place finishes **in any league race**, Number of 2nd place finishes in any league race etc. If this fails to establish a winner then head to head results on races the tied runners have all competed in will be compared. If there is still no clear winner then a coin toss will be undertaken!
6. The league organiser will confirm the dates of any unconfirmed fixtures as soon as possible and inform participants accordingly.
7. The league organiser reserves the right to alter league fixtures at a minimum of 3 months' notice, but only in the case of unforeseen circumstances which would have a detrimental effect on the race's status in the league.

CLUB CHAMPIONSHIP

SCORING

- Fixtures at 5k, 5m, 10k, 10m, Half Marathon, Off-Road & overall Cross Country
- Top 10 runners in each race will score towards overall winner in Male, female and overall Age Graded (1st =10 points, 2nd =9 etc).
- Average score will determine overall winner, but runner must compete in at least 4 fixtures.
- Overall winner will be Athlete of the Year for each gender and in Age Graded.
- There will be a prize for winner of each fixture in age categories (Sen M/F, FV35, MV40, FV45, MV50, FV55, MV60, FV65).

RULES

1. All championship races must be entered as a member of Gade Valley Harriers and displayed as such on the results.
2. Official club vests to be worn at all races.
3. To score any points the runner must complete the race.
4. All times will be based on chip time, where available.
5. In the event that two runners share the exact time or percentage their points will be shared.
6. In the event of a tie in the overall championship at the end of the season, a countback system will be used as follows until a winner is established: Number of 1st place finishes in **any championship race**, Number of 2nd place finishes in any league race etc. If this fails to establish a winner, then head to head results on races the tied runners have all competed in will be compared. If there is still no clear winner, then a coin toss will be undertaken!

ORGANISATIONAL RULES FOR CHAMPIONSHIP & LEAGUE

1. You may compete in both League & Championship but...
2. If you score points in a Championship Fixture that is also a League Fixture you will NOT score league points.
3. Halfway through the year, those in contention for the Championship will be removed from the League. This will be at the discretion of the league manager!
4. If you wish to opt out of the Championship and only score in the League, please inform the league manager before the first fixture.

RESULTS

- You are responsible for entering your results of any races you run or volunteering, including letting us know of any PBs or Age Grade Improvements as well as team member bonuses.
- Please indicate if you wish a non-fixture race to be counted as scoring in the league (see note re scoring cap).
- We will be calculating best Age Grade times from your current PB (taking into account how old you were when you ran it) – so that is where you can check if you have achieved a new best mark. Here's a link to a site where you can work your percentage out.
<http://www.howardgrubb.co.uk/athletics/wmaroad15.htm>
Please note, if your PB was before 2015, you should select the option of 2010 factors. Any questions with this, please don't hesitate to ask. Age Grade Improvement bonus are awarded for the distance or parkrun as a whole, not for improvements in individual races or parkrun venues.
- Additional points scored for Fixture races will be calculated and added by the organisers of the league but do please still enter your results via the form with all relevant details.