



Gade Valley Harriers Club League 2024-25

Fixtures

27 October 2024 – Ricky Road Run (10m Road) <https://www.rickyroadrun.co.uk/>

24 November 2024 – Hatfield 5 (5m Road) <https://www.atwevents.co.uk/e/atw-hatfield-5-8980>

29 December 2024 – Pednor 10 (10m Road) <https://www.chilternharriers.com/pednor-10.html>

11 January 2025 – Chiltern League Watford (various XC) <https://chilterncl.co.uk/fixtures/>

2 February 2025 – Watford Half Marathon (13.1m Road)
<https://www.atwevents.co.uk/e/atw-watford-half-marathon-8841>

2 March 2025 – Berkhamsted Half Marathon (13.1m Road) <https://www.berkorun.com/>

21 April 2025 – Beaconsfield 5 (5m trail) <https://burnhamjoggers.co.uk/beaconsfield-5/>

24 May 2025 – Cassiobury parkrun (5k path) <https://www.parkrun.org.uk/cassiobury/>

14 June 2025 – Cliveden Classic (10k trail) <https://burnhamjoggers.co.uk/cliveden-xc/>

16 July 2025 – Waddesdon 5k (5k road)
<https://www.voaac.org.uk/waddesdon-manor-summer-evening-5k/>

17 August 2025 – Burnham Beeches 10k (10k Road/light trail)
<https://burnhamjoggers.co.uk/beeches-half/>

September 2025 (date TBC) – Sandridge 10k (10k trail) <https://sandridge10k.co.uk/>

BONUS RACE – Any marathon during the course of the year (October 2024-September 2025). These will be collated and formed into a results table at the end of the year with the fastest time earning 20 points, 2nd 19 etc as per scoring system below (your fastest marathon will therefore count, for those mad enough to do more than one in a year).

ULTRA MARATHON - If you have not run 10 league races, you can gain 5 bonus points for competing in an ultra marathon of any distance. You can only use this once (the point of the league is to get lots of runners at league races!!) Owing to the wide range of distance and terrain, it will not be possible to construct a results table for ultras.

Scoring System

5 points for running in a race....plus

20 points for 1st place

19 points for 2nd place....down to

1 point for 19th place

BONUS POINTS

5 points for a PB

Best 10 races to count in final position (including marathon and/or ultra option as above).

There will be 4 league tables:

- Mens
- Ladies
- Age-graded (Male & Female) (*this compares your result against the world leading time for your age & gender and gives you a percentage of that time. It is this percentage that determines your position in the race for these tables. This allows fair comparison of all*)
- Winners of the Male and Female overall cannot also win Age Graded.

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.