

Club Championship Rules 2019

It is the responsibility of the each runner to be aware of and comply with the current Club Championship rules at the start of each season.

1	There will be a Ladies and a Men's Club Championships.
2	There are 2 separate parts of the championship. Short stuff specialist and Endurance Expert. There is an Overall Club Champion, who has to compete in at least 4 races in both categories to qualify. Club members can do either parts, or both.
3	Club Championship points will be awarded based on finishing position: 1 st 10 points; 2 nd 9 points; 3 rd 8 points; 4 th 7 points; 5 th 6 points; 6 th 5 points; 7 th 4 points; 8 th 3 points; 9 th 2 points; 10 th and all other positions 1 point. Every qualifying runner who completes the race will receive at least 1 Club Championship point.
4	To receive Club Championship points, runners must enter under the Running Somewhere Else Club name.
5	To receive Club Championship points, runners must have a valid membership of Running Somewhere Else.
6	Runners who are registered as a first claim runners at another club and who are also members of Running Somewhere Else as a second claim runner are eligible to score points. But they must follow the same rules as first claim athletes. (club vest, etc)
7	To receive Club Championship points runners must compete under their own name. If a runner takes someone else's number, the runner must get the name formally changed.
8	To receive Club Championship points runners must wear official club running colours. This is a vest with a yellow body, with black, green and red vertical stripes under arms with a red logo and black "Running Somewhere Else" logo text on front.
9	Runners must complete at least 5 events in each category for their total points to count in the final calculation of Short Stuff Specialist and Endurance Expert Championship positions and to receive a prize, and must complete 4 from each category to qualify for Overall Championship for a total of 8 races to receive a prize.
10	Runners may enter all of the Club Championship races; however, the best 5 results from each runner will count towards the Short stuff specialist and Endurance Expert, and best 8 results (must have 4 from each category) for the final total for the Overall Club Championship.
11	At the end of season prize giving event, trophies will be awarded to 1 st , 2 nd & 3 rd position runners in both Overall Club Championships, assuming there are 3 runners who have completed the requirements. 1st, 2nd and 3rd place prizes will also be presented to Short Stuff Specialist and Endurance expert categories, again assuming enough runners have met the criterion.
12	In the event of a tie for points for the top 3 places, the club captains and committee will decide whether to honour the tie or use the head-to-head race performances to determine final Club Championship positions.

13	<p>Each year one race in each category will be nominated as the Championship handicap race.</p> <p>The handicap will be calculated from the average of performances at that distance. If suitable times are not available, they are given a handicap of the time they race on the day. Club Championship points are awarded based on the final position after the handicap is applied.</p>
14	<p>In both Endurance Expert and Short Stuff Specialist Categories, there is an ongoing element, the marathon and 5km respectively where runners can complete these any time between 01/01/19 and 31/10/19. It is the runners responsibility to inform club captains if they have a result they want to count towards this. They will need to provide proof they have that result. The Club captains cannot be expected to keep track of every marathon and 5km result for the year. In the case of the 5km, a park run can be counted, but again proof must be provided of this time.</p>
15	<p>Any queries must be discussed with the club captains or other committee members if they are not available.</p>