

Champs 2023 presentation

Introduction

We are your club captains:

Dave Witnall

Elaine Chapman



Why should you enter the 2023 RSE Club Championship races?



- Fun
- Fitness
- Team work
- Cameradie
- Glory



How does the championship work?

Rules are on the website: [Running Somewhere Else | Championship](#)

- There are 2 different parts of the championship
 - Short stuff specialist - races from 1 mile to 10km
 - Endurance expert - races from 7 miles to marathon
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- Each of these are a series of 8 races - you need to complete 5 races to qualify for prizes.
- The score for your best 5 races count
- Points are awarded as follows - 1st placed gets 10 points, 2nd 9 points and so on (everyone who races receives at least 1 point)



Overall Club Champion

- We want our club champion to be an all rounder
- To qualify for our overall championship, you must complete 4 races from each category (4 short, 4 endurance)
- The score for your best 4 of each counts towards your final total

Prizes to be won

In our annual prize giving event, the following prizes are awarded:

- **Endurance expert:** 1st, 2nd and 3rd place
- **Short stuff specialist:** 1st, 2nd and 3rd place
- **Overall Championship:** 1st, 2nd, 3rd and Masters trophy for highest placed non-ranked veteran



A note about the Gloucestershire AAA race series

- The Gloucestershire AAA county championship is a series of races that will run alongside our club championship.
- It is a series of 12 races across the county, very similar to our own championship, points are awarded in the same way, 1st placed receives 10, 2nd 9.....
- People compete in their age categories
- There is also a team competition as well
- This is another opportunity to race and potentially win some silverware



Some of our past winners at the Glos AAA presentations



Choice of races

When selecting our club championship races we try to consider the following things:

- Cost - not too expensive
- Location - easy to get to
- Atmosphere - is it popular, will there be a good atmosphere?
- Glos AAA race - we try to include a couple of races for those doing the series
- Old favourites - which races do our members love
- We try to space them out during the year (somehow this never seems to work out!!!)
- Different distances to suit all
- Different terrain to suit all
- Flexible races in both categories (any 5km and any marathon)

Important things to remember!

Read the rules for more info, but the most important things to remember:

- Always wear your official club vest to qualify for points (and to be proud to wear your club colours!)
- Always enter under Running Somewhere Else



This years races.....



Month	Endurance Races	Short Races
January		22rd - Linda Franks Glos AAA OPEN AND CLOSED
February	12th- Wiltshire 10 Mile OPEN 26th Dursley Dozen	
March	Sat 18th- Fission 20/20 Mile Glos AAA	
April	MARATHON SEASON	10th- Highworth 5m
May	Weds 31st May Stroud Beer Race Glos AAA	Fri 12th- Bourton One Mile Glos AAA Berkley 10k Glos AAA
June		14th Cirencester Summer Sizzler 10k (Handicap Race) Glos AAA OPEN
July		
August	13th Solihull Half Marathon (Coach trip away)	
September	Chedworth <u>10mile</u>	Angels 10k Glos AAA
October	Stroud Half Marathon (Handicap race)	Run Upcote 5m (Off road)
Before 31/10	Any Marathon	Any 5km

Quiz

1. Which 2 runners male and female have won the trophy the most? Here's a clue, they're both still club members.
2. Most featured race over the year the championship has been held
3. Name one the winners of a masters trophy from the 2 years it has been awarded.
4. One of our championship rules is that you must wear club vest to be eligible for points, but what are the colours. yellow, black and red – what's the 4th colour.
5. What does the distance of all of the races this year add up to not including the Marathon or 5km you could submit. 2 mins to work out!

Quiz and Q&A

Quiz

1. Which 2 runners male and female have won the trophy the most? Here's a clue, they're both still club members.

MARK GARRETT AND SHARON SMITH

2. Most featured race over the year the championship has been held

CIRENCESTER SUMMER SIZZLER

3. Name one the winners of a masters trophy from the 2 years it has been awarded.

KIRSTY PITTS, DAVE WHITLOW , SARAH REYNOLDS, DARREN JENNER

Quiz

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GREEN

5. What does the distance of all of the races this year add up to not including the Marathon or 5km you could submit. 2 mins to work out! To

120.

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