

Club championship 2019

Last year we decided to change the way the club championship works, to make it more inclusive. This meant that more people were able to get involved, so we will keep it the same for 2019. It will still involve age-grading and there will be awards at the end of the year in 5 year age categories.

As before, you will be graded on six races and an average will be calculated from these. We shall be using the updated (2015) version of the WMA age-grading calculator <http://www.howardgrubb.co.uk/athletics/wmaroad15.html>, which is slightly tougher than the 2010 version that we used until 2017.

Note that this is not quite the same as the grading in the fell championship, which measures you against the winner of that specific race. In this championship you are compared to the best performances generally over that distance, which means that you will score best on flat fast courses (but see note 4 below about ultras).

You can include ANY races, subject to the following restrictions:

- (1) You must include at least 2 long races (10 miles or more).
- (2) Only one race can be 5K or less.
- (3) You CAN include races over non-standard distances. They will be taken to be the advertised distance, whatever it says on your Garmin!
- (4) So that our ultra-runners get the recognition they deserve, ultra races will get double points, if over 30 miles in length.
- (5) You can include fell runs, but not those that are already included in the fell championship.

The 2019 championship runs officially from 5th November 2018 to 31st October 2019. This may be extended slightly if we organise a big club outing early in November, as we did in 2018. You may already have races that you would like to submit, so start digging out your best results.

Please send me (Liz Sowter) the name of the race, the distance, the date and your time. If you have joined the club recently, please send your DOB as well. You can submit results whenever you like this year.

You can of course submit more than 6 races and as usual we will choose the best. If you are a prolific racer you need to be more selective: don't send us all your Park Run times if you race every week! You could also, if you wish, have a look at the age-grading calculator yourself, to decide which results to submit.

You could just wait until the end of the year and submit your six best results all in one go. It would be more fun to see the championship evolve throughout the year though.

Liz Sowter

