

SWALEDALE RUNNERS FELL CHAMPIONSHIP 2019

RULES AND SCORING SYSTEM

4 best results to count. Must include one short, one medium, one long and one other race.

Points scores are based on the winner's time as a percentage of the club runner's time. Women receive a 15% bonus i.e. score is based on 115% of the winner's time. For 2019 there will also be an age related bonus of 1% for each year over the age of 39.

This system is aimed at providing a "level playing field" to compare male and female runners, and runners in different age categories. For example, if a race is won in 100 minutes, a 50 year man with a time of 110 minutes, a woman under 40 with a time of 115 minutes, and a 50 year old woman with a time of 125 minutes, would all score 100 points.

THE RACES

Short

May 21. ROSEBERRY ROMP (North York Moors, 5.1 miles, 1050 feet). An evening "Tour de Roseberry Topping". Not the straight up and down race!

August 3. OSMOTHERLEY SHOW (North York Moors, 5.5 miles, 1050 feet). Country show race.

August 31. DUFTON SHOW (North Pennines, 5 miles, 1509 feet). Another country show, another pretty village.

Medium

April 6. COLEDALE HORSESHOE (Lake District, 8.5 miles, 3002 feet). The first classic Lake District horseshoe of the year.

April 28. BLAKEY BLITZ (North York Moors, 10.6 miles, 2805 feet). Moorland terrain with uphill finish at the Lion Inn.

December 1. ESKDALE EUREKA (North York Moors, 8.9 miles, 1542 feet). A club favourite. How wet will it be this year?

Long

March 17. BILSDALE (North York Moors, 14.3 miles, 4265 feet). The inaugural running of the first FRA category AL race on the NY Moors.

June 30. CROSS FELL (North Pennines, 14.9 miles, 2231 feet). The easiest long option. Wide trails and gentle gradients. And a bit of bog at the top.

September 21. THREE SHIRES (Lake District, 12.4 miles, 4003 feet). Possibly the easiest Lake District Long. That doesn't mean it's easy!