

## **2020 Club Road Running Championship Prizes and Rules**

The following competitions will be run in 2020:

- 1) Mens and Ladies “Open” Championship Prizes (Perpetual Trophy)**
- 2) Mens and Ladies “Veteran” Championship Prizes (Perpetual Trophy)**

Points for each race calculated as follows:

1<sup>st</sup> Harrier 100 points, 2<sup>nd</sup> Harrier 99 points, 3<sup>rd</sup> Harrier 98 points to 100<sup>th</sup> Harrier 1 point!

Your time will be Chip Time where available. *(If chip time the same then better gun time and/or race position will determine order)*

**Best 6 races to count** from the Club Road Running Championship and 5K Series list with no more than 3 events from each category and at least 1 short, 1 medium and 1 long race.

In the event of a tie, the winner will be determined by a) Number of races completed, b) Average points scored per race

- 3) Mens and Ladies “Open” Overall Points Prizes (voucher)**

Points from all races completed from the Club Road Running Championship and 5K Series list of races

- 4) Mens and Ladies “Open” Handicap Prizes (voucher)**

Based on performances in All Races. Best 4 to count. Handicap scores to be calculated from the Run Britain vSSS score for each race. To compete, runners must be registered with Run Britain ([runbritainrankings.com](http://runbritainrankings.com)). The Handicap prize should reflect the most improved runner and in theory anyone can win.

- 6) Mens and Ladies Best Group Runner Prizes (medal)**

Best runners from the organized running groups as nominated by the group leaders. Must have run at least 6 Road Running Championship Races.

**\*\*New for 2020 - Club Road Race 5K series\*\***

From the 6 races in the series the best 4 will count. Points will be awarded as described above. The **“Mens and Ladies “U20” Championship Prizes (Perpetual Trophy)”** will be awarded from this series of races. In addition there will be an overall Mens and Ladies “Open” and “Veteran” prizes for the series.

Any questions please contact the Road Running Manager, Ray O'Keefe ([rayokeefe6@gmail.com](mailto:rayokeefe6@gmail.com))