

Abingdon Athletics Club Championship Rules 2016

1.(a) Up to 10 races will count towards your championship total points BUT only up to 5 races in either half of the calendar year.

If you exceed 5 qualifying races in either or both half-years, you will still benefit by being able to “discard” your weaker scores.

U20 age group need to run a minimum of 4 races to count.

1.(b) To qualify for age category/overall prizes, you must score in a minimum of 6 races (at any time of year).

2. You must wear the Abingdon AC club vest/t-shirt (this rule does not apply to club track events, parkruns, marathons or the Pud Run).

3. Points will run from 30 for first "Ambler" (M and F) down to 1 point minimum (multiple will get one point if more than 30 Amblers score).

4. (a) Main Trophies/prizes: 1st overall male and female and 1st in each category MU20, SM, M40, M50, M60, M70, M80, WU20, SW, W35, W45, W55, W65.

4. (b) Prolific Racer Prize. Will be awarded to the runner (M or F) who completes the most championship races, regardless of points scored.

4. (c) A prize will be given to the runner from the couch to 5k groups of 2015 who earns the most points.

5. Age on 1st Jan 2016 determines category for whole year

6. (a) Overall male and female winners will not be eligible for age category prizes.

6. (b) If the age category prize is won by someone eligible for the couch to 5k prize, then they will only receive the age prize.

7. Times and positions from official race results will always be used (chip times over gun times where used).

8. The Championship co-ordinator may substitute races in the event of cancellations, date changes, date clashes etc .

9. Only **paid-up, first claim** members are eligible to score points.

10. It is the runners' responsibility to check dates & enter races in good time. No concessions will be made if entry limits prevent anyone running.

11. For their best parkrun time to count, it is the runners' responsibility to ensure that they are shown as members of Abingdon AC on the parkrun results.

12. Points for the marathon will be awarded on ranked times as at 30th November. Marathons after November 30th will not count. Marathons will count in the half of the year in which run. Only one marathon per year will be counted.

If a runner completes more than one marathon then he will be ranked using the best time (or that time which contributes best to his championship score).

13. Order of tie-break:

- (a) Compare sub-total of points only in races where tied runners both competed (and both used in their final score of best 10 races)
- (b) Compare average points per race (over all champs races completed – not just the ten)
- (c) Total number of qualifying races completed (more is better)