

Abingdon Athletics Club Championship Rules 2018

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.

1.(b) To qualify for age category/overall prizes, you must score in a minimum of 6 races (at any time of year), except the U20 age group, who need to run a minimum of 4 races.

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

3. Points will run from 30 for the first eligible club member (M and F) down to 1 point minimum (multiple will get one point if more than 30 club members 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. In the event of a tie, if any runner has won one of the main trophies then this will go to the runner that has not won a main trophy with the highest total, or the runner with the highest total, if all eligible runners have won a main trophy.

5. Your age on 1st Jan 2018 determines your category for the 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. This will usually be the gun time, except for larger races, which may use chip times.

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

9. Only **paid-up, first claim** members at 1st April 2018 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. 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.

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

12. 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)