

DULWICH RUNNERS A.C.

CLUB CHAMPIONSHIP RULES 2018

This document sets out the rules for the main club championships (1) and the cross country championships (2).

1. MAIN CLUB CHAMPIONSHIPS

1.1 RACE TYPES

This consists of a number of races of varying distances throughout the year split into 2 categories. In 2018 there are 9 events split into the following categories:

- A. marathon, half marathon, two 10km races; and
- B. cross country, 5km, two 5km parkruns and 1 mile.

To complete and qualify for the championships you must run at least 5 events including at least one race from each category. The selected club championship races for the next year are published in the weekly Shorts newsletter from December 2017, with updates in Shorts and on the website as and when required.

1.1 AWARDS CATEGORIES

In the club championships men and women have the same age categories, which are men under 40, women under 40, men 40 and women 40, men 50 and women 50, men 60+ and women 60+.

There are awards after each individual race of the club championship and annual overall awards in December at our Christmas Party.

1.2 THE AWARD CATEGORIES FOR EACH INDIVIDUAL RACE ARE AS FOLLOWS:

1ST OVERALL (AGE GRADING)	
1st MAN (any age category)	1st WOMAN (any age category)
2nd MAN (any age category)	2nd WOMAN (any age category)
3rd MAN (any age category)	3rd WOMAN (any age category)
1ST MV40	1ST FV40
1ST MV50	1ST FV50
1ST MV60	1ST FV60
AGE GRADING MEN	AGE GRADING WOMEN
CAPTAINS' AWARD	

For each event there is a captains' award given in recognition of improved performance to a runner chosen by the men's and women's captains in consultation with the coaches. There is no annual award for this category.

As illustrated in the table above there are 2 annual club championship sections:

a) Age-group category champions

Points are given within each category (50 for 1st, 49 for 2nd etc.) plus a bonus point for each event completed. At the end of the year the 5 best position point scores (subject to them covering both categories) are added together plus the extra bonus points for races completed. The first 3 runners in each age group category win trophies. Your age category is taken as that at the time of each event, and if you move up into a higher age category during the year you will be eligible for medals in individual events in that higher age category from that date. You will however remain in the lower age category for the purposes of the annual championships until you have completed 5 events in the older age category.

b) Overall Club Championship

Trophies are awarded at the end of the season for 1st, 2nd and 3rd places. In order to be as fair as possible and enable runners of different ages and sexes to compete, this is worked out using the 2015 WMA age grading tables which award points according to how well you have run against the world best for your age and sex. Again it is the best 5 events which count (subject to them covering both categories).

Both annual categories are NOT mutually exclusive (you can win an overall award together with an award in your age group).

1.3 IN THE EVENT OF A TIE

In the event of 2 or more runners tying on points in any of the above sections at the end of the year, the winner will be determined on the basis of points earned in each of the runner's next best event outside their respective best qualifying 5. If this is still inconclusive, the winner will be determined by the "head to head" results over all events. A finisher with a result beats a non-runner. If after this it remains inconclusive, a tie will be declared.

1.4 UPDATES ON LATEST RESULTS AND STANDINGS

Throughout the year the results of each race, together with current standings are published in Shorts and on the club website. The prizes are awarded at the Christmas party.

1.5 CLUB VESTS

In order to score points in the club championships you must be a paid up first claim member and wear a club vest.

Note that you may wear a charity vest in the marathon, whether in London or elsewhere.

1.6 MARATHON RULES

Because not everyone can secure a place in the London marathon, you can run in any other marathon as long as it takes place before the final club championship race of the year and is a certified marathon accepted by the UK Athletics websites '<http://www.thepowerof10.info/>' or '<http://www.runbritainrankings.com/>' .

If you run more than one marathon, your best result will count towards your club championship.

2. CROSS COUNTRY CHAMPIONSHIPS – KEN CROOKE TROPHIES

2.1 RACES

This consists of several races held throughout the winter cross country season, usually consisting of the 4 Surrey League races (men's and women's) plus 2 or 3 other races. *Note that for most races other than the Surrey League cross country, it is necessary to be entered in advance by contacting your respective captains.*

2.2 HOW TO QUALIFY

In order to qualify you must run at least 4 events. The qualifying races are published in Shorts before the start of the cross country season in early October. In 2017/18 the additional events are the South of Thames 5 miles at Beckenham Place Park, and the National Cross Country Championships at Parliament Hill Fields. At the end of the season, in February or March, medals are awarded to the first 3 men and women and to the winners of the following age categories: veteran men and women 40-49, veteran men and women 50-59, veteran men and women 60+.

In event of a tie, points earned in the runners' next best event in the cross country championships outside the qualifying 4 will be used to determine the winner, followed by a "head to head" if this is inconclusive.

2.3 AWARDS

Medals are awarded at the end of the cross country season as follows:

1st MAN (any age category)	1st WOMAN (any age category)
2nd MAN (any age category)	2nd WOMAN (any age category)
3rd MAN (any age category)	3rd WOMAN (any age category)
1ST MV40	1ST FV40
1ST MV50	1ST FV50
1ST MV60	1ST FV60
AGE GRADING MEN	AGE GRADING WOMEN
CAPTAINS' AWARD	

There are no overall age category awards based on age grading, but a captains' award is made at the end of the season. Points are given as per the main club championships, except that there is no extra point awarded for finishing a race.

Medals are not awarded after individual cross country events.