Hook Runners Race Championship Details

The Hook Runners Race Championships give you an opportunity to compete against other Hook Runners to be the lowest scoring racer each year! There will be two separate competitions – one based on actual times and the other based on age adjusted times. There will be a male and female winner in each competition. The scoring system is explained below – don't worry if it seems a bit complicated, we will work everything out and publish a regularly updated championship table on the club website.

Race Calendar for 2019 runs from 1st January until 30th November and the participating races are:

- Farnborough Half Marathon – January 2019
- Bramley 10M or Bramley 20M (individually scored) – February 2019
- Fleet or Reading Half Marathon (counts as one race) – March 2019
- Best Rushmoor Parkrun – (best time over the month) April 2019
- Hook 10M or Hook 10K (individually scored) – May 2019
- Festival Place 5K – May 2019
- Hampshire Hoppit Half Marathon – June 2019
- Best Yateley 10K – (best time for the 3 races) June/July/August 2019
- Swallowfield 10K – September 2019
- Basingstoke Half Marathon or Basingstoke 10K (new race) (individually scored) – October 2019
- Fleet 5K or Fleet 10K (individually scored) – October 2019
- SC Cross Country (ranked on placement; no age adjustment) – November 2019
- **Any** EA affiliated Marathon between January 1st and November 30th

The races above are on the competition calendar of which your best **8 race** results count towards the end of year results.

Rules:

- There is nothing you need to do other than complete the races. Participation costs nothing but is only open to first claim Hook Runners who are members of the club at the time a race takes place. All race results will be worked out by the Race Co-ordinator from races entered that form part of the club's Race Calendar.
- Age Grading will be worked out by the Race Co-ordinator based on your DOB records from the Membership Secretary.
- You will be opted in unless you explicitly opt out by contacting the Race Co-ordinator, who will then exclude you from all results.
- Every member starts the year on 400 points (8 races x 50 points). The idea is to lose as many points as possible during the course of the season by scoring the best result in **8** from the list of races available. The winner will be the member with the lowest score as at 30 November of that year.
- Prizes will be awarded at the end of the year results for the top three members in each competition: Female Competition, Male Competition, Female Age Grade Competition, Male Age Grade Competition.
- Every race you complete will automatically deduct 50 points from your total, up to a maximum of 400 points.
- Pacers will be allowed to be used for races. Pets will not be allowed. Any pet assisted run will be disqualified.
- Championship tables will be maintained on the Hook Runners website in the races section.

- For the Age Grade Competition, we will use the (WAVA/WMA) age grade calculator which helps people to compete fairly with each other despite being of different ages. The URL used to calculate age adjusted times will be: http://www.howardgrubb.co.uk/athletics/wmaroad15.html. All ages/times/distances for every competitor will be input into the calculator to give an age adjusted time. This will be used to work out the quickest to slowest runner in each race based on age adjusted times and points would be scored for this in the usual way; which count towards the Age Grade Competition.
- Membership refresh will be done on 1st of every month with new members being added and members leaving being removed. Results for new members will not be backdated before the monthly membership refresh.

Examples to help visualise the scoring:

- **Example 1.** Ten men and ten women from Hook Runners take part in the Farnborough Half Marathon. The first male scorer will score 1 point; second male scorer will score 2 points; third male scorer will score 3 points through to the last male finisher who will score 10 points. The same for the women. The first female scorer will score 1 point; Second female scorer will score 2 points; third female scorer will score 3 points through to the last female finisher who will score 10 points. For the Age Grade Competitions, the same process will be completed based on age adjusted times.
- **Example 2.** Daphne completes the Southampton Marathon in 4 hours and no other Hook Runners take part. Britney completes the London Marathon in 4 hours and 1 second. Jess completes the London Marathon in 3 hours. Bella completes the Edinburgh Marathon in 2:30 and no other Hook runners take part. All marathons count as one race and calculated at the end of the year. In this example all will have 50 points deducted and Bella would score 1 point. Jess scores 2 points. Daphne scores 3 points and Britney scores 4 points. For the Age Grade Competitions, the same process will be completed based on age adjusted times.
- **Example 3.** Bob completes all 3 Yateley series, but only his best time will count towards his scoring. Bob runs 42.30 in June, 47.20 in July and 41.00 in August. Barry only competes in the July race and finishes in 41.45. Barry's best time of the series is therefore 41.45 and Bob's best time is 41.00 from August. Assuming no other runners take part then Bob will score 1 point and Barry will score 2 points. For the Age Grade Competitions, the same process will be completed based on age adjusted times.
- **Example 4.** Sarah completes the October and November Cross Country races but she doesn't get a time as no times are recorded in these races, only finishing positions. In October she was 7th place and in November she was 8th place. Her best place is 7th. Joan completes only the November race and she gets 12th place. Her best place is 12th. Therefore, assuming no other female runners take place, Sarah scores 1 point and Joan scores 2 points. As there are no times in these races, the same scoring will count towards the Age Grade Competition.
- **Example 5.** Michelle completes her 9th race of the season. Her points after 8 races are (7+1+5+10+8+1+**18**+9 = 59 points). In her 9th race she finished 1st female (she entered it as she tactically knew no one else from Hook Runners was entering) so she scored 1 point. Her worst previous score is eliminated which in her case is **18**. Her new points tally now looks like this (7+1+5+10+8+1+9+**1** = 42 points). For the Age Grade Competitions, the same process will be completed based on age adjusted times.
- **Example 8**. Freddie does not complete 8 races but only completes 6 during the season; he will only reduce his starting count of 400 by 300 (6 races x 50 points) meaning he will automatically start the end of season tally with 100 points added to his total score from the 6 races he has completed.

<u>FAQ:</u>

- **Question:** How can I enter Reading and Fleet as they are on the same day?
  Answer: You have a choice of running in either Reading or Fleet half marathon as both are popular local races. The results will all be added together and scored as if it was one race.
- **Question:** Mary has entered Bramley 20 and Patricia has entered Bramley 10. Mary is the only lady doing the 20; but there are 10 other ladies doing the Bramley 10. It's not fair that she is going to score 1 point by default.
  Answer: Man up buttercup; it's harder to run 20M than 10M; you had the choice to enter the 20. They are scored as separate races and you have the choice as for any races running on the same day listed above.
- **Question:** Oh no; 66 Hook Runners have completed the Rushmoor Parkrun during the scoring month; what do I score as the slowest Hook Runner? And while I am at it – why are you choosing Rushmoor?
  Answer: The maximum score will be 49 for any race; so 49th place and above will score 49 points. You are never penalised for entering a race by receiving a negative score by coming 50th or worse. Rushmoor was chosen because it's a flat, fast parkrun – it's still local and much better for PBs.
- **Question:** There's no time given for the Cross Country Races; so how will you work out the WMA (formerly WAVA) age grading.
  Answer: Yes you are right; and unfortunately there is no fair way to work this out; so no age adjustment will be applied to this race. The same scores will be given to participants in both the standard and Age Grade Competitions.