

Chepstow Harriers Club Championship 2009

www.chepstowharriers.org.uk/champs.htm

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Revisions on 4. Feb. 2009 marked thus

Welcome to the 2009 Club Championships

The programme is similar to previous years although there have been some relatively minor changes. I hope that whether you choose to target the club championships with vigour, or to just select one or two races that appeal, you will gain satisfaction in competing alongside other club members of a wide variety of standards.

To those entering for the first time, you will find the 'Harriers' a friendly club, both before, during and after a race. There is much to be said for organising shared transport to races, with other members.

This is an excellent way to build friendships and friendly banter (!)

The club encourages members to wear the club vest at such races. If you would like one, please contact John Wright - contact details on the website Home page.

Half the races in the Programme are on roads, the remainder being 'multi-terrains' or 'off-road'. Some of these 'off-road' races have rather fearsome sounding names. Please do not be put off by this. The organiser's of such races tend to think up race titles after too many glasses of wine. You are strongly advised however to wear suitable 'off-road' shoes for these events.

Structure

All points scored will be recorded on the Championship table.

There are 7 Road races to choose from, including your best (ratified distance) marathon time, on or off-road.

There are also 7 off-road events to choose from.

A competitor's best 7 events in total will determine his/her final Championship position, at the end of the year. **However, a minimum of two events must be on-road and two from the off-road (MT) category.**

Races & Results

A full 'current' list of races & results when available can be found on the website.

Points allocation

This will use the combined system used last year - with a modification.

The first Harrier to finish will receive 40 points (Not 50, as last year)

The 2nd, 39 points. etc. . . .

Note:- there is a one point difference.

The Harrier who runs the fastest according to the age-related 'Masters' tables

(<http://www.howardgrubb.co.uk/athletics/wmalookup06.html>) will receive 80 points.(Not 50, as last year)

The 2nd fastest Harrier will receive 78 points, the 3rd 76 points etc. . .

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Note:- there is a two point difference

A competitors two sets of points are added together to give their total points for that race.

The Championship Coordinator will set the criteria for use in the 'Masters' tables, that will allow members to work out their own points after the race, and to act as a 'check' for the ageing brain of the coordinator when he releases the Championship points table shortly afterwards.

This system slightly favours the older competitor more than last year.

Bonus Points - As recognition of the actual effort involved during the race, and for many the associated training commitment, The road Marathon will attract 1 bonus point for completion. 2 points for completion of the 40mile MT.

Whilst this might appear generous, please remember it is probably easier to gain a couple of extra points by targeting your training at a short Champs road race, or a longish MT race on a wet, cold day with a potentially poor turn out. Sorry - no more of my secrets !"

Prize Allocation

This will be determined by the committee after the burning of much midnight oil, no doubt.

It is proposed to continue with the trophy for "Lord and Lady Muck" as well as the "King and Queen of the Road" Award. This is decided by the total of a competitor's best **five** scores in either road events or multi-terrain events, chosen from the race programme.

Any dispute that arises through interpretation of the Programme, or supporting documentation, shall be decided by the Committee, under the ethos of fairplay and good sportsmanship.