

South West Road Runners Club Championship 2017

The Rules!

Similar format to 2016, championship races listed below, subject to addition/alteration.

1. Championship is open to all paid up first claim members whose d.o.b. is on club records held by Membership Sec.
2. Scores of 500 and above (including bonus points for 'target races') will be listed in spreadsheet. For this purpose, a score of less than 500 will be rounded up to 500 so that anyone taking part in a champ race will be rewarded for doing so.
3. Multi Terrain race scores calculated using formula determined by referee!
4. Best 5 championship race scores will count, and be added together with wildcard score (see 5. below) and parkrun bonuses (see 8. below) to give total score at end of year. Prizes awarded to overall M & F highest scorers, plus SF/SM and vet categories 40+, 50+ and 60+ for each gender. Table updated after each listed race.
5. Wildcard may be a road or track race anywhere, not just in the South West, or even the UK, as a universal scoring system is used. It can also be a multi terrain race in South West i.e. Cornwall/Devon/Somerset/Dorset. SWRR's own races e.g. First Chance cannot be used as wildcards.
6. For all races including wildcard (but not parkruns) you must run as a South West Road Runners competitor.
7. **Target races are marked in red** in race diary and table. For every target race you run, 50 points will be added to your score for that race.
8. The club will also be targeting some parkrun events. No 'running' points will be counted in these events (as they are not races), but anyone who runs or volunteers to help in the targeted parkruns will score 50 points (100 if you volunteer and run) which will be added to all other scores i.e. in addition to the 5 best 'running' scores and the wildcard score.
9. Enquiries and wildcard nominations to jim_durston@yahoo.co.uk

Provisional Championship races for 2017: target races in red*

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| 1. Fulfords 5 | 6. InStep 3000m |
| 2. Bideford HM | 7. Great West Run |
| 3. Easter 10k race (1 of 2) | 8. Stickler |
| 4. Great Bristol 10k | 9. Bicton Blister |
| 5. Run Exe 5k (July) | 10. Wellington Monument race |