

## South West Road Runners Club Championship 2018

### The Rules!

*Similar format to 2017, provisional championship races listed below (approx. one per month).*

1. Championship is open to all paid up first claim SWRR members affiliated to England Athletics.
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. Total score calculated from: Best 5 championship race scores plus one wildcard (see 5. below) i.e. SIX races in total plus bonuses for parkruns specifically targeted by SWRR as shown on 'selected races' page of website. 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. Wildcard can also be a multi terrain race in South West i.e. Cornwall/Devon/Somerset/Dorset.
6. Ineligible races for wildcards are as follows: SWRR's own races (First Chance/Drogo); relay/team races e.g. Welsh Castles; invitation-only or balloted-entry races e.g. London Marathon; fun runs; parkruns; multi-terrain races with less than 100 finishers.
7. For all races including wildcard (but not parkruns) you must appear as a South West Road Runners affiliated runner in the results. No club = no points!
8. **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.
9. Targeted parkrun participants will score 50 points for volunteering or running (100 if you do both) which will be added to all other scores as explained above.
10. Enquiries and wildcard nominations to [jim\\_durston@yahoo.co.uk](mailto:jim_durston@yahoo.co.uk)

*Provisional\* Championship races for 2018: target races in red*

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|--|---------------------------------|
| 1. Fulfords 5 (Feb)                        | 7. Totnes 10k (Aug)             |
| 2. Bideford HM (Mar)                       | 8. Exe 5k (September)           |
| 3. Easter 10k race (Fast Fri/Easter Bunny) | 9. Burnham HM (Oct)             |
| 4. Crediton Crunch (May)                   | 10. Bicton Blister (Nov)        |
| 5. Devon 10,000m champs (June)             | 11. Otterton Reindeer Run (Dec) |
| 6. Otter Rail Run (Jul)                    | 12. Any track 3000m race        |