

Club Championships 2017

The championship for 2017 will be split into three main categories –

- **Off Road Championship (incorporating trail, fell and cross country races)**
- **Road Championship**
- **Overall Championship** (calculated from all specified races from both combined)

The overall winner will have their total points calculated from all specified championship qualifying races that the athlete has taken part in (excluding the points for age graded races, sizzler bonus and track representation points).

Road Championships 2017

10km

1. Trafford 10km – 5th March 2017
2. Salford 10km – 14th April 2017
3. Greater Manchester 10km – 28th May 2017
4. City of Salford 10km – 3rd September 2016
5. Best 10km time from any race Jan – Dec (age graded – see note below)
6. *(Ladies only - Salford Women's 5.25mile race – 26th November 2016)*

5km

1. Sale Sizzler 1 - 6th July 2017
2. Sale Sizzler 2 - 20th July 2017
3. Sale Sizzler 3 – 3rd August 2017
4. Sale Sizzler 4 – 17th August 2017
5. Best 5km time from any race Jan – Dec (age graded – see note below)
6. Best Park Run time from any race Jan – Dec

Half Marathon / 10 mile

1. Wilmslow Half Marathon – 19th March 2017
2. Manchester Half Marathon – 15th October 2017
3. Stockport 10 – 3rd December 2017
4. Best Half marathon time from any race from Jan – Dec
5. Best 10 mile time from any race from Jan – Dec

For Men Only - Relays

1. Northern Road relays (25th March) (Men – short leg) – Stanley Park - Blackpool
2. Northern Road Relays (25th March) (Men – Long leg) – Stanley Park – Blackpool
3. Northwest Road Relays (7th October)
4. Northern Road Relays (Autumn) - TBC

For ladies only - Relays:

1. Northern Road Relays (25th March) (short leg) – Stanley Park – Blackpool
2. Northern Road Relays (25th March) (long leg) – Stanley Park - Blackpool
3. National Road Relays (16th April) Birmingham
4. Northwest Road Relays (7th October)
5. National Road Relay (Autumn) - Birmingham

For Vets (V40 and above to count) only

1. BMAF Road Relays (14th May) Sutton Park, Birmingham

Rules – Road Championships

1. There are six leagues:
 - Senior Men
 - Senior Women
 - Men V40 to age 49 (as at date of first championship race – County Champs)
 - Men V50 +
 - Women V35 to age 44 (as at date of first championship race – County Champs)
 - Women V45 +
2. Each runner must have **two scoring races from each category from 5km, 10km, half marathon / 10 mile.**
3. If a runner's best 5km / 10km / half / 10m time is taken from a championship race they are still able to use it to count in the 'best of' category. For example, if someone runs their best 10km of the year in the Trafford 10km, they can use the same time to score for the best 10km category also.
4. The age grading will be worked out using an age graded calculator - <http://www.runnersworld.com/pace-calculators/age-grade-calculator>. Times will be ordered according to the calculated time and then scored as below across all men or all women – not within each league.
5. In each race / age graded category, 21 points will be awarded to the highest placed Sale Harrier, 19 for second placed and each runner after that will receive 1 point less. Everyone competing in the race will receive a minimum of 1 point.
6. Any member of Sale Harriers will be automatically entered into the Championship, however they must be listed in the official race results as running for Sale harriers to gain points.
7. If two runners in the same league, finish on the same points, the runner who has completed the most races will be placed higher in the table.
8. If both runners have completed the same amount of races, then the total score from all races will be used.

BONUS POINTS

The best performance from the **non-compulsory relays section** (scored as per other races).

Max one performance to score for senior men and two for vet men.

Max two performances to score for senior ladies and three for vet women.

The additional vet points can only be scored from the BMAF road relay.

5 Bonus points are awarded if an athlete represents the club at a track event.

If a runner completes all 4 Sale Sizzlers or forfeits running to help, there is an extra 5 point bonus

Off Road Championships 2017

1. County XC Championships – 7th January 2017
2. MACCL 4 (Kenworthy Woods) – 14th January 2017
3. Northern Cross Country Championships – 28th January 2017
4. MACCL 5 (Woodbank Park) – 11th February 2017
5. National Cross Country Championships – 25th February 2017
6. Round the Runway – 2nd May 2017
7. Mad Hatters Trail Race – 10th May 2017
8. The Bill Fox Round the Ressers Race – 14th June 2017
9. Whaley Waltz Fell Race – (24th June 2017)
10. MACCL 1 – 2017/18 season – October 2017
11. MACCL 2 – 2017/18 season – November 2017
12. MACCL 3 - 2017/18 season –December 2017
13. BMAF XC Relay – 28th October 2017
14. Bowstones Fell Race – 31st December 2017

Rules

1. There are six leagues:
 - Senior Men
 - Senior Women
 - Men V40 to age 49 (as at date of first championship race – County Champs)
 - Men V50 +
 - Women V35 to age 44 (as at date of first championship race – County Champs)
 - Women V45 +
2. To qualify for the off road championship, an athlete must do a minimum of six races - with their score from the best six races used to calculate their position.
3. In each race, 21 points will be awarded to the highest placed Sale Harrier, 19 for second placed and each runner after that will receive 1 point less. Everyone competing in the race will receive a minimum of 1 point.
4. Any member of Sale Harriers will be automatically entered into the Championship, however they must be listed in the official race results as running for Sale harriers to gain points.
5. If two runners in the same league finish on the same points, the runner who has completed the most races will be placed higher in the table.
6. If both runners have completed the same amount of races, then the total score from all races will be used.
7. If still tied then a head to head comparison.

VETS

The BMAF XC relay (scored as per other races) will be included in your score – Not compulsory to compete.

OVERALL CHAMPIONSHIP WINNER

The overall winner will have their total points calculated from all specified road and off road championship qualifying races that the athlete has taken part in (excluding the points won for age graded road races, sizzler bonus and track representation points).