

Club Championships 2016

The championship for 2016 will be split into three main categories –

- **Off Road Championship (incorporating trail, fell and cross country races)**
 - **Road Championship**
- There will be a winner for each of these - and an **overall winner from the two categories 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 2016

10km

1. Trafford 10km – 13th March 2016
2. City of Salford 10km – 4th September 2016
3. Best 10km time from any race Jan – Dec (age graded – see note below)
4. (*Ladies only - Salford Women's 5.25mile race – 27th November 2016*)

5km

5. Sale Sizzler 1 - TBC
6. Sale Sizzler 4 - TBC
7. Best 5km time from any race Jan – Dec (age graded – see note below)
8. Best Park Run time from any race Jan – Dec (age graded – see note below)

Half Marathon / 10 mile

9. Wilmslow Half Marathon – 3rd April 2016
10. Manchester Half Marathon – 16th October 2016
11. Best Half marathon time from any race from Jan – Dec (age graded – see note below)
12. Best 10 mile time from any race from Jan – Dec (age graded – see note below)

For Men Only - Relays

13. Northern Road relays (2nd April) (Men – short leg) – Stockport – Woodbank Park
14. Northern Road Relays (2nd April) (Men – Long leg) – Stockport – Woodbank Park
15. Northern Road Relays (Autumn) - TBC

For ladies only - Relays:

16. National Road Relays (16th April) Birmingham
17. National Road Relay (Autumn) - Birmingham
18. Northern Road Relays (2nd April) – Stockport – Woodbank Park
19. Northern Road Relays (Autumn) – TBC

For Vets only

20. BMAF Horwich 5km (19th June) Horwich
21. 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 age graded 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 age graded 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.
 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 men.

Max two performances to score for ladies.

20 Bonus points are awarded if an athlete represents the club on the track, during the season at least once. The race must be equal to or greater than 1500m.

If a runner completes all 4 Sale Sizzlers there is an extra 10 point bonus

VETS

Points scored in Horwich 5km (scored as per other races) will be included in your score – Not compulsory to compete.

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

Off Road Championships 2016

1. County XC Championships – 9th January 2016
2. MACCL 3 (Heaton Park) – 16th January 2016
3. Northern Cross Country Championships – 30th January 2016
4. MACCL 4 (Wythenshawe) – 13th February 2016
5. National Cross Country Championships – 27th February 2016
6. Round the Runway - 21st April (TBC)
7. Mad Hatters Trail Race – 11th May 2016
8. The Bill Fox Round the Ressers Race – 15th June 2016
9. Whaley Waltz Fell Race – (25th June – TBC)
10. MACCL 1 – 2016/17 season - TBC
11. MACCL 2 – 2016/17 season – TBC
12. BMAF XC Relay – (October) TBC
13. Gravy Pud Fell Race - TBC
14. Bowstones Fell Race – 31st December 2016
15. Best unhandicapped, 'club handicap' time from the season – TBC (Age graded – see note below)

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. The age grading in the handicap 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.
3. 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.
4. 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.
5. 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.
6. 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.
7. If both runners have completed the same amount of races, then the total score from all races will be used.

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 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).