

ROAD CHAMPIONSHIP

- There are six leagues. Vet categories are determined as of the date of the first race in the championship. E.g. a Male Harrier whose 40th birthday is on 01/07/2018 would be listed as Senior throughout.
 - Female Senior
 - Female Vet 35-44
 - Female Vet 45+
 - Male Senior
 - Male Vet 40-49
 - Male Vet 50+
- Each Harrier must finish a minimum of six races to qualify for the championship.
- 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.
- This points structure will be followed for each gender and for each league. E.g. the first Senior, Vet 35-44 and Vet45+ Female Harriers will all receive 21 points, as will the top Senior, Vet 40-49 and Vet 50+ Male Harriers. The next finisher in all cases will receive 19 points etc.
- 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.
- 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.
- If still tied then a head to head comparison will be performed.

GROUPED RACES (NON 5K)

- Races 3, 4, 9 and 10 have multiple options. This is to provide Harriers wishing to marshal the Greater Manchester Run events and/or the Manchester Half Marathon with alternative events as opportunities to gain points. Trafford 10k and City Of Salford 10k have been grouped following Trafford 10k's postponement earlier in the year.
- Harriers do not have to marshal one event in order to participate in the other, but remember that any help that the club receives is most welcome.
- Harriers can run in multiple grouped events on the understanding that only their highest result will count. Accordingly, participation in multiple grouped events will only count as 1 qualifying race.
- Where grouped races occur on the same day, each race will have its own separate points tally. E.g. at the Greater Manchester Run the first finishing Harriers in the 10k and the Half will all get 21 points, the next finishers in all cases will receive 19 points etc.

GROUPED 5K RACES

- Races 5, 6, 7 and 8 refer to the Cheshire 5k Series and Sale Sizzler Series. The Cheshire 5k Series has been included to provide Harriers wishing to marshal the Sizzlers with alternative events as opportunities to gain points.
- Harriers do not have to marshal one event(s) in order to participate in the other(s), but remember that any help that the club receives is most welcome.
- Harriers can choose to participate in as many or few 5k races as they wish on the understanding that their four best results will count. For example, if a Harrier gets 11 points at a Cheshire 5k Series race then gets 10 points at all four Sizzlers, then they would have three 10s plus one 11. If they got 9 at the same Cheshire event then they would have four 10s.

OFF-ROAD CHAMPIONSHIP

- There are six leagues. Vet categories are determined as of the date of the first race in the championship. E.g. a Male Harrier whose 40th birthday is on 01/07/2018 would be listed as Senior throughout.
 - Female Senior
 - Female Vet 35-44
 - Female Vet 45+
 - Male Senior
 - Male Vet 40-49
 - Male Vet 50+
- Each Harrier must finish a minimum of six races to qualify for the championship.
- 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.
- This points structure will be followed for each gender and for each league. E.g. the first Senior, Vet 35-44 and Vet45+ Female Harriers will all receive 21 points, as will the top Senior, Vet 40-49 and Vet 50+ Male Harriers. The next finisher in all cases will receive 19 points etc.
- 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.
- 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.
- If still tied then a head to head comparison will be performed.

GROUPED RACES

- Races 1, 6 11 and 12 have multiple options. This is intended to bring new races into the Off-Road Championships and reduce reliance on the various cross country events, and to address the close proximity of Round The Runways (which is now full) and the Mad Hatters Trail Race. Harriers may have already bought places in Round The Runways based on expectation of it being a qualifying race, so this keeps things fair for everyone.
- Harriers can run in multiple grouped events on the understanding that only their highest result will count. Accordingly, participation in multiple grouped events will only count as 1 qualifying race.
- Where grouped races occur on the same day, each race will have its own separate points tally. E.g. at the County Championships the first finishing Harriers at Manchester and at Cheshire will all get 21 points, the next finishers in all cases will receive 19 points etc.

OVERALL CHAMPIONSHIP WINNER

The overall winner will have their total points calculated from all specified Road and Off-Road qualifying races that the Harrier has taken part in. In line with previous years, there is no minimum race criteria for qualification.