

Strathaven Striders

Male/Female Championships 2016 Qualifying Races

The following 35 races will be eligible for points in the club championship. Members may run as many races as they wish but scoring totals will be based on the best 6 points scoring races plus the relevant bonus points for running extra races. In the event of a tie for first place a joint award will be made.

January

27 January - Strathaven Striders Time Trial

February

13 February - Carnethy 5

21 February – Run with the Wind Half Marathon

24 February - Strathaven Striders Time Trial

March

5 March - Strathaven Striders Cross Country – 5miles / 3miles

12 March – D33 Ultra

20 March – Alloa Half Marathon

23 March - Strathaven Striders Time Trial

26 March - Strathclyde Park parkrun – 5k

April

24 April – Virgin Money London Marathon

24 April – Balfron 10k

30 April – Highland Fling

May

4 May - Troon – 10k

14 May – Strathclyde Park parkrun – 5k

29 May - Edinburgh – Marathon & Half Marathon

June

5 June –Great Women’s 10k Glasgow

8 June - Craggs Race

18/19 June – West Highland Way Ultra – 95 miles

19 June – Men’s Health Fitness Scotland 10K

24 June - Calderglen Harriers Trail Race 10k / 5k

July

16 July – Clyde Stride Ultra Marathon

30 July - Strathclyde Park parkrun – 5k

August

6 August – The Devil O the Highlands

14 August – Strathaven Striders John Lucas Round Strathaven 50

27 August - Strathclyde Park parkrun – 5k

September

10 September – Strathaven Striders Cairn Table Hill Races

18 September – Cumbernauld 10k

25 September – Linlithgow 10K

October

2 October – Bank of Scotland Great Scottish Half Marathon & 10k

8 October – Strathclyde Park parkrun – 5k

November

6 November - Strathaven Striders Run with the Wind 10k

12 November - Tinto Hill Race

Championship Co-ordinator – Jim Hendry - contact number 07834 559779

Championship Email address - striderschampionship@aol.co.uk Championship updates on Club Web Site and via e-mail

Races by Category

Cross Country	1	Strathaven Striders Cross Country – 5miles / 3miles
Hill Races / Trail	5	Calderglen Trail Race 10k and 5k / Carnethy 5 / Strathaven Striders Cairn Table Hill Races / Tinto Hill Race
Ultra	6	D33 / Highland Fling / West Highland Way / Clyde Stride / The Devil O The Highlands / John Lucas Round Strathaven 50
Marathon	2	London Marathon / Edinburgh Marathon
Half Marathon	4	Run with the Wind Half Marathon / Alloa Half Marathon / Edinburgh Half Marathon / BOS Great Scottish Half Marathon
10k	8	Balfron 10k / Troon 10k / Great Women's 10k / Mens Health Fitness Scotland 10K / Cumbernauld 10k / Linlithgow 10K / BOS Great Scottish 10k / Strathaven Striders 10k
5k	5	Strathclyde Park parkrun – 5k
Time Trials (5miles) / others	4	Strathaven Striders Time Trials (January, February & March) / Craggs Race

Scoring

For each event, defined as a Qualifying Race for 2016, any Strathaven Strider who takes part will be scored on the basis given below and the best 6 scores will count towards the final championship. Bonus points will be awarded for each additional qualifying race completed in excess of the 6 counting scores and up to a maximum of 16 qualifying races. This provides the potential for additional points on 10 extra qualifying races. The bonus will be one point for each of the next five qualifying races, 7 to 11 and two bonus points for each qualifying race in excess of 11 up to 16. **Championship points for each qualifying race will only be awarded to Striders who have paid their 2016 membership fee prior to the start of each qualifying race.**

Your name and finishing time must be included in the official result for a qualifying race to obtain points in the respective championship. **Please ensure that the club name is used when entering a race as this assists the Championship Co-ordinator when compiling each result.**

Where members have achieved new PBs they should advise the Championship Co-ordinator via email so that it can be taken account. PBs can't be claimed for a first race of that distance / type. If claiming a PB and therefore bonus points, the Championship Co-ordinator must be informed by the Wednesday following publication of the results by the qualifying race organiser. **No points can be claimed following this cut off point.**

Time – race overall

- < 105% of first age group time (male/female) = 10 points
- >105% <110% = 8 points
- >110% <125% = 6 points
- >125% < 150% = 5 points
- >150% < 175% = 4 points
- > 175% < 200% = 3 points
- >200% = 2 points

Relative to other Striders (RTOS) – in each qualifying race

- 1st Strider in race (male/female) = 10 points
- 2nd Strider in race (male/female) = 8 points
- 3rd Strider in race (male/female) = 7 points
- Points will be awarded down to 9th Strider on the same sliding scale

Bonus = setting a new course or distance or age grade PB = 10 points

- Please note that age graded PB's will be calculated using the calculator on the Good Run Guide website.