



Littledown Harriers Club Championship (CC) Rules

1 The Club Championship is made up of 15 pre-selected races of varying distances, terrains and start times (including 7 Dorset Road Race League (DRRL) races) which are determined by the Club Championship organiser.

2 Only first claim members who are affiliated with England Athletics are eligible for Club Championship points.

3 Races are to be entered as a Littledown Harrier. Club vest is to be worn, except for during a parkrun or if a charity vest is worn.

4 The scoring system in each nominated race is as follows:

First Littledown Harrier male/female = 100 points

Second Littledown Harrier male/female = 99 points

Third Littledown Harrier male/female = 98 points

All Littledown Harriers finishing a CC race will receive points in this way.

5 A runner's age on 31st December of each Championship year will determine their category for the entire year.

6 To qualify for a final position/award, runners will have to complete at least 8 Club Championship races during the year.

7 Categories for male and female runners are as follows:

Under 21

21 - 24 years

25 - 29 years

20 - 34 years

35 - 39 years

40 - 44 years

45 - 49 years

50 - 54 years

55 - 59 years

60 - 64 years

65 - 69 years

70 - 74 years

75 - 79 years

8 Separate prizes will be awarded for 1st, 2nd and 3rd placed male and female runners.

9 A Fidelity award will be given if all Club Championship races are completed by any eligible runner in one Championship year.



10 Positions and times are as on the official race organiser's results. Chip time and position will be used if available.

11 All eligible Little Down Harriers will appear in the results table.

12 Runners must complete 8 races for the final count. Highest points will score.

13 A parkrun (or other local 5k series equivalent) and any marathon up until the weekend of the last Club Championship race can each replace one Club Championship race.

14 For any marathon completed, proof of finishing time is required. It is the runner's responsibility to notify the Championship organiser when a marathon has been completed and to supply the details. Failure to do so may mean that the results do not appear in the final table.

15 For a parkrun/ 5k series event to count, runners must be entered under the club name of Little Down Harriers.

16 Only those who have completed at least 6 other Club Championship races are eligible to have a parkrun/ 5k series event or marathon points added to their score. This is to alleviate the pressure on the Championship organiser by removing the need to calculate supplementary points for those who, even with a parkrun and a marathon, will not complete enough races to qualify for a final position.

17 In the event of a tie, the best time in the last Club Championship race which the tied runners finished will be used as a decider. If still tied, prizes will be shared.

18 If any Club Championship race is cancelled or deemed not suitable for any reason, a new race will be substituted if possible by the Club Championship organiser. If it is not possible to reschedule or substitute a race, this will reduce the number of CC races that season, however 7 races will still need to be completed to earn a final position.

19 It is each runner's own responsibility to ensure their details are given correctly when entering races. The Club Championship organiser and the Race Organisers must be informed of any changes, ideally prior to the race taking place. Failure to do so may result in the result not being included in the Championship results.

20 Awards will be presented at an awards night in January following the end of the Club Championship year.

21 Details of the Club Championship will be displayed on the club website www.littledownharriers.co.uk