

Trail Championship 2019 Rules

- Club championship is open to members only!!
- Membership must be current and up to date to score points and we will not award points in arrears.
- Athletes must run under their own name.
- Athletes must be aged 16 and over to take part.
- The championship will be based on an 'all round' off road set of results. With best scores added together from 3x cross-country races, 4x trail races and 2x parkrun.
- Points will be awarded to the athlete that scores the highest age-graded result in the race (as determined by using the Howard-Grubb formula).
- Men's and women's points will be scored separately.
- 1st place scores 20pts, 2nd scores 19pts, 3rd scores 18pts and so on. In the event of more than 20 men/women taking part then a minimum of 1pt will be scored for the remaining number of athletes involved.
- Prizes will be awarded for the top 3 male and females only. There will be no vet category prizes awarded.
- To spread more awards around club members and make the club competitions fairer, you can only finish in the top 3 of either the Road or Trail Championships and not both. Pick your favourite terrain.
- In the event of a tie for any positions then places will be determined on a 'head to head' record between those involved. If it's still a tie an average pts scored per race will decide the final positions (total points from all races/number of races ran).
- Most importantly have FUN and keep smiling. Let's not get too serious about it all.