

## Kirkby Milers AC Trail Championship Rules

1. Club championship is open to full members only (with England Athletics affiliation)
2. Membership must be current and up to date to score points and we will not award points in arrears.
3. Athletes must run under their own name.
4. Athletes must be aged 16 and over to take part.
5. 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.
6. 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).
7. Men's and women's points will be scored separately.
8. 1<sup>st</sup> place scores 50pts, 2<sup>nd</sup> scores 49pts, 3<sup>rd</sup> scores 48pts and so on. In the event of more than 50 men/women taking part then a minimum of 1pt will be scored for the remaining number of athletes involved.
9. Prizes will be awarded for the top 3 male and females only. There will be no vet category prizes awarded.
10. 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.
11. In the event of a tie for any positions in the top 3, 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).
12. Although every effort will be taken to make sure all club members are included, sometimes the odd runner can be missed from the results for various reasons. It's the athlete's responsibility to inform **Lee Turner** of any missing information. There will be a two-week window after every race to report errors. Once results have been finalised they cannot be changed.