



Road Racing Championship Rules: 2022

Overview

The Road Racing Championship consists of a series of 8 nominated races (plus a 'hypothetical' half marathon and a 'hypothetical' marathon) at which points are scored according to finishing times. There are separate female and male championships.

Eligibility

Only fully paid-up first-claim members [on LoveAdmin] at the time of starting each race are eligible for points.

For point-scoring purposes, Road Runners must be a minimum of 17 years of age on the date of the race.

To qualify for points in each race, athletes must wear an official MAC vest or training top.

The only exception is in marathons where athletes are free to choose what they wear.

Points are not awarded if an athlete fails to finish a race.

Points are not awarded to athletes who run in a race they are not entered for, or who wear someone else's race number.

Season Duration

The season runs from 1st March to 31st October (inclusive).

Points

At each race the male and female members with the fastest finishing times will be awarded 8 points; the second fastest 7 points; and so on, down to 1 point for those finishing eighth fastest and over.

Each runner's best six results (including hypotheticals) count towards their overall points total.

There is an option to accrue bonus points by participating in MAC team events.

Hypothetical Half Marathon

Every MAC athlete who completes a half marathon during the championship season (see above) has their time recorded, and at the end of the season the times are ordered from fastest to slowest. In effect this creates a 'hypothetical half marathon' race.

Points are awarded as per the other races (fastest half marathon time is awarded 8 points, etc). Half marathon runners can then use the points gained from their half marathon as one of their six point-scoring races.

If a member runs more than one half marathon only the fastest time counts.

Results must be notified to joehoolaghan@motherwellac.com to be included in the championship.

Hypothetical Marathon

As per Hypothetical Half Marathon above, but for athletes racing a marathon instead.

Team Events

To encourage participation in team events, Road Runners representing MAC are awarded four bonus points for each of the following events in which they run for the club.

- Scottish Athletics Road Relay Championships, Livingston (March)
- Lanarkshire AAA Road Relay Championships, Drumpellier Park (October)

Championship Races

The championship races will be detailed on the club website:

<https://motherwellac.com/championships/road-running-championship-and-leagues-2022/>

Results

Points are compiled from official published race results. Where a race is chip timed, the chip time is used, not the gun time. Point tables are displayed on the MAC website:

<https://motherwellac.com/championships/road-running-championship-and-leagues-2022/>

Prizes

The overall Road Racing Championship winners will be the male and female with the most points accumulated throughout the season.

In the event of a points draw for first place at the end of the season, the winner is decided by which of the relevant runners achieves the fastest time in the November Time Trial (time, not finishing position).

At the Annual Prize Giving, the following prizes will be awarded:

- Road Runners' Championship Winner (Female) (plus 2nd and 3rd)
- Road Runners' Championship Winner (Male) (plus 2nd and 3rd)

Communications

The club website remains the official method of communicating on all aspects of the Road Racing Championship. All official communications - especially results and championship tables - are set out on the club website.