



# Road Racing Championship Rules: 2023

## 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 1<sup>st</sup> March to 16<sup>th</sup> 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 a team relay event.

## 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](mailto: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 Relay Events

To encourage club and member participation in relay events, members are awarded two bonus points for representing the club at any relay event. These bonus points are only awarded once, regardless of the number of relay events in which a member participates.

## Championship Races

The championship races will be detailed on the club website:

<https://motherwellac.com/championships/road-running-championship-and-leagues-2023/>

## 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-2023/>

## 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 countback. That is, the winner will be whoever has the most first places; if this is a tie, the number of second places will be used, etc.

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

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

## 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.



# Road Racing Leagues Rules: 2023

## Overview

The Road Racing Leagues is a companion competition to the Championship. It consists of a series of 8 nominated races at which points are scored according to finishing times. Given members are placed in leagues based on performance, the leagues are a combined contest - there are no separate female and male leagues.

## Eligibility

As per Championship rules above.

## Season Duration

As per Championship rules above.

## League Allocation

Members will be allocated to leagues based on their current performance levels. Time trial results will be used primarily, but other race/parkrun results may be used to help guide the decision making process.

New club members will be allocated to an appropriate league as soon as possible, but this depends on sufficient performance data being available.

## Points

At each race the members with the fastest finishing times in each league will be awarded 4 points; the second fastest 3 points; and so on, down to 1 point for those finishing fourth fastest and over. All results count towards their overall points total.

## Prizes

The winner of each league will be the individual with the most points accumulated throughout the season. At the Annual Prize Giving, medals will be awarded to the winner of each league.