



Time Trial Championship Rules: 2023

Overview

The Time Trial Championship is run using a handicap system. This means that the winner of a particular race, or even the championship, is not necessarily the club's fastest runner, but the runner who has performed best against their handicap.

Season Duration

The Time Trial Championship consists of 10 monthly races - February to November, inclusive.

The January time trial is not part of the championship, but does count as a marker.

Races are typically held on the first Tuesday of each month. Dates may be amended depending on circumstances so please listen for announcements at training or check the training schedule.

Virtual races would be held over the first weekend of the month.

Eligibility

Only fully paid-up first-claim Senior Endurance members [on LoveAdmin] at the time of starting each time trial will be eligible for points.

For point-scoring purposes, Senior Endurance members must be a minimum of 17 years of age on the date of the Time Trial.

Younger members and second-claim members may participate and use the Time Trial as a training run, but will not receive points or prizes.

Distance and Courses

The time trial is held over a 4-mile distance, starting and finishing near the Watersports Centre within Strathclyde Park.

Runners meet in the car park at 6.30pm to enable the timekeeper to register their attendance.

There is a summer and a winter route and the coach will specify where the start and finish are. It is each member's responsibility to ensure they are at the start at the right time, and that they understand the route and where the finish is.

First-time runners need not worry about getting lost; they will be paired with a club member of similar ability to take them round the course.

Summer route: <https://www.plotaroute.com/route/1701154>

Winter route: <https://www.plotaroute.com/route/1701149>

Handicap Race Format

This format uses a staggered start - participants are set off according to their handicap time. Slower runners start first, followed by progressively faster athletes, the theory being that everyone should reach the finish line at roughly the same time.

Handicap System

Typically, an athlete's handicap will be based on their best time from their last three Time Trials. For those with fewer than three runs, their best time is taken.

New members will not score points for their first TWO runs. Their first two runs will be markers, to allow their first handicap to be determined.

Members who have not completed a Time Trial for six months will not score points on their returning TWO runs, nor will their previous handicap time necessarily be used. Again, their first two runs back will be markers, to allow their first handicap to be determined.

Handicaps will be published on the Time Trial section of the MAC website in advance of the race.

Volunteers

From time to time the time keepers and recorders need assistance on the finishing line or out on the course. Senior Endurance members who assist with the running of the race will be entitled to score one point on each occasion.

Volunteers should make it known to the organiser before the end of the evening whether they wish to have the additional point added to their cumulative total.

Results

Results, handicaps and standings will be published on the club website:

<https://motherwellac.com/championships/time-trial-championship-2023/>

Prizes

Each month the first male/female Senior Endurance competitor to finish receives a trophy, which they keep for a month before returning it for the next Time Trial. It is traditional for the returning winner to fill the trophy with sweets for the new winner to hand out to all participants.

The overall Time Trial Championship winners will be the male and female with the most points accumulated throughout the season. In the event of a points draw, the winner will be deemed as the runner with the most high-scoring results.

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

- Senior Endurance Time Trial Championship Winner (Female) (plus 2nd and 3rd)
- Senior Endurance Time Trial Championship Winner (Male) (plus 2nd and 3rd)

Communications

The club website remains the official method of communicating on all aspects of the Time Trial.

The Motherwell AC facebook page is used on an informal basis to give Senior Endurance members ad hoc updates on handicaps, results, photographs of, and news about the Time Trial.

All official communications - especially results and championship tables - are set out on the club website.