



# SE Cross Country Championship Rules: 2022-23

## Overview

The Senior Endurance Cross Country Championship consists of a series of 3\* races at which points are scored according to finishing positions. There are separate female and male championships.

## Championship Page

<https://motherwellac.com/championships/cross-country-2022-23/>

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

## Season Duration

The season runs from 1<sup>st</sup> October to 28th February (inclusive).

## Points

At each race the male and female members with the fastest finishing times will be awarded 6 points; the second fastest 5 points; and so on, down to 1 point for those finishing sixth fastest and over.

All races count towards an individual's overall points total.

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

# Championship Races

The races for the 2022-23 championship will be:

- National Short Course Cross Country Championships, Kirkcaldy (November)
- West District Cross Country Championships, TBC (December)
- National Cross Country Championships, Falkirk (February)

Full details are available on the club website:

\*At this stage it is not known whether there will be a Lanarkshire AAA Cross Country Championships. If this is held within the Season Duration (see above), it will become a fourth race.

## Team Events

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

- West District Cross Country Relay Championships, King's Park, Glasgow (October)
- National Cross Country Relay Championships, Cumbernauld (October)

## Results

Points are compiled from the race results. Point tables are displayed on the MAC website.

## Prizes

The overall SE Cross Country 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 highest finishing position in any of the races.

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

- Cross Country Championship Winner (Female) (plus 2<sup>nd</sup> and 3<sup>rd</sup>)
- Cross Country 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 Cross Country Championship. All official communications - especially results and championship tables - are set out on the club website.