

## **Club Championship Qualifying Criteria**

To qualify for the Club Championship award (and any other awards therein) you need to complete a minimum of 8 qualifying races including 2 club only races. One of these races may be a marathon of your choice. A list of these races can be found on the club website.

## **Race Results Processing**

Eligibility to be included in the club's race results is determined by your membership status on race day. This will be clarified by you being a member of Hastings Runners on the day of the race as determined by the EA portal.

## **Allocation of points and prizes**

With the exception of marathons, the Club Championship is a first past the post competition therefore gun times are used. Points are allocated as follows: 1<sup>st</sup> male & female each receive 200 points, 2<sup>nd</sup> male & female 199, 3<sup>rd</sup> male & female 198 etc. Your best 8 scores count towards your final total and you can obtain an extra 200 points by volunteering at one of our qualifying club only races, our host cross country fixture at Pett, our flagship event the Hastings 5 miler or the Elaine Williams Women's Run. As well as an award for meeting the qualifying criteria there are awards for the 1<sup>st</sup> 3 male & female runners and age category awards. Your age category is determined by your age on the 31<sup>st</sup> December in the previous year however eligibility for vets awards for individual club only races is determined by your age on race day. Should any runners be tied following the final race their 9<sup>th</sup> best races will be compared. If this still results in a tie the countback continues to the 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup> races etc until they can be separated.

Sweeps – A sweep is a volunteer role and therefore entitled to earn 200 marshal points. You will not be able to earn the improver's award in the race the following year, as being sweep would not be your 'best effort'

## **Rules for 2<sup>nd</sup> Claimers**

If Hastings Runners is not your 1<sup>st</sup> Claim Club you may take part in our club only races and be included in the race results. You will be eligible to win the male & female, male & female vets prizes and Improver Awards but you cannot claim club records. You are eligible for an HR club race medal for your first club only race. No Club Championship points will be added for either club only or open races.

## **Rules for Juniors**

The minimum ages for participation in our club only races are as follows:

Spring 5k, Handicap 5k, Winter 5k – age 12  
Barry Richards 10k – age 15  
Alan Corke – age 16

Due to their distance and difficulty juniors are not permitted to run Pier to Pier or Rye to Hastings and these races are for over 18s only.

Open qualifying races set their own age limits so please check these on entry.

Club Championship points will only be allocated to those juniors who have reached their 15<sup>th</sup> birthday by 31<sup>st</sup> December in the previous year. Juniors of all ages will be eligible to win the male & female race categories, Improver Awards and hold course records. However the additional rules for runners whose 1<sup>st</sup> Claim Club is not Hastings Runners are still applicable.

### **Marathon Nominations**

All marathons must be completed between January and October of the current Club Championship year. This deadline ensures points can be allocated and tables updated before the last races of the season and is designed to ensure fair competition. There is no requirement to nominate your marathon before you run it so if you run more than one you may choose your best time. However all nominations must be received by the deadline set by the Club Championship Coordinator or they will be declared void. Points will be allocated on finish time and chip times are used where available. Virtual marathons are not permitted.

Please send any communications with regard to the Club Championship (including marathon nominations) to [hrchampionship@gmail.com](mailto:hrchampionship@gmail.com)

### **Rules for Headphones**

Under UKA Rules of Competition, in ear and over the ear headphones are no longer permitted at running events unless otherwise stated. Bone conducting headphones are the only headphones that are approved for use in road races. However, if you do choose to wear bone conducting headphones, then we ask that you have the volume turned down low enough to hear the marshal instructions and road traffic noise.