

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. 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 and the club you have entered to represent 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, and you entered as and represented Hastings Runners for the race.

Allocation of points and prizes

The Club Championship is a first past the post competition therefore gun times are used. Points are allocated as follows: 1st male & female each receive 200 points, 2nd male & female 199, 3rd 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 1st 3 male & 3 female runners and age category awards. Your age category is determined by your age on the 31st 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 9th best races will be compared. If this still results in a tie the countback continues to the 10th, 11th, 12th 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 2nd Claimers

If Hastings Runners is not your 1st Claim Club you may take part in our club only races and be included in the race results for these, and for any open races where you are representing Hastings Runners. 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 15th birthday by 31st 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 1st Claim Club is not Hastings Runners are still applicable.

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.