

# 2014 Senior's Summer Club Championship



## Overview

The Club Championship is designed to reward senior members who play an active part in the club by training with the groups and competing in non-track races. The championship is open to any paid up Senior Members with Male and Female Awards being presented at the end of season Presentation Evening. The Championship commences on 1st March and finishes on 31st October 2014.

## Format

To encourage group training, 1 point will be awarded for attendance at Tuesday and Thursday training sessions. Attendance will be taken from the subs sheet. Volunteers not able to train with Seniors Running Groups will still have their attendance counted towards the championship should they wish to participate in races.

To encourage race participation, the club will publish a list of road, fell and trail races that members are encouraged to enter and where points will be awarded.

- In each race participating members will be given a score based upon their **age graded finishing position** against other male/female members of St Helens Sutton AC. The last runner will score 3 points and they will increase upwards based upon finishing position. For example if 5 male members enter the race and you are the first man to finish after age grading is applied you will receive 8 points, if you are the slowest man after age grading you will receive 3 points. If 15 enter then 18 points will be allocated across the places.
- Age grading will be calculated using Running World's age grading system. <http://www.runnersworld.com/tools/age-graded-calculator>. If a runner's exact age in years is not known then the decade will be approximated and rounded down to 20/30/40 etc using the category that they used for the race entry.
- It is your best 5 points totals out of the club championship races that count during the year. We do not expect members to participate in every race.
- If in the event that there are less than 5 male or female taking part in a club championship race each member who does race will have 5 points added on to their score for that race.
- When you enter a race please use "St Helens Sutton AC" as club name, this makes it easier to collate results after each race.
- In the event of a tie, the award will be made to the athlete that has attended more races. If the result is still tied then the award will be based upon any head to head races between the members concerned. If it is still tied then the number of training sessions will be used.
- Members can vote with their feet to add new races to the Championship List for **next year**. If a new race has more than 5 members of the same sex taking part then we will consider its inclusion and provide feedback on the decision. Participating members should highlight such race attendance to the committee.
- Championship Races that attract less than 5 male or female members will be reviewed at the end of the season and may be removed from the following year's fixture list.



## Senior's Summer Club Championship Fixtures 2014

Date	Race	Location	Distance	To Enter
1st March	Pennington Flash Parkrun	Leigh	5KM	<a href="http://www.parkrun.org.uk/">www.parkrun.org.uk/</a>
9th March	GPW St Helens 10K	St Helens	10KM	<a href="http://www.sthelens10k.com">www.sthelens10k.com</a>
15th Mar	6 & 12 stage relays	Heaton Pk	TBC	<a href="http://www.noaaa-athletics.org.uk">www.noaaa-athletics.org.uk</a>
5th April	Parkrun	TBC	5KM	<a href="http://www.parkrun.org.uk/">www.parkrun.org.uk/</a>
20th April	Run the Bridge	Runcorn	5M	<a href="http://www.runhalton.co.uk">www.runhalton.co.uk</a>
23rd May	Christleton 5K	Chester	5KM	<a href="http://events.chestertri.org.uk">events.chestertri.org.uk</a>
8th June	Mersey Tunnel 10K	Liverpool	10KM	<a href="http://www.btrliverpool.com/event/tunnel-10k">www.btrliverpool.com/event/tunnel-10k</a>
25th June	Seaside Run	Leasowe	5KM	<a href="http://www.seasideruns.com">www.seasideruns.com</a>
July	Birchwood Park 5km*	Birchwood	5KM	<a href="http://www.spectrumstriders.org.uk">www.spectrumstriders.org.uk</a>
July	Burtonwood 5 Mile	Burtonwood	5M	<a href="http://www.spectrumstriders.org.uk">www.spectrumstriders.org.uk</a>
Aug	Princes Parkrun	Liverpool	5KM	<a href="http://www.parkrun.org.uk/">www.parkrun.org.uk/</a>
Aug	Birchwood 10K	Birchwood	10KM	<a href="http://www.spectrumstriders.org.uk">www.spectrumstriders.org.uk</a>
13th / 14th Sept	NW Road Relays	Lancaster	4.4KM	<a href="http://www.race-results.co.uk">www.race-results.co.uk</a>
20th Sept	Northern Road Relays	Blackpool	Various	<a href="http://www.noaaa-athletics.org.uk">www.noaaa-athletics.org.uk</a>
21st Sept	Dream Trail Race	St Helens	5M	<a href="http://www.dreamtrailrace.org.uk">www.dreamtrailrace.org.uk</a>
Oct	Gin Pit 5 Trail	Tyldesley	5M	<a href="http://www.astleyrunners.co.uk/html/our_races.html">www.astleyrunners.co.uk/html/our_races.html</a>
25th Oct	Pennington Flash Parkrun	Leigh	5KM	<a href="http://www.parkrun.org.uk/">www.parkrun.org.uk/</a>

\*Ladies only so results only counted in the Ladies Championship

To track results and Championship standings please visit: [www.st-helens-sutton.co.uk](http://www.st-helens-sutton.co.uk)