SOUTH WEST ROAD RUNNERS

2010 CLUB CHAMPIONSHIP

For 2010 there will be 14 indicated races (plus up to 2 individual wildcards) with the best five races to count. Runners must race as a South West Road Runner and be up-to-date with subs to be eligible. A change this year is that there will be only one 'mixed' championship table.

Points will be awarded as per World Masters Association WMA06 tables (% x 10) with offroads and multis amended to take account of terrain and conditions underfoot, (see bottom of sheet for details). To cut down on admin and allow a sleeker championship table, only points above 600 will count.

See the 2010 race table for championship race details. This gives a selection of races from 3k to full marathon on track, road, multi-terrain and offroad. Favourite races missing from the list? Use your wildcards! Suitable races in Devon, Cornwall, Somerset and Dorset between 1st Jan and the end of November will be eligible as wildcards and may be nominated after the event, (by e-mail to me please). Results must be easily accessible and no SWRR races may be used due to marshaling considerations. Champmaster has final decision on eligibility and scoring. The last date for nominating wildcards is 1st December.

Season's Best table -

This is compiled from races in the championship tables including individual wildcards. The best two runners in each ten year age group feature. Distances are 3k, 5k, 5 mile, 10k, 10 mile, half marathon and full marathon.

SCORING OFFROAD & MULTI-TERRAIN RACES (including wildcards).

In order to take account of wide differences in terrain and conditions underfoot the following objective scoring method will apply.

Take the time of the runner 10% down the field and get WMA points for a senior male for this time. If these points are "x" then the multiplier for all other race points is 693/"x".
(24 flattish local road races of varying distances from 5k to 1/2 marathon averaged 693 WMA points for the time of the runner 10% down the field, measured as a senior male.)
If 'rogue' results occur, the points multiplier might be tweaked to give results in line with norm for consistent runners. Offroad and m/terrain races with less than 60 runners will not be eligible for championship points.