



## Club Championship Rules 2017-18

1. Open to all fully paid up club runners regardless of their ability, level of race experience, age and gender (you do not need to be a super-fast runner to enter). New members are encouraged to participate, but you are required to be a member prior to **31<sup>st</sup> December** in the previous club year, before being eligible to qualify for an award. To qualify participants will be **FIRST CLAIM** and enter each event as 'Eye Community Runners' and **MUST** wear club colour's (Vest or T-shirt).
2. This club championship year starts on 1<sup>st</sup> July 2017 and finishes on 30<sup>th</sup> June 2018, prizes are awarded at the club presentation night in July 2018.
3. The events are 12 "public" races which are generally within reasonable travelling distances from Eye. **BH** denotes if the race date is on a Bank Holiday. Max of 1 event will be on a bank holiday.
4. The dates below are as accurate at the time of publishing as possible, dates can change +/- 1 a week which will be communicated ASAP and required changes to events will be decided by the club committee.
5. Each race is categorised into one of four categories, namely: **A** (Up to and including 5 miles), **B** (above 6 miles and less than 10 miles), **C** (10 Miles +) and **D** (1 of 3 Frostbite League events (St Neots, Hinchingsbrooke (Dec) and Bourne Woods). There are three races in each category to ensure that all types of runner have a fair chance of winning i.e. for example, it is not a Cross Country or road run's only championship, but includes a mix of distances, lumps and bumps.
6. Each member must complete at least 7 races from 12 to qualify and at least **one** race must be chosen from **each** category. Bearing in mind 4 of the events are **FREE** to enter.
7. Race results are published timely on the ECR website and Facebook page, updated matrix will be provided after each event showing the current standings for all categories on Clubs Champs page on ECR website.
8. The results are based on the 7 best results for each runner to ensure many club members can qualify i.e. if you complete all 12 races only the best 7 are considered (however the "best 7" must include at least one qualifying race from each category).
9. Awards are given for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> senior female, 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> senior male, 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> veteran female, 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> veteran male, 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> mature male and 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> mature female.
10. Any potential disqualifications for not following the above rules will be decided by the club committee.

Category A	Category B
<del>Thorney 5m (20/8/17)</del>	<del>Riverside Runners 10k (30/7/17)</del>
Rutland Water parkrun (28/4/18)	Ramsey 10k (24/6/18)
<del>Boston Poppy Run 5m (12/11/17)</del>	Brass Monkey 10k (28/1/18)
Category C	Category D
Sandy 10 (8/4/18)	<del>St Neots (1/10/17)</del>
<del>Gransley Half (17/9/17)</del>	Hinchingsbrooke (10/12/17)
Milton Keynes Half (7/5/18) <b>BH</b>	Bourne Woods (4/2/18)