

Strathaven Striders

Male/Female Championships 2015

Qualifying Races

The following 33 races will qualify towards points in the club championship. Members may run as many races as they wish but points will be based on the best 6 points scoring races plus the relevant bonus points for running extra races. In the event of a tie for first place a joint award will be made.

January

24 January - Strathclyde Park parkrun – 5k

28 January - Strathaven Striders Time Trial

February

14 February - Carnethy 5

22 February – Run with the Wind Half Marathon

25 February - Strathaven Striders Time Trial

March

7 March - Strathaven Striders Cross Country – 5miles / 3miles

14 March – D33 Ultra

15 March – Alloa Half Marathon

25 March - Strathaven Striders Time Trial

28 March - Strathclyde Park parkrun – 5k

April

25 April – Highland Fling

26 April – Virgin Money London Marathon

26 April – Balfron 10k

May

6 May - Troon – 10k

17 May – BUPA Great Women’s 10k Glasgow

31 May - Edinburgh – Marathon & Half Marathon

June

10 June - Craggs Race

20 June – West Highland Way Ultra – 95 miles

21 June – Mens Health Fitness Scotland 10K

26 June - Calderglen Trail Race 10k / 5k

July

18 September – Clyde Stride

25 July - Strathclyde Park parkrun – 5k

26 July – Fort William Marathon

August

1 August – The Devil O the Highlands

29 August - Strathclyde Park parkrun – 5k

September

21 September – Cumbernauld 10k

27 September – Linlithgow 10K

October

4 October – Bank of Scotland Great Scottish Half Marathon & 10k

17 October - Strathaven Striders Cairn Table Hill Races

November

1 November - Strathaven Striders – 10k

14 November - Tinto Hill Race

Championship Co-ordinator – Jim Hendry - Contact number 07834 559779

Championship Email address - striderschampionship@aol.co.uk Championship updates on Club Web Site and via e-mail

Races by Category

Cross Country	1	Strathaven Striders Cross Country – 5miles / 3miles
Hill Races / Trail	4	Calderglen Trail Race 10k and 5k / Carnethy 5 / Strathaven Striders Cairn Table Hill Races / Tinto Hill Race
Ultra	5	D33 / Highland Fling / West Highland Way / Clyde Stride / The Devil O The Highlands
Marathon	3	London Marathon / Edinburgh Marathon / Fort William Marathon
Half Marathon	4	Run with the Wind Half Marathon / Alloa Half Marathon / Edinburgh Half Marathon / BOS Great Scottish Half Marathon
10k	8	Balfron 10k / Troon 10k / BUPA Great Women's 10k / Mens Health Fitness Scotland 10K / Cumbernauld 10k / Linlithgow 10K / BOS Great Scottish 10k / Strathaven Striders 10k
5k	4	Strathclyde Park Parkrun – 5k
Time Trials (5miles) / others	4	Strathaven Striders Time Trials, January, February & March / Craggs Race

Scoring

For each event, defined as a Qualifying Race for 2015, any Strathaven Strider who takes part will be scored on the basis given below and the best 6 scores will count towards the final championship. Bonus points will be awarded for each additional qualifying race completed in excess of the 6 counting scores and up to a maximum of 16 qualifying races. This provides the potential for extra points on 10 qualifying races. The bonus will be one point for each of the next five qualifying races, 7 to 11 and two bonus points for each qualifying race in excess of 11 up to 16. **Championship points for each qualifying race will only be awarded to Striders who have paid their 2015 membership fee prior to the start of each qualifying race.**

Your name and finishing time must be included in the official result for a qualifying race to obtain points in the respective championship. **Please ensure that the club name is identified when entering a race as this assists the Championship Co-ordinator when compiling each result.**

Where members have achieved new PBs they should advise the Championship Co-ordinator via email so that it can be taken account. PBs can't be claimed for a first race of that distance / type / age category. If claiming a PB and therefore bonus points, the Championship Co-ordinator must be informed by the Wednesday following publication of the results by the qualifying race organiser. **No points can be claimed following this cut off point.**

Time – race overall

- < 105% of first age group time (male/female) = 10 points
- >105% <110% = 8 points
- >110% <125% = 6 points
- >125% < 150% = 5 points
- >150% < 175% = 4 points
- > 175% < 200% = 3 points
- >200% = 2 points

Relative to other Striders (RTOS) – in each qualifying race

- 1st Strider in race (male/female) = 10 points
- 2nd Strider in race (male/female) = 8 points
- 3rd Strider in race (male/female) = 7 points
- Points will be awarded down to 9th Strider on the same sliding scale

Bonus = setting a new course or distance or age PB = 10 points