

Keswick AC Club Championships

Format

There are three separate club championships series, **road, trail, fell**, as well as the **uphill** series. For each category there will be seven events and you must do at least 4 of 7 from a category to count in that championship. The events selected for the championships will be advertised at the start of the year with reminders sent out via TeamApp and the newsletter. It is important to plan ahead to avoid missing online entries and ensure you get the required 4 races in. All completers will receive some sort of prize as recognition of their participation.

Events will be a mixture of local races, Parkruns, or some of our own self timed club events. To assist our club statistician, Patrick Butler, with collation of results please ensure you have entered under Keswick AC. If it is an event without entry such as Parkrun please use TeamApp to show you are planning to / have attended so that Patrick knows which runners to look out for.

For self timed events we will try to collect all results at the end or ask runners to email in asap. To try and be as inclusive as possible for runners who may not be able to make the advertised time of the event, times recorded and sent in that same day will be accepted. This is only to be used if runners absolutely can't make it, and we strongly encourage runners to join at the advertised time for the social and competitive aspect.

Points calculation

The points are calculated using a percentage based system which compares an individual's race time with the fastest Keswick AC runner. The formula is

$$\text{Runners points} = \frac{\text{fastest Keswick AC time}}{\text{runners time}} \times 100 .$$

This is done separately for men and women. The points tables will be available on the club website soon after each race. The points in the tables are presented to the nearest whole number, however they are calculated and recorded to higher precision. This means that while there can appear to be **ties**, these can always be resolved by looking at the decimal places of the data.

Age categories

Prizes at the end of the season (see below) are handed out according to age categories. For individual races a runner's age will be recorded **as the age on the day** of the race. This means that runners who move up a category midseason are still required to get 4 races in for the higher category to count. However, their results may still 'count down' a category.

For U23 runners it works differently. As junior age categories are decided by a runner's age as of 31st December at the end of the relevant year, a runner is only an U23 if they do not turn 23 during that year.

Prizes

Prizes are given out at awards night at the end of the season. All completers are rewarded with a small prize of some sort, e.g. mug/medal/place mat. There are permanent trophies for overall champions in each championship, as well as trophies for age categories. Runners up will also receive some sort of prize.

Age categories are protected, however the overall is open to all. So e.g. if a V50 were to do well enough to win the overall they would receive the overall trophy AND the V50 trophy, but NOT the V40 trophy.

Questions / queries and suggestions

If you have any questions regarding the points tables please contact the club statistician Patrick Bulter, Patrick@eulx.co.uk. For more general questions please contact the womens captain Lindsay Walker, walkerlindsay79@gmail.com, or myself Matthew Atkinson, matthewjatkinson94@gmail.com. We'd always appreciate feedback and suggestions for future events!