

# Basel Dragons Club Championship 2010

Welcome to the Basel Dragons Club Championship 2010. The championship is designed to support club members to train, improve and enjoy their running during the year. It is not designed to honour our fastest runner but to recognise those who show improvement throughout the year and perform well when it matters. This is how it will work:

## Championship Races

10 Championship races have been selected (see separate race schedule). Points for each race in the Club Championship will be awarded on three levels:

### 1. Placing points

Members will be awarded points based on their finishing position (relative to other Basel Dragon runners) in each Championship race. Placing points start with 25 points for a win, 24 points for second, down to a minimum of 3 points for everyone that finishes the race. Anyone who starts but does not finish will be awarded 1 point.

### 2. Ability handicap

Placing points favour faster/stronger runners. To level the playing field faster runners will be handicapped based on the group they train with:

- **Black:** Receive no 'handicap bonus points'
- **Red:** Receive handicap bonus points equal to the 'number black group members that finish the race'
- **Blue:** Receive handicap bonus points equal to the 'number of black and red group members that finish the race'
- **Green** Are considered blue group members for ability handicap purposes.

*Note: For members who switch between training groups – please see FAQs for more details*

The intended outcome of the 'Ability Handicap' is that the fastest runners in each colour grouping receive similar scores (placing + handicap) with those outperforming their colour status (i.e. a blue runner beating a couple of reds) getting more.

### 3. 'Personal best' bonus

While the ability handicap is a proxy for running ability, the 'personal best' bonus will reward members for their specific effort and performance on race day. Members will receive bonus points depending on how they perform compared to their (club recognised) personal best - registered in their first race of the season and adjusted for race length.

Improvement v PB	Bonus Points	Example (with 10k, 50mins pb)
5%+ improvement	8	47m 30s or faster
4%+	6	47m 31s - 48m 00s
3%+	5	48m 01s - 48m 30s
2%+	4	48m 31s - 49m 00s
1%+	3	49m 01s - 49m 30s
0%+	2	49m 31s - 50m 00s
99% of previous pb	1	50m 01s - 50m 30s

### Bonus Marathon points

Members who run any official Marathon between March and November 2010 will be eligible for bonus Marathon points. All submitted Marathon times will be awarded Placing and Handicap points as though all times were achieved in the same Marathon.

### Overall Championship Scoring

Each member's best six race scores will count, along with any Marathon bonus, towards their overall Club Championship tally. The male and female club member with the most points at the end of the year will be crowned Club Champion.

If you have any questions about this, please approach one of the Training and Development team after training (Mel, Sonia or Dean) or drop Dean an email on [dean\\_wallis@yahoo.com](mailto:dean_wallis@yahoo.com).

**GOOD LUCK!**