

1) How do I register for a race?

Race registrations differ from race to race. Members will receive instruction for each Championship race from the club – so please read your emails! As well as registering for the race we will also ask you to inform the club you are running so we can co-ordinate meets and compile the club championship points efficiently as possible.

2) Can I decide to enter a race on the day?

Some races need pre-registration but many can be registered for on the day. If you are a late entrant don't forget to inform the club that you ran

3) Why does the Championship points system look so complicated?

The objective of the Championship is to encourage as many members as possible to train, improve and enjoy their running. On that basis we developed a points system that rewards runners across three factors:

Performance on the day (Placing points)

Performance against your peer group (Ability handicap)

Performance against your previous races (Personal best bonus)

We hope this will give all members the opportunity to do well in the Championship and flush out those that have really excelled during the year

4) How will points be allocated in races that offer more than one distance?

Each distance will be seen as a separate race. For example, race 2 at Dreilander offers two distances -10k and 21k. Placing points and ability handicaps will be awarded as if these are two separate races. Any personal best bonus will obviously be based on the distance run by each member.

5) Which training group will I be assigned to for the Ability handicap?

You will be asked to self select your training group when you inform us of your intention to run in a Championship race.

6) Which group should I state if I've run with more than one colour in recent weeks?

Please state whichever group you believe to be your 'usual' group in recent weeks. For example, if a new member has worked up the groups to find they are comfortable in the black group, then black group should be stated. If on the other hand if you are a blue group runner who has tried a couple of red runs but are yet to make the jump to become a red group member then state blue. A good indicator may be the group you have run with most often over the last four weeks (*Note: This has been updated since the original communication which stated 'the fastest group trained with 1 month prior to the race counts'*)

7) What if there is a dispute regarding which training group I have been assigned to for the purpose of the Ability Handicap?

We fully intend to leave the assigning of training groups to the discretion of the individual. However if there is a dispute, the Training and Development Committee reserve the right to over-rule the stated grouping based upon the spirit of the competition

8) How does the Personal Best bonus work?

Your performance in Championship races during 2010 will be used to calculate a 'personal best' time and to calculate your personal time targets for future races. Members can then receive Personal Best bonus points for performance against these time targets (see main Championship doc for points system). To calculate time targets across differing race distances we will use the Runners World race time predictor (to try out follow this link: <http://www.runnersworld.co.uk/general/rws-race-time-predictor/1681.html>)

9) So no personal best bonus points will be awarded in members' 1st race of the 2010 Championship?

Correct

10) I don't really understand the points system – does it matter?

Not really. You do the running, we will sort out the points. If you have any specific questions however feel free to contact Dean Wallis on dean_wallis@yahoo.com

11) What if I think you've got my (or somebody else's) points wrong?

No sweat. Just drop Dean Wallis as email at dean_wallis@yahoo.com and we will check it out