



# Christchurch Runners Inaugural club championship 2024

REV – B (Updated 31<sup>st</sup> January 2024)

Event Number	Event	Distance (KM)	Date	DRRL
1	Broadstone Quarter	10.5	1 <sup>st</sup> January	✓
2	CR Monthly Run	5	6 <sup>th</sup> March	
3	CR Mile	1.6	27 <sup>th</sup> March	
4	Marnhull 12k	12	21 <sup>st</sup> April	No
5	North Dorset Village Marathon Relay	8 - 12	5 <sup>th</sup> May	
6	May 5	8	19 <sup>th</sup> May	✓
7	CR Monthly Run	5	5 <sup>th</sup> June	
8	Purbeck 10k	10	14 <sup>th</sup> June	✓
9	CR Kiss and Part	4-6	TBD	
10	CR Cross Country	5	TBD	
11	CR Hoburne 5	8	TBD	
12	CR Monthly Run	5	4 <sup>th</sup> September	
13	Boscombe 10k	10	24 <sup>th</sup> November	✓
14	CR Monthly Run	5	4 <sup>th</sup> December	
15	Best Park Run (Jan – Nov)	5	Jan – Nov	
16	Best Club 10k	10	Jan - Nov	

Note: Some event dates are currently to be confirmed.

## 1. General

- a. The club championship will run from 1<sup>st</sup> January 2024 through to Wednesday 4<sup>th</sup> December 2024 inclusive.
- b. The championship consists of 16 pre-determined events, of which the best 8 results for each runner will be counted.
- c. The championship will be split into two tables, a Men's championship, and a Ladies Championship.
- d. There will be an end of season awards ceremony with trophies being awarded to 1<sup>st</sup> Men's and 1<sup>st</sup> Ladies winner.
- e. Club colours are mandatory for external events (DRRL in particular).
- f. Club championship races must be run at the prescribed time and not retrospectively completed. i.e. using an activity tracker later in the day. This will be the advertised date and time for external events. 12:30 and 18:00 on the Wednesday and 12:30 on the Friday for CR organised events unless otherwise stated.
- g. The committee may substitute championship races through consultation in the event of race cancellations.

## 2. Eligibility

- a. To counted as an eligible runner, you must be a paid-up member of Christchurch Runners and East Christchurch Sports and Social Club
- b. Runners must commit to volunteer for timing at least once throughout the year, not limited to club championship events, but also includes the Christchurch Runners training competition.

## 3. Point Scoring

- a. As above, you must be a fully paid member of both Christchurch Runners and East Christchurch Sports and Social Club for you to be eligible to score points.
- b. Points will not be retrospectively awarded if you renew memberships after letting them expire.
- c. The points scoring system will operate as follows. 50 points for 1<sup>st</sup>, 49 for 2<sup>nd</sup>, 48 for 3<sup>rd</sup> .... And so on. If more than 50 runners are eligible for an event, then all runners from 50<sup>th</sup> onwards will receive 1 point.
- d. Club handicap will be applied to results as per club practice with the quarterly training events.
- e. In a team event, all members of the same team receive the same points. Handicap will be worked out as an average handicap for all team members and then applied to the total team time at the end.
- f. An eligible runner who opts to time a club event within the championship instead of running will receive 25 points.
- g. A runner who needs 25 points or less to win a championship, may not swap with a timer to automatically gain those points.
- h. Final positions for external events will be taken from the official race results.
- i. Any eligible runner who helps with marshalling at a Christchurch Runners own event will receive a bonus 25 points on Event 10 "Hoburne 5"

## 4. Wildcard

- a. Each runner eligible to enter the club championship will receive one wildcard/joker per championship year.



- b. The wildcard will double the runner's points for that event only.
- c. The runner must announce that they wish to play their wildcard/joker BEFORE the event has started.
- d. You may not retrospectively play your wildcard/joker