

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 five events and you must do at least 3 of 5 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, as well as the WhatsApp community. It is important to plan ahead to avoid missing online entries and ensure you get the required 3 races in.

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 system is similar to that of the FRA English Fell Championships, where in the open category the points are out of 50, reducing one point per place, however with a 2 point winning bonus. So the first Keswick AC runner will score 52, the second 49, then 48, 47 etc. This is done separately for men and women but the open category includes all age categories.

For the veteran and U23/junior age categories there are separate points which are scored similarly but out of 20. So the points will go 22, 19, 18, 17 etc. Similar to English Athletics road events the age categories will be strict, with e.g. only V40's counting in V40 and no V50's.

Age categories

Prizes at the end of the season (see below) are handed out according to age categories. For individual races a runners 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 3 races in for the higher category to count. However, their results may still 'count down' a category for the remainder of that season.

For U23 runners it works differently. As junior age categories are decided by a runners 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. Often 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 Butler, Patrick@eulx.co.uk. For more general questions please contact myself Matthew Atkinson, matthewjatkenson94@gmail.com. We'd always appreciate feedback and suggestions for future events!