

## Moorfoot Runners Club Champs 2024

**Dates:** Champs will run from 1st April until 17th November inclusive.

**Prizes:** In addition to the Golden Boot for the person with the most points, **new for 2024** there will be Club Championship Medals for anyone gaining 125 points or more. [An incentive for all, regardless of what those at the top of the leaderboard are doing].

**Points:** Are scored for competing in the racers below.

### Bonus Points:

Volunteering	5 Points for volunteering at any Moorfoot organised event: Gypsy Glen, Cademuir Rollercoaster, time-trials etc.
Park Runs	Up to a maximum of 50 points can be scored for Park Runs. 5 points scored for volunteering at any park run & 5 points for running <u>unique</u> park runs. So eg 1: Volunteer 10 times at Hay Lodge = 50 points. eg 2: Volunteer 5 times at Hay Lodge (25) and run Hay Lodge 2 times (5) = 30 points. eg 3: Volunteer 5 times at Hay Lodge (25) and run 2 different parkruns (10) = 35 points. eg 4: Run Hay Lodge 10 times = 5 points. eg 5: Run 10 different Park Runs = 50 points. eg6 Run 20 different Park Runs = 50 points. You get the idea!
Any 10k*	10 points (* Excludes races already on the race list)
Any Half*	15 points (* Excludes races already on the race list)
Any Marathon	20 points
Any Ultra	25 points
Podium (Cat) 1/2/3	15/10/5 points <b>New for 2024</b> In addition to races, 15/10/5 points will be awarded to the first 3 home in each of the Age Graded Time Trials. As these are adjusted for gender it will only be the first 3 home irrespective of gender.
Team Player	<b>New for 2024</b> 10 Points for taking part in any Moorfoot relay team irrespective of distance
Personal Distance Race Record	<b>New for 2024</b> 10 points - For anyone making a step-up in distance to a distance they have not raced before. Increments being: <ul style="list-style-type: none"> <li>● 10k</li> <li>● Half Marathon</li> <li>● Marathon</li> <li>● Ultra (Min 50k)</li> </ul> So, for example if you have previously run a half-marathon, but not a marathon and you do your first marathon then you can claim 10 bonus points [in addition to the 20 on offer above]. All claims taken on trust and for organised races only not training. For Ultra runners anyone who is running at least 10k further than they have previously run before in a race may also make a claim.

Claims for bonus points should be sent via e-mail to [moorfootrunnerssecretary@gmail.com](mailto:moorfootrunnerssecretary@gmail.com)

Race	Date	Points	Link
April			
Age graded 5k TT (Bike track to Cardrona)	16/4/24	5	
Run Mhor Hidden Glen 10k	21/4/24	10	<a href="https://tayfitness.com/events/run-mhor/hidden-glen-10k/">https://tayfitness.com/events/run-mhor/hidden-glen-10k/</a>
May			
Penicuik 10K	TBC	10	
Stag to Hynd (Moffat)	14/05/24	10	
Gypsy Glen	15/05/24	10	Entry on day
Age graded 10k TT (Bike Track to Eddleston)	TBC	10	
Wobbly Bridge	TBC	10	
Rigg Race (Balerno)	20/05/24	10	
Stornoway Half/Marathon (NB Club Trip)	25/05/24	15	<a href="http://srac.org.uk/half/">http://srac.org.uk/half/</a>
June			
Age graded 5km TT (Tweedbank)	11/06/24	5	
7 Hills	16/06/23	15	<a href="http://www.seven-hills.org.uk/">http://www.seven-hills.org.uk/</a>
Black Rock	21/06/24	10	<a href="http://blackrock5.org/">http://blackrock5.org/</a>
Eildon Hill Race	22/06/24	10	<a href="https://www.entrycentral.com/Eildon_Hill_Race">https://www.entrycentral.com/Eildon_Hill_Race</a>
July			
Earlston Black Hill Race	02/07/24	10	<a href="https://www.scottishhillrunners.uk/Races.aspx?RaceID=RA-0424&amp;System=Metric&amp;Month=7">https://www.scottishhillrunners.uk/Races.aspx?RaceID=RA-0424&amp;System=Metric&amp;Month=7</a>
Moffat Festival Gala Race	09/07/24 TBC	15	
Lee Pen	20/07/24	10	Entry on day
Northumberland Coastal Race	21/07/24	15	<a href="http://www.alnwickharriers.co.uk/?page_id=103">http://www.alnwickharriers.co.uk/?page_id=103</a>
Kelso 10k	TBC	10	
August			
Age graded 10k TT (Bike Track to Eddleston)	01/08/24	10	

Cademuir Rollercoaster	11/08/24		Entry on day
Scottish Half Marathon / 10k	18/08/24	15/10	<a href="https://www.scottishhalfmarathon.com/half">https://www.scottishhalfmarathon.com/half</a>
September			
Wild Deer Dalkeith Trail 5k / 10k / Half	22/09/24	5/10/15	<a href="https://wilddeerevents.co.uk/events/75/">https://wilddeerevents.co.uk/events/75/</a>
Two Breweries	28/09/24	20	<a href="https://twobreweries.org.uk/">https://twobreweries.org.uk/</a>
October			
Great Scottish Half Marathon	06/10/24	15	<a href="https://www.greatrun.org/events/great-scottish-run/">https://www.greatrun.org/events/great-scottish-run/</a>
Lillesleaf 10K	13/10/24	10	<a href="https://www.scottishhillrunners.uk/Races.aspx?RaceID=RA-0767">https://www.scottishhillrunners.uk/Races.aspx?RaceID=RA-0767</a>
Age graded 5km TT (Bike Track to Cardrona)	15/10/24	5	
Devils Foot Half / 10k	24/10/24	15/10	<a href="https://devilsfoot.co.uk/">https://devilsfoot.co.uk/</a>
November			
Tinto Hill Race	02/11/24	10	<a href="https://www.scottishhillrunners.uk/Races.aspx?RaceID=RA-0108">https://www.scottishhillrunners.uk/Races.aspx?RaceID=RA-0108</a>
Glentress Winter Trail 10k / Half	16/11/24	10/15	<a href="https://www.highterrainevents.co.uk/glentress-winter-half">https://www.highterrainevents.co.uk/glentress-winter-half</a>