

Club championship 2024

This will run from November 22nd 2023 (the day after the close of our last championship) to mid-November 2024 (to be completed in time for the presentation evening).

There will be awards at the end of the year in 5-year age categories and for best male and female overall. There will also be a memento for anyone who completes the club championship for the first time.

You will be graded on six races and an average will be calculated from these. We shall continue using the WMA age-grading calculator: <http://www.howardgrubb.co.uk/athletics/wmaroad15.html>

This calculator compares your time to the best performances over that distance, so you will score best on flat fast courses.

You can include ANY races, subject to the following restrictions:

- (1) You must include at least 2 long races (10 miles or more) or 2 off-road races of any distance (or one of each)
- (2) Only one race can be 5K or less.
- (3) You can include races over non-standard distances.
- (4) You can include virtual races - organised events or just runs you do by yourself. If it is a virtual run, it should not have considerably more descent than ascent and you must submit your elapsed time.

In order to make it easier for people to enter the championship, we have identified some races which are popular with our club. Times for these races will be automatically entered into the championship.

13 th January	Hamsterley Forest Trail Runs	10K or half marathon
3 rd March	Haweswater half marathon or Middlesbrough half marathon	Half marathon
17 th March	Lightwater Valley 10K	10K
17 th March	Thirsk 10	10 miles
31 st March	Helmsley multi-terrain challenge	10K
7 th April	Bramham park trail runs	Half marathon, 10K, 5K
14 th April	Sand Dancer 10K	10K
5 th May	Melmerby 10K	10K
12 th May	Durham Trail 10M	10M
12 th May	Leeds marathon and half	Marathon and half marathon
23 rd May	Dales Runner Constable Burton runs	10K and 5K
26 th May	Northallerton 10K	10K
23 rd June	Crackpots trail run, Kirkby Malzeard	11K
28 th July	James Herriot Trail Run	14K
4 th August	Darlington 10K	10K
18 th August	Scorton 10K	10K
1 st September	Middlesbrough 10K	10K
8 th September	GNR or Vale of York half	Half marathon
21 st September	September Saunter, Leyburn	13.6M
20 th October	Yorkshire 10M	10M

For any other races please send me (Liz Sowter) the name of the race, the distance, the date and your time. This must be the official time for races and the elapsed time for 'virtual races'. You can submit

results whenever you like, either privately on Facebook Messenger or by e-mail, or on the club Facebook page.

You can submit more than 6 races and I will choose the best. You could have a look at the age-grading calculator yourself, to decide which results to submit.

You could just wait until the end of the year and submit your six best results all in one go. However, it is more fun to see the championship evolve throughout the year.