

## 2026 road championship

This will run from November 25<sup>th</sup> 2025 (the day after the close of our last championship) to mid-November 2026 (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) This is primarily a road championship, as it was in the past. You may include trail races, but there is no added percentage for these.
- (2) You must include at least 2 long races (10 miles or more).
- (3) Only one race can be 5K or less.
- (4) You can include races over non-standard distances.
- (5) 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, not moving time.
- (6) If you run a race on someone else's number without going through an official transfer process, this result will not be included in the club championship, as it is not an official result.

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.

1 <sup>st</sup> March	Middlesbrough half marathon	Half marathon
1 <sup>st</sup> March	Haweswater half marathon	Half marathon
22 <sup>nd</sup> March	Thirsk 10	10 miles
17 <sup>th</sup> May	Sunderland 10K and half	10K or half marathon
24 <sup>th</sup> May	Northallerton 10K	10K
2 <sup>nd</sup> August	Darlington 10K	10K
30 <sup>th</sup> August	Middlesbrough 10K	10K
6 <sup>th</sup> September	Vale of York half	Half marathon
13 <sup>th</sup> September	GNR	Half marathon
11 <sup>th</sup> October	Richmond Castle 10K	10K
18 <sup>th</sup> October	Yorkshire 10M and marathon	10M or marathon

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.

Have fun!

Liz