

Club championship 2022

This will run from December 1st 2021 (after the close of our last championship) to mid-November 2022 (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).
- (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.

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

6 th February	Muddy Boots 10K, Ripon	10K
13 th March	Thirsk 10	10 miles
24 th April	Swainby Sweep	7miles or 16 miles
29 th May	Northallerton 10K	10K
16 th June	Kiplin Hall 10K	10K
13 th July?	Pitstop 5K and 10K	5K and 10K
7 th August?	Darlington 10K	10K
4 th September	Middlesbrough 10K	10K
11 th September	Great North Run	Half marathon
+ Any races which are club bus trips!		

For any other races please send me (Liz Sowter) the name of the race, the distance, the date and your time. If you have joined the club recently, please send your DOB as well (needed for age-grading). You can submit results whenever you like, either privately on Facebook Messenger or by e-mail, or on the club Facebook page using #SRchamps22

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 would be more fun to see the championship evolve throughout the year.

Liz Sowter