

Bishop's Stortford Running Club Awards Rules

- The Club Awards are in five groups:
- Club Championship Awards
 - Endurance Challenge Awards
 - Most Improved Runner Awards
 - Multi-sport Awards
 - Special Awards

Members will have from 1st January until December 31st to complete qualifying races

Club Championship Awards

This award group was new for 2009. It is modelled on championship schemes observed at other running clubs. It aims to:

- Include a more diverse range of race distances/disciplines in the awards
- Enable more members to participate in and qualify for awards
- Reward members for racing for their club, particularly in local events and leagues
- Support local races
- Encourage and recognise the race to race rivalry with your like-speed running friends

At the end of the year, the Club Captains and the Committee will be reviewing how things went and will be looking for feedback from members.

Club Championship Overview

For the Club Championship, members will score points according to their finishing position relative to other club members in any of the chosen Club Championship races. A list of Club Championship races has been published since late February - on the notice-board, the website and in The Runs. If you have not done any so far, don't worry, there are plenty between now and the end of the year.

Members' final scores will be a total of scores from up to six races from the season. Note that you do not have to do six races before you obtain a Championship score. If you do fewer than six races, all your races will count. If you do more than six races from the list, your best six races will count.

Within the Club Championship there will be separate male and female leagues. In each league, there will be a number of Divisions, exact number of which will depend on the numbers participating. Members will be allocated to divisions according to a recent five mile (i.e. the Time Trial) or 10K race times. This time does not have to be submitted before being able to score in another longer or shorter event. There will be awards for the first and second places in each Division.

Club Championship Scoring & Rules

- For each Club Championship race/event, a list of Club male and a list of Club female finishers will be drawn up.
- For Championship events which have a large turnout, there is potential to score fewer points than in smaller races. To avoid discouraging people from taking part in league races and the more popular races, the scoring of Championship races will be:
 - For league races, and races with 28 or more Club members racing, first home for the Club will be awarded 50 points, second home for the Club 49 points, third home 48 points, etc.
 - For non-league races with a Club turnout of fewer than 28 people, the point decrement will be 2pts rather than 1pt. Thus, first home for the Club will be awarded 50 points, second home for the Club 48 points, third home 46 points, etc.
 - Where a race is for single sex only (e.g. Harlow Ladies 5K), the threshold for the change in scoring will be 14 competing members..

- Marathon scoring shall be awarded by making an ordered table of all marathon times from the year. Member with the fastest time will be awarded 50 points, second fastest 49 points, etc.
 - Any marathon can be submitted as your chosen marathon event. Members may only use one marathon from the current season to score for the Championship.
- Scoring levels will be reviewed in the instance of there being more finishers than point's places available. Runners will always score for completing an event.
- Members should report their race times as normal via the email results@bsrc.org.uk or phone them in to the Publicity Officer (see The Runs for details).
- Point scoring will be done by the Championship Results Coordinator, and league tables posted on the web and notice-board.
- The scoring positions will be based on "gun time" rather than chip time or personal time. This is to promote head to head racing, and prevent someone being beaten by someone who crosses the line after them. The database can still record your personal time if you wish to submit it for the record, but it will not be used for scoring. Members should check after each race has been scored that they have been identified as having done the race.
- If anyone passes their number to someone else, the Championship Results Coordinator must be notified.
- There will be no distinction based on age in any of the scoring.
- You must be a paid up Club member to qualify for a score.
- You should be entered in the event as Bishops Stortford Running Club and run in Club colours to qualify for a score.
- Any queries regarding scores and notification of marathon results must be with the Results Coordinator by 31st December.
- In the event of a tie, positions in races where the two (or more) members who are tied on points competed against each other will be taken into account. Most 'wins' will be deemed the winner. If there are no common races, or in the event of there still being a tie, the higher number of Championship races undertaken in the season will be the decider. This will only be done at the end of the season - Division results through the year will simply show a tie.
- As with any league system, we have promotion of the winners to the next division. To keep the divisions balanced, we also need to have relegation, where those at the bottom end of a division may move down to the next division (where they will have a chance of winning and can move back up again). No definition for this process was defined at the beginning of 2009. After discussion, the Championship Committee have defined the following conditions as:
 - - Promotion: The top two finishers in the division will be promoted to the next division for the following season.
 - Relegation: The two runners with the lowest average score from their best six races will be considered for relegation (if fewer than six races have been run, it will be the average of the races run - this purposefully gives an advantage to those who have run more races).
 - No-one in the top four positions will be relegated, irrespective of calculated average.
 - Additionally, only those who have completed four or more races will be considered for relegation - those with fewer races will be not be considered as it is felt there are not enough results to reflect their present form (might be through injury or work pressures that few races have been run) and they will be left in their present division.
- After initial placement in a Division, the Championship Results Coordinator/Committee may revise this placement if the initial qualifying time is found to be inaccurate/misleading. These movements are intended to keep the divisions balanced and competitive. To achieve this promotion and relegation remain at the discretion of the Championship Committee. Proposed relegations will be reviewed with respect to 10K race times used for grading. From time to time it may also be necessary to re-allocate divisions to keep numbers reasonable. This will be kept to a minimum to ensure continuity in competition.

Endurance Challenge Awards

This award is intended for those who run longer distance running races - up to and beyond half marathons. It has been the primary award group for the Club for many years, under the title 'Challenge Trophy'. For this award category, members must complete a prescribed number of races at prescribed distances. Any race can be used in qualification for this award, including but not limited to those included in the Club Championship (with careful race choice, you could qualify for both the Club Championship and the Endurance Challenge with just six or seven races).

Age categories and Awards for Endurance Challenge

There are four age categories for the Endurance Challenge:

- Open - men and women aged 18 years and above
- Veteran - women 35 to 44 years; men 40 to 49 years
- Super-Vet - women 45 to 54 years; men 50 to 59 years
- Vintage - women 55+; men 60+

There will be separate male and female awards for the Endurance Challenge. Category winners receive a trophy (to be kept for the year) plus individual shield to keep.

Qualifying races for Endurance Challenge

Required races for the Endurance Challenge are:

- Any two short races - between 5 and 7 miles
- And any two ten mile races
- And any two half marathon races
- And (for open category only) any one long race (15 miles, 20 miles or a marathon)

Members will be ranked according to totals of min/mile pace for each of the qualifying races. A list of your race times must be submitted to the Results Coordinator by 31st December at the latest, but race results should really be submitted through the year via the results@bsrc.org.uk email address.

Most Improved Runner Awards

These awards are to recognise those who have improved their times over a number of different distances. The required distances have been changed this year to make it more flexible. Members should submit a table of their personal bests from the last and current seasons. These can be from any races, in any countries, as long as the race distance is accurate. Only three out of the six distances need be completed, but times must be available for both seasons and an improvement must be shown in the three distances. Data must be sent to the Race Results Coordinator by 31st December. Improvements will be calculated as a percentage of each race time. Percentage improvements will be summed across the three chosen distances. Largest total percentage wins.

Valid distances:

- 5 kilometres
- 10 kilometres
- 10 miles
- Half marathon
- 20 mile
- Marathon

Most Improved Awards will be presented to male and female members in the following categories:

- Senior - women under 35 years; men under 40 years
- Veteran - women 35 to 44 years; men 40 to 49 years
- Super-Vet - women 45 to 54 years; men 50 to 59 years
- Vintage - women 55+; men 60+

Multi-sport Awards

There are three Multi-sport award categories:

- **Triathlon Performance Awards** - male and female awards for best result based on a member's four best triathlon results from the current season. Male and female awards.
- **Multi-sport Achievement Award** - awarded by the Multi-sport Award subcommittee based upon performance/achievement in a multi-sport event/discipline (including but not limited to triathlon).
- **In the Spirit Award** - awarded by the Multi-sport Award subcommittee, based upon contribution or endeavour in the multi-sport arena.

Scoring for Triathlon Performance Award

Scoring to follow British Triathlon Federation age-group ranking method where an athlete's time is compared to the 40th percentile position in their age group (referred to as T40). You are being measured by your performance relative to the others in your age-group that raced. This makes it course independent and age independent. Full details including a worked example will appear on the Club website. (Its not as complicated as it sounds, honest)

Special Awards

There are five other trophies awarded as decided by the Club Committee and Club Coaches. Members may nominate other members for these awards up until 31st December.

- **Bryan Mowles Award** - For the most outstanding veteran. Awarded for athletic effort.
- **Tony Pitman Award** - For contribution to the spirit of the Club. Awarded not for sporting achievement, but usually in recognition of the greatest social contribution to the Club through the year.
- **Tom Cook Award** - in recognition of athletic endeavour through the year, usually of a younger member.
- **Claire's Cup** - awarded to a female member who has run, socialised and contributed to the Club; who has persevered against all odds whilst still having fun.
- **Team Tim Award** - in recognition of a personally excellent marathon result or completing a marathon in the face of adversity or having a truly uplifting marathon tale to tell about a marathon undertaken in the course of the past year.
- **Wooden Spoon Award** - awarded to the person experiencing or responsible for the most amusing mishap, incident or adventure related to running in the past year.
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Annual trophies (returnable at the end of the year) are presented for the above awards. Individual trophies to keep are presented for all but the Wooden Spoon.