

GRAND PRIX 2005

ESSENTIAL INFORMATION

The way that the Club Grand Prix, Fell and Road Championships are administered must appear extremely complex to new members (that's because it *is* extremely complex!). I'll give a brief synopsis here, but any new members (or confused and senile older ones) wanting a fuller explanation should contact John Crummett on 01706 819417 or who can send you a more detailed version of the points structure.

GRAND PRIX CHAMPIONSHIP (current holder Moyra Parfitt)

Points are awarded as a percentage of the average time of the first three finishers, and your age (if a veteran) and gender is taken into consideration and a handicap allowance is added. Thus, the best runners for their age get the most points. The best qualifying combination of 8 races count (this can be either 4 road/4 fell **or** 5 road/3 fell **or** 3 road/5 fell according to which is the highest score - the computer works it all out). Top ten finishers get trophies and all qualifiers get certificates.

FELL CHAMPIONSHIP (current holder Andrew Horsfall)

Points are awarded as a percentage of the average time of the first three finishers but age related handicaps are not used. The fastest runners get the most points. Best 6 scores from 12 races count with at least one from each distance category. Trophies for all gender/age categories.

ROAD CHAMPIONSHIP (current holder Paul Brannigan)

Points are awarded as a percentage of the average time of the first three finishers but age related handicaps are not used. The fastest runners get the most points. Best 6 scores from 12 races count with at least one from each distance category. Trophies for all gender/age categories.

Four of the road fixtures are now chosen from **multi-terrain** events, but exactly the same points are awarded as if they had been "true" road races. It is hoped that this will encourage a better turnout for the Road Championship.

CLUB CHAMPION (current holder Paul Brannigan)

Awarded on the basis of a runners' single best counters (GP points) from all six categories added up. Only those who have completed at least one race in every category will be eligible. To qualify as "Club Champion" the runner will have to have all-round ability (and/or inclination). It may well be that the Grand Prix Champion and Club Champion turn out to be one and the same person - as it is at the moment - but let's wait and see.

PRE-ENTRIES

A lot of races are pre-entry especially the English championships. It is important to enter these races early as they do get over subscribed

RULES

We're not really a "rules" club - but there are a few involved here...

You MUST compete in a club vest if you want to score Championship Points.

If you use someone else's number in a race you must inform John Crummett that you have done so before he calculate the scores. Otherwise your performance will not be acknowledged.

DISTANCE CATEGORIES

Fell Race categories are as per FRA guidelines set out in FRA Calendar i.e. Short (S) is under 6 miles; Medium (M) is 6 miles and over but under 12; Long (L) is over 12 miles

Road/Multi-Terrain Race categories: Short (S) is up to and including 10K; Medium (M) is over 10K and up to and including 10 miles; Long (L) is over 10 miles.

CHAMPIONSHIP STATUS EVENTS

Any race which has Championship Status (usually English Championship Fell Races) carries a 9% points bonus to make up for the exceptionally high standard of performance.

TODMORDEN HARRIERS

