

## TOD HARRIERS' CHAMPIONSHIPS ESSENTIAL INFORMATION

The 33 races are split into 12 road races, 15 fell races and 6 trail races to choose from. There are 6 championships:

1. Grand Prix (8 of any races, but a minimum of 2 road, 2 fell and 1 trail). This the only championship that is handicapped according to age and sex thus finding the best 'pound for pound' runner.
2. Fell (6 fell races of different lengths to qualify)
3. Road (6 road races of different lengths to qualify)
4. Club Champion (3 fell races of different lengths plus 3 road races of different lengths)
5. Trail (3 trail races of any length to qualify)
6. XC Champ - 3 races from the Red Rose series.

Details of each championship appear later in this document.

**Points:** Points are calculated by our statistician who divides your finishing time by the average of the first 3 finishing times and multiplies by 100.

In the case of the Grand Prix championship only, there is an additional point's bonus applied once you reach veteran status. Your points are multiplied by a factor that is higher for women and increases with age.

In the case of races that are regional or national status events, e.g. a county championship or English or British championship an additional point's bonus is applied to make up for the exceptionally high standard of competition. These races will be flagged up in advance and the bonus will be 6% for regional events & English/British 10%.

All championship points and tables are published regularly on [www.todharriers.co.uk/grandprix.htm](http://www.todharriers.co.uk/grandprix.htm).

## **RULES**

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

You **MUST** compete in a club vest if you want to score championship points.

Distance categories for fell races: As per FRA guidelines, i.e. short (S) is under 6 miles; medium (M) is 6 miles and over but under 12; long (L) is over 12 miles.

Distance categories for road races: 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.

Distance categories for trail races: there are no distance categories for trail races.

**Note:** A lot of races are pre-entry especially the English championship fell races and some road races. It is important to enter these races early as they do get over-subscribed.

## **GRAND PRIX CHAMPIONSHIP**

This championship encourages participation from all club members and aims to find the best runner by making an allowance for age and sex. The factor applied to your basic points increases with age and is greater for ladies.

**Qualifying:** 8 races from 33 will ensure you qualify, which must include a minimum of 2 road races, 2 fell races, 1 trail race

Combinations such as 5 fell, 2 road, 1 trail or 2 road, 2 fell, 4 trail or 5 road, 1 trail, 2 fell are examples of how to qualify.

If you do more than 8 races then your best 8 scores are the ones that count (subject to meeting the minimum requirements above).

Top ten finishers get trophies and all qualifiers get colourful certificates.

## **FELL CHAMPIONSHIP**

This championship encourages participation from club members who enjoy fell running and aims to find our best fell runner.

This championship incorporates the 3 English championship fell races, 3 British Championship fell races plus 9 local fell races selected by the fell race committee. There are 5 each of long, medium and short fell races.

**Qualifying:** 6 fell races from 15 will ensure you qualify, which must include a minimum of: 1 long, 1 medium and 1 short. Combinations such as 1 short, 2 medium, 3 long or 2 short, 3 medium, 1 long are examples of how to qualify. If you do more than 6 races then your best 6 scores are the ones that count (subject to meeting the minimum requirements above).

Trophies are awarded for all gender/age categories.

### **ROAD CHAMPIONSHIP**

This championship encourages participation from club members who enjoy road running and aims to find our best road runner. This championship incorporates 12 road races selected by the road race committee. There are 4 each of long, medium and short road races.

**Qualifying:** 6 road races from 12 will ensure you qualify, which must include a minimum of 1 long, 1 medium, 1 short.

Combinations such as 1 short, 2 medium, 3 long or 2 short, 3 medium, 1 long are examples of how to qualify. If you do more than 6 races then your best 6 scores are the ones that count (subject to meeting the minimum requirements above).

Trophies are awarded for all gender/age categories.

### **CLUB CHAMPION**

This championship encourages participation from club members who enjoy fell and road running at all distances and aims to find our best all-round runner. This championship incorporates the 12 road races and 15 fell races. It does not include races from the trail championships.

**Qualifying:** You must do:

1. 1 long fell race
2. 1 medium fell race
3. 1 short fell race
4. 1 long road race
5. 1 medium road race
6. 1 short road race

Your best scores in each of the above categories are the ones that count. The club champion is the person attaining the highest total.

Trophies are awarded for all male and female club champions.

### **TRAIL CHAMPIONSHIP**

You can only win this championship once because it has a different male and female winner every year. It is designed to give more members an opportunity to win a club competition.

You are eligible for qualification if you have not won a championship (grand prix, club, road, fell, trail, ultra or cross-country) in the current or previous seasons.

This championship incorporates 6 trail races that can include local category B and C fell races and races advertised as trail races. Races are selected by the road race committee. They will cover a range of distances.

**Qualifying:** 3 trail races from 6 will ensure you qualify. They can be any distance. If you do more than 3 races then your best 3 scores are the ones that count.

Trophies are awarded for all male and female trail champions.

### **CROSS COUNTRY CHAMPIONSHIP**

This championship encourages participation from club members who enjoy cross country running and aims to find our best cross country runner. This championship incorporates the 4 Red Rose XC League races

**Qualifying:** 3 XC races from 4 will ensure you qualify. If you do more than 3 races then your best 3 scores count.

Trophies are awarded for all male and female trail champions.

### **Todmorden Harriers Championship Fixtures**

Further race info - entry details prices distances etc. can be found on [www.todharriers.co.uk/club-championship](http://www.todharriers.co.uk/club-championship).