

**Another year and another selection of classic and local races. 2015 is the year where you could take the championship by storm and smash the championship? Good luck and enjoy the races :)**

## **2015 GRAND PRIX: - the first fell races**

Fell racing starts in the 2015 GP with 3 popular and local races. First off is a jaunt out to Haworth for the ever popular Stanbury Splash on 18<sup>th</sup> Jan - a runnable, for most, 7.5 miler that attracts a good number of us, in or out of the GP, and at £4 for a Sorren Malt Loaf a bargain! Then it's a wait until 28<sup>th</sup> Feb where Midgley is included for a second season running by default - the only early season short race that would fit in available dates, but it proved to be the most popular turnout last year. There will be plenty of route choice to cut across the heather, or plenty of other runners to follow. The first long is Heptonstall, much requested by club members and this year is the first time since 2011 we have been able to include it. The 22<sup>nd</sup> March date should allow a few recces to be organised. Then we are into May for the first English Championship race - Stretton - by which time you should be reading another Torrier with more race info.

## **GRAND PRIX AND 2015 CLUB CHAMPIONSHIPS ESSENTIAL INFORMATION - THE BASICS**

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

- 1 ! Fell (6 fell races of different lengths to qualify)
- 2 ! Road (6 road races of different lengths to qualify)
- 3 ! Trail (3 trail races of any length to qualify)
- 4 ! Club Champion (3 fell races of different lengths plus 3 road races of different lengths)
- 5 ! XC Champ - 3 races of the Red Rose series
- 6 ! Grand Prix (8 of any races, but a minimum of 2 road, 2 fell and 1 trail). This is the only championship that is handicapped according to age and sex thus finding the best 'pound for pound' runner. Our statistician calculates your points by dividing your finishing time by the average of the first 3 finishing times and multiplying by 100.

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.

You must wear a club vest.

## **GRAND PRIX CHAMPIONSHIP**

This championship encourages participation from club members and aims to find the best runner making an allowance for age and sex.

Points: Points are calculated by dividing your finishing time by the average of the first 3 finishing times and multiplying by 100. As this championship is handicapped once you reach veteran status your points are multiplied by a factor that is higher for women and increases with age. Some races are eligible for a bonus (see Rules section).

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).

The club's software will work all of this out and the table is published regularly on [www.todharriers.co.uk/grandprix.htm](http://www.todharriers.co.uk/grandprix.htm).

Top ten finishers get trophies and all qualifiers get 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 6 English championship fell races plus 9 fell races selected by the fell race committee. There are 5 each of long, medium and short fell races.

Points: Points are calculated by dividing your finishing time by the average of the first 3 finishing times and multiplying by 100. There is no handicap applied for age/sex, but some races are eligible for a bonus (see Rules section).

Qualifying: 6 fell races from 15 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).

The club's software will work all of this out and the table is published regularly on [www.todharriers.co.uk/grandprix.htm](http://www.todharriers.co.uk/grandprix.htm).

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.

Points: Points are calculated by dividing your finishing time by the average of the first 3 finishing times and multiplying by 100. There is no handicap applied for age/sex, but some races are eligible for a bonus (see Rules section).

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).

The club's software will work all of this out and the table is published regularly on [www.todharriers.co.uk/grandprix.htm](http://www.todharriers.co.uk/grandprix.htm).

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.

Points: Points are calculated by dividing your finishing time by the average of the first 3 finishing times and multiplying by 100. There is no handicap applied for age/sex, but some races are eligible for a bonus (see Rules section).

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**

This championship encourages participation from newer members and those who have not previously won a championship. You are eligible for this championship if you have not won a championship (grand prix, club, road, fell or trail). This championship incorporates 6 trail races that include local category B and C fell races and races advertised as trail races. Races are selected by the road and fell race committees. They will cover a range of distances.

Points: Points are calculated by dividing your finishing time by the average of the first 3 finishing times and multiplying by 100. There is no handicap applied for age/sex, but some races are eligible for a bonus (see Rules section).

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.

The club's software will work all of this out and the table is 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 here...

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. Championship status events: Any race which has championship status, e.g. a county championship or English or British championship will carry a points bonus to make up for the exceptionally high standard of performance. These will be flagged up in advance and will be 6% for regional events & English/British 10%.

## 2015 Todmorden Harriers Grand Prix, Fell, Road and Trail fixtures

Further race info - entry details prices distances etc. can be found on <http://www.todharriers.co.uk/club-championship/> click on the links

	<b>Fell</b>	<b>Road</b>	<b>Trail</b>
<b>Jan</b>	18th Stanbury Splash - M	25th Meltham 10K - S	
<b>Feb</b>	28th Midgeley - S	15th Liversedge Half Marathon - L	21st Standish
<b>Mar</b>	22nd Heptontall - L	15th Sweatshop 10 M - Regional champs 6% point bonus 29th Accrington 10K	
<b>Apr</b>		26th Blackpool HM - L	6th Grizedale
<b>May</b>	9th Stretton - M - English champs 10% point bonus 20th Blackstone edge - S 30th Duddon - L - English champs 10% point bonus		25th Ilkley
<b>June</b>	27th Whalley Waltz - S	10th Otley - M (TBC) 21st Freckleton HM -L	
<b>July</b>	25th Lingmell - S - English champs 10% point bonus 29th Lee Mill - M	5th Eccup 10 - M	
<b>Aug</b>	22nd Peris Horseshoe - L	14th Shore Road - S	30th Alices Run
<b>Sept</b>	6th Guisborough - M - English champs 10% point bonus 19th 3 Shires - L	13th Garstang HM - L	22nd Mandy Goth's Wham
<b>Oct</b>	11th Withens Skyline - M 24th Whernside - S		18th Woodland Challenge
<b>Nov</b>	14th Tour of Pendle - L	1st Derwentwater 10 - M	
<b>Dec</b>		29th Wesham 10K - S	