

# WRC Summer Series Competition – Rules & Regulation

This is not a Club Championship! It is meant to be fun, and part of training. There are lots of variables which are deliberate, and favour those who do more races, or use a certain amount of intelligence in addition to physical capability. It is not intended that anyone should aim to complete all races.

## Rewards (2016)

- Mugs – completion of 7 races
- T-shirts – completion of 12 races (to include at least 5 road and 5 off-road races)
- Medals – to the top three in each league
- At the end of the competition, the top 2 in each league will be promoted, the bottom 2 relegated \* (\* the final decision based on performance will rest with the sub-committee in order to maintain a healthy balance of numbers in each league)
- **New for 2016 – bonus points. See Appendix.**

## Generally

- All club members are eligible and encouraged (unless injured) to participate in the SSC. <sup>1</sup> New members shall be allocated as soon as possible after their standard has been assessed.
- The SSC is administered by a nominal sub-committee comprising Tony Hulme, Ian Ashcroft, and Don Bullough. All issues, however trivial, to be dealt with by this committee in consultation.
- Tony as Club Coach shall decide the races to be included each year (see Race Schedule). These will be varied in distance and terrain. <sup>2</sup>
- An official WRC vest or top must be worn in all races to avoid penalty, and should be visible to all other runners.
- Your position in the tables will be determined by your best 7 results.
- If forced to retire through injury during a race, one point may be awarded in recognition of attendance – but only on one occasion during a Series (to discourage injured members starting a race). Each case to be decided individually by the SSC committee.
- If you are injured then please inform the club just so we know what your circumstances are.

## Race Entry

- Please enter all races as "Wilmslow RC" only, to help in the filtering and collating of results. <sup>3</sup>
- Please take care and enter all information requested on race entry forms.

### Notes:

- <sup>1.</sup> *It is a condition of Club membership that members are expected to run races for the club!*
- <sup>2.</sup> *Some races, marked # in the Race Schedule, are classed as fell races and are usually run over rough terrain and sometimes on unmarked routes. Therefore, it is recommended that runners should arrive prepared to carry as a minimum: full waterproof whole body cover, hat & gloves, a whistle, map & compass - unless this requirement is waived by the race organiser on the day if conditions permit. The Club cannot condone non-compliance of this advice.*
- <sup>3.</sup> *Most race results are now published electronically - which is great as club results can be filtered out. The generation of the SSC tables is semi-automated, but individual names still need to be inputted for each race. This can be done fairly quickly, providing the race results are full and correct. What is time-consuming is having to undo everything to correct if names are missing from the filtered club results.*

## Appendix – 2016 SUMMER COMPETITION

To spice things up for this year there are bonus points to be won.

### Parkrun Section

Your four fastest times will count. Lyme Park, plus three others.

The following nine races may be used to count. Position will be determined by the sum of your four parkruns including Lyme Park, which is harder than the others. The four parkrun times added together will count as one event in the overall table.

Parkruns to count :

- Wilmslow (summer course on grass only),
- Bramhall
- South Manchester,
- Congleton,
- Burnage,
- Cheadle Hulme,
- Lyme Park,
- Stretford,
- Wythenshawe.

### Bonus

Once four parkruns are completed including Lyme Park, you will gain one extra point for each additional but different parkrun up to a maximum of five. If all parkruns are completed, on completing all nine you will receive an extra two points, so a total of seven points bonus are possible. This could be useful in the long run. You may of course prefer to try for a faster time on your favourite courses, with as many attempts as you wish.

Elspeth has volunteered to collate the parkrun points and bonuses and will produce monthly updates which will then be included in the updated tables.

### Extra bonus

For those preferring longer distances, an additional bonus also awaits.

There are seven races of nine miles or longer in this year's competition. Once you have completed three of these longer races you will gain one point for each of the four remaining races, so a total of four if all seven races are completed, plus an extra three for completing all seven making a total of seven points again.

So, a total of fourteen bonus points are on offer, which could make all the difference !

The journey is as exciting as reaching the destination and you become fitter as you travel.

Tony/Don