

2018 Race 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 (2018)

- 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 2018** – two groups of Parkruns are included. See Appendix.

Generally

- All club members are eligible and encouraged (unless injured) to participate in the RS. ¹ New members shall be allocated as soon as possible after their standard has been assessed.
- The RS is administered by a nominal sub-committee comprising Jan Wyles, Ian Ashcroft, and Don Bullough. All issues, however trivial, to be dealt with by this sub-committee in consultation.
- The RS sub-committee shall decide the races to be included each year (see Race Schedule). These will be varied in distance and terrain. ²
- 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 RS sub-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. ³
- Please take care and enter all information requested on race entry forms.

Notes:

- ^{1.} *It is a condition of Club membership that members are expected to run races for the club!*
- ^{2.} *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.*
- ^{3.} *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 – 2018 Race Series Competition

Parkruns

The following parkruns split into two groups will be used to count as one event each in the main tables. Positions will be determined by the sum of your four fastest times at each parkrun in each group.

Group 1 :

- Wilmslow
- Bramhall
- Congleton
- Lyme Park

Group 2 :

- Burnage
- Stretford
- Wythenshawe
- Sale Water Park

Elsbeth will collate and produce monthly updates which will then be included in the updated tables as they are completed.

Jan/Ian/Don