

Wilmslow Running Club – Annual Club Series

WRC Annual Club Series - Intro

The Club Series is held annually, over several distances and terrains. A list of around 20 races is identified.

Points for each race are awarded in the club competition based on your WRC position, ie 1st = 90, 2nd = 89, 3rd = 88 etc. Points are also awarded within the league competitions in a similar way starting at 60. You will be placed into a league based upon your previous year's races, or for new members, according to your current ability.

Your best 7 race results count, so you do not need to run all 20. However, you can run as many as you like to try to improve your position, as well as to enjoy going to races where you know there will be lots of blue and gold!

There are 8 parkruns included in the Club Series, these are explained below.

Rules

Club Vests must be worn. This is so that your fellow competitors can spot you. Therefore, no vest means no points. (Vests can be purchased from Running Bear). Vests are not required at parkruns.

Record the club's name as Wilmslow RC when you enter an event. On some systems the club's name is automatically allocated from your England Athletics number, in such cases then just accept the given club name. If you are not shown as a WRC member, then you won't be identified in the results.

parkrun – you need to enter Wilmslow RC as your running club in your parkrun profile. We won't be able to identify your results otherwise.

How do I take part?

Just pick your races and enter them as you would normally. You don't need to advise anyone in the club what races you are entering. If you follow the rules above, then your race results will be identified.

Keep an eye out for races that sell out fast, there's usually some indication in communications for the Club Series.

parkrun races

The 8 parkruns selected for the Club Series have been placed into pairs. Each completed pair scores as one race in the Club Series. Your best score for a parkrun pair over the duration of the Club Series is always used. So, you have opportunities to improve your points.

Points are awarded in the same way as for other races in the main club table and the league tables, but based upon the aggregated times for each pair of parkruns. If you run a quicker time in the year for a particular parkrun, then your aggregated time and score will be updated. The points are worked out monthly and the tables updated accordingly. Be warned, points can go down as well as up depending on how other club members are doing!

The dates when the parkruns become part of the competition will be shown on the Club Series list of races. You can run the parkruns on any Saturday within these dates and in any order.

Prizes

Prizes will be awarded at an awards evening following completion of the Club Series.