

## Rules of the Club Championships, Cross Country Club Championships and 5Km Summer Series for Swinton Running Club.

The rules of the competition have been agreed as below:

1. Any member can compete in the Club Championships, Cross Country Club Championships and the 5Km Summer Series, provided they are registered as full competitive runners on the EA myAthletics Portal for Swinton Running Club. Also any runner who is registered as a second claim runner for Swinton Running Club will be allowed to compete.
2. Points will be awarded in each race where the first runner home in each male/female category will receive 1 point and then 2 for second, 3 for third etc until every runner in the race from the club has received a score.
3. The positions for each championship race will be decided by 'Gun Time' except for the 'Best' Marathon or 'Best' Half Marathon times which will be decided on 'Chip Time'. This is due to time being lost on races with mass starts.
4. The winner for each male/female category will be the one with the lowest score over the minimum number of races required to complete.
5. Awards will be given to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each male/female category provided they have ran the minimum required number of races. Each veteran category will also be rewarded, again by the lowest score in each 5 year age group. Prizes will be given out to anyone finishing first in any age group
6. The minimum number of races required to complete for each championship are as below. However under exceptional circumstances, i.e. races cancellations, these could be changed by the committee to accommodate such an event.

Club Championships – Best 7 races to count

Club Cross Country Championships – Best 4 races to count

5Km Summer Series – Best 5 races to count

7. The number of races for each championship will be decided by the committee each season.
8. The veteran category will start at M35 for the men and also the veteran female category will start at F35.
9. If any veteran was to be placed in the top 3, they would take the 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> prize. The veteran winner award would then go to the next veteran in that same category.

10. Runners will compete in the age category that they are in on the first race of the season for each championship.
11. Each season the prize value for all the winners will be decided by the committee.
12. Runners must compete in club colours for any race which is part of the championship races. The only exception to this is if anyone has a charity place for a half or full marathon and requests from the committee permission to run in alternative attire.
13. Any query, dispute or appeal with regards to the results must be forwarded directly to the Results Co-Ordinator, who together with the committee, will consider the matter in question and issue a final decision to the party involved.