

Club championship 2020

For those of you who have taken part in the championship before, there are very few changes this year. As usual you will be graded on six races and an average will be calculated from these. We shall be using the 2015 version of the WMA age-grading calculator <http://www.howardgrubb.co.uk/athletics/wmaroad15.html>, which is slightly tougher than the 2010 version that we used until 2017.

Note that this is not quite the same as the grading in the fell championship, which measures you against the winner of that specific race. In this championship you are compared to the best performances generally over that distance, which means that you will score best on flat fast courses (but see note 4 below about ultras).

You can include ANY races, subject to the following restrictions:

- (1) You must include at least 2 long races (10 miles or more).
- (2) Only one race can be 5K or less.
- (3) You CAN include races over non-standard distances. They will be taken to be the advertised distance, whatever it says on your Garmin!
- (4) This year ultras of 50 miles or more will score double points. In a change from 2019, ultras from 30 - 49 miles will have their scores multiplied by 1.5
- (5) You can include fell runs, but not those that are already included in the fell championship.

The 2020 championship runs officially from 1st November 2019 to 31st October 2020. You may already have races that you would like to submit, so start digging out your best results.

Please send me (Liz Sowter) the name of the race, the distance, the date and your time. If you have joined the club recently, please send your DOB as well. You can submit results whenever you like this year.

You can of course submit more than 6 races and as usual we will choose the best. If you are a prolific racer you need to be more selective: don't send me all your Park Run times if you race every week! You could also, if you wish, have a look at the age-grading calculator yourself, to decide which results to submit.

You could just wait until the end of the year and submit your six best results all in one go. It would be more fun to see the championship evolve throughout the year though.

Liz Sowter