Club championship 2017

Aim

The aim of the club championship is to allow club members of different ages to compete against each other. It also gives runners a way of measuring their own progress over time.

How does it work?

The quality of each performance is measured using the WMA (World Masters Athletics) age-grading calculator. Age-graded scores let you compare your race times to those of different runners, as well as to the standard for your age and gender.

eg A 25 year old male completes a 10K in 40 minutes. A 50 year old female completes the same race in 51 minutes. Who has run better?

There's not much in it, but the age-grading calculator gives an age-graded score of 67.13% to the 25 year old male and 67.37% to the 50 year old female. Your age-graded score is the ratio of the approximate world-record time for your age and gender divided by your actual time.

Age-graded scores have been categorized into these broad achievement levels:
100% = Approximate World Record Level
Over 90% = World Class
Over 80% = National Class
Over 70% = Regional Class
Over 60% = Local Class

You might like to look up your scores for some of the races you have already done.

Here is the calculator I shall be using for all races:

www.howardgrubb.co.uk/athletics/wmalookup06.html

Designated races

If all this sounds rather complicated, don't worry! If you take part in any of the designated races below, your score will be calculated for you. Results will be published regularly and displayed on the website.

Most of the races selected are over standard distances. The exceptions are the mid-week league runs (Harrogate District Summer Race League), as we particularly want to encourage more people to take part in these.

Club championship races 2017

Month/Date	Race (short)	Race (Long)	Location	Distance
Feb 12th	Muddy Boots 10K		Ripon	10K
March 5th	Lightwater Valley 10K		Lightwater Valley	10K
March 5th		Haweswater half	Bampton, nr Shap	Half marathon
March 19th		Thirsk 10	Thirsk	10 miles
April 2nd	Fountains 10K		Grantley	10K
April 9th		Vale of York 10	Rufforth, nr York	10 miles
April 14th	Mermaid 10K		Marske	10K
April 30th		Keswick half	Keswick	Half marathon
May 14th		Ripon 10 mile	Ripon	10 miles
May 23rd	HDSRL race 1, Harrogate		Harrogate	TBC
May 28th	Northallerton 10K		Northallerton	10K
June 1st	HDSRL race 2. Dragons Aire		Yeadon	TBC
June 14th	HDSRL race 3, Wetherby		Wetherby	TBC
June 18th	Newton Aycliffe 10K		Newton Aycliffe	10K
June 20th	HDSRL race 4, Kanresborough		Knaresborough	TBC
July 2nd		Eccup 10 mile	Eccup, nr Leeds	10 miles
July 6th	HDSRL race 5, Otley		Otley	TBC handicap
July 9th		Burn Valley half	Masham	Half marathon
July 16th	Burton Leonard 10K		Burton Leonard	10K
Aug 13th	Darlington 10K		Darlington	10K
Aug 20th	Scorton Feast 10K		Scorton	10K
Sept 3rd	Tholthorpe 10k		Tholthorpe	10K
Sept 10th		Vale of York Half Marathon	Sherburn-in-Elmet	Half marathon
Oct 1st		Redcar half	Redcar	Half marathon
Oct 15th		Shaun Lee Johnstone 10M	Boroughbridge	10 miles
Nov 5th		Guy Fawkes 10	Ripley	10 miles

The competition

Awards will be made in each age category and for the best male and best female overall. To qualify you need to complete at least 6 races, of which at least two must be over longer distances (10 miles or above).

Your age-category will be determined by your age on January 1st 2017. However your performance for each race will be calculated according to your age on race-day.

In addition to the races above, you may choose to submit results from a maximum of two races of your own choice. Unlike for the designated races, which will be included automatically, you must personally submit these results to Liz Sowter by November 30th 2017. (Don't worry about this yet: you will be reminded nearer the time). These must be accurately measured races over 5K (max. 1), 10K, 10 miles, 20 miles, half marathon or marathon.

Your final score will be the average percentage for your 6 best races.