

## 2025 club championship

This will run from November 26<sup>th</sup> 2024 (the day after the close of our last championship) to mid-November 2024 (to be completed in time for the presentation evening).

There will be awards at the end of the year in 5-year age categories and for best male and female overall. There will also be a memento for anyone who completes the club championship for the first time.

You will be graded on six races and an average will be calculated from these. We shall continue using the WMA age-grading calculator:

<http://www.howardgrubb.co.uk/athletics/wmaroad15.html>

This calculator compares your time to the best performances over that distance, so you will score best on flat fast courses.

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

- (1) You must include at least 2 long races (10 miles or more) or 2 off-road races of any distance (or one of each)
- (2) Only one race can be 5K or less.
- (3) You can include races over non-standard distances.
- (4) You can include virtual races - organised events or just runs you do by yourself. If it is a virtual run, it should not have considerably more descent than ascent and you must submit your elapsed time.
- (5) If you run a race on someone else's number, this result will not be included in the club championship, as it is not an official result.

### New for 2025

We are all aware that it is easier to score well on road races than on trail. In order to redress this imbalance somewhat, the following adjustments will be made:

Off-road run up to 15.9 miles - add 10%.

Off-road run 16 to 29.9 miles - add 25%

Off-road run 30+ miles = add 50%

To make it easier for people to enter the championship, we have identified some races which are popular with our club. Times for these races will be automatically entered into the championship.

11 <sup>th</sup> January	Hamsterley Forest Trail Runs	10K or 14M	+ 10%
2 <sup>nd</sup> March	Middlesbrough half marathon	Half marathon	
2 <sup>nd</sup> March	Haweswater half marathon	Half marathon	
16 <sup>th</sup> March	Thirsk 10	10 miles	
12 <sup>th</sup> April	Wensleydale Wander (short)	12 miles	+ 10%
12 <sup>th</sup> April	Wensleydale Wander (long)	23 miles	+ 25%
May?	Melmerby 10K	10K	
15 <sup>th</sup> May	Stately Trails: Constable Burton	5K or 10K	+ 10%
18 <sup>th</sup> May	Burton Leonard 10K	10K	
25 <sup>th</sup> May	Northallerton 10K	10K	
8 <sup>th</sup> June	Crackpots trail run, Kirkby Malzeard	11K	+ 10%
12 <sup>th</sup> June	Stately Trails: Forcett	5K or 10K	+ 10%
14 <sup>th</sup> June	Swaledale Marathon	24M	+ 25%
24 <sup>th</sup> July	Stately Trails: Aske	5K or 10K	+ 10%
27 <sup>th</sup> July	James Herriot Trail Run	14K	+ 10%
August?	Darlington 10K	10K	
August?	Scorton Feast 10K	10K	+ 10%
31 <sup>st</sup> August	Middlesbrough 10K	10K	
September?	Vale of York half	Half marathon	
7 <sup>th</sup> September	GNR	Half marathon	
14 <sup>th</sup> September	Wetherby 10K	10K	
4 <sup>th</sup> October	Round Ripon Ultra		+ 50%
October?	Richmond Castle 10K	10K	
19 <sup>th</sup> October	Yorkshire 10M and marathon	10M or marathon	
9 <sup>th</sup> November	Run Bolton Abbey	10K, 10M or half marathon	+ 10%

For any other races please send me (Liz Sowter) the name of the race, the distance, the date and your time. This must be the official time for races and the elapsed time for 'virtual races'. You can submit results whenever you like, either privately on Facebook Messenger or by e-mail, or on the club Facebook page.

You can submit more than 6 races and I will choose the best. You could 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. However, it is more fun to see the championship evolve throughout.

Have fun!

Liz