

Mercia Fell Runners

Club Championships Calendar 2017

Mon	Home Races			Away Races		
JAN	Sun 22 nd	Trig Points	Long			
FEB	Sun 5 th	Longmynd Valleys	Medium			
MAR	Sat 4 th Sat 25 th	Carding Mill Canter LMV Champs	Short Medium	ENG		
APR	Wed 26 th	Caradoc Classic	Short	Sat 8 th Sat 22 nd	Coledale Horsehoe Cribyn	Medium Short
MAY	Sun 14 th Wed 25 th	South Mynd Tour Batch Bash	Long Short	Sat 20 th Sat 27 th	Buttermere Sailbeck Barnoldwick Weets	Medium Short
JUN	Sun 4 th	Callow	Short	Fri 9 th Sat 17 th	Castleton Tebay	Medium Medium
JUL	Wed 12 th	Stiperstones	Short	Sat 8 th Sat 8 th	Wasdale Pennine 39	Long Ultra (39mi)
AUG				Sun 6 th Sat 12 th	Brecon Beacons Maesgwm Muddle	Long Medium
SEP	Sun 24 th	Bury Ditches	Short	Sun 3 rd Sat 9 th Sat 23 rd	Castle Carr Peris Horseshoe Great Whernside	Long Long Short
OCT	Sat 7 th Sun 22 nd	Longmynd Hike Clwydian Hills	Ultra (50 mi) Medium	Sun 8 th	Langdale Horseshoe	Long
NOV	Sun 12 th Sun 19 th	Roaches Wrekin Wrecker	Long Medium	Sun 26 th	Lee Mill Relays	Short
DEC	Sun 3 rd	Cardington Cracker	Medium	Sun 10 th	Lytton Xmas Cracker	Medium

Scoring

There are age category prizes in the U18, U23, Open, V40, V50, V60 and V70 age groups. If the overall club championship is won by a veteran or an U23, the age group prize will be awarded to the second runner in that age group and no award will be made in the senior (23 to 39) age group.

Your score from each race will be calculated as your %age score (this is the average time of the top ten runners divided by your time). There are no bonuses this year for champs races etc.

Where there are separate male and female races over the same course, the female results will be combined with the male results to produce overall results before percentage scores are calculated.

The qualifying requirements for the age group categories are as follows:

- U18 – best four short races.
- U23, Open, V40 and V50 – best six races to include at least one race at each distance (short, medium and long) and at least one away race.
- V60 – best six races to include at one short and one medium race, and at least one away race. There is no requirement for V60s to do a long race.
- V70 – best three races at any distance, home or away

There are a couple of Ultrarunning events on the calendar – these count as long races for the champs. Lee Mill is a relay: we'll use individual leg times to work out the champs scores.

NEW RULE – HELPING OUT!!! To win a category prize or special award you MUST have helped out in some way with running the club or organising / marshalling an event. This could include marking the course, helping at registration, parking cars up, etc. IF the champs sub-committee don't know whether you've helped out in this way we'll contact you before the results are finalised. **If you haven't helped out, you won't win a prize.** Helping to organise or put on events is part of Club life: if no-one helps, there are no races to run in. If everyone helps, we all only have to do a little bit each.

Special Awards

There are six special awards. There is no need to complete races at multiple distances or away races to qualify for these. They will not be awarded to age category or overall championships winners.

White jersey – “Best New Runner” – awarded to the male and female joining the club in either 2015 or 2016 with the highest points total over their best six races.

Green jersey – “Short Race Champion” – awarded to the male and female with the highest aggregate points total adding results from all short races

Polka Dot jersey- “King and Queen of the Mountains” – awarded to the male and female with the best aggregate points total across the eight qualifying races: both Longmynd Valleys races, Cribbyn, Buttermere Sailbeck, Callow, Wasdale, Peris and Langdale.

Championships Races

ENG / WAL / GBR indicate English, Welsh and British Championship races – these are generally pre-entry, see www.fellrunner.org.uk/championships for links to each race web page to enter.

The English, Welsh and British Championships races are suitable for all our runners, regardless of ability. We don't pick the teams, they're just made up of the club runners who enter and turn up. Everyone who's part of a team would be delighted to see you at a Champs race.

It's important to remember that we need to have a certain number of finishers in each category to score any team points, so no matter what ability you are you can help. Even if you don't score that day you can help by finishing ahead of counters from other teams and making their scores worse. The reason the ladies were able to win GOLD medals in both the English and British Championships last year wasn't only because we have a few really quick ladies, but just as much because lots of other runners turned out to make up the team.

The team captains are:

- Simon Adney, Dom Jones and Tom Roo – senior and V40 men
- Mel Price – senior and V40 women
- Paul Cadman and Pete Hudson – V50 men

Intercounties Selection

The Wrekin Fell Race on Sunday 19th March will be the selection race for the Intercounties. Selectors are Jim Tinnion (Shropshire); Pete Matthews (Warwickshire) and Lucy Cambridge (Worcestershire).