

How it works

Points are scored by comparing your results to your fellow runners, the aim is to score you against your club mates rather than the runners from other clubs.

e.g If you're the only one that turns up in your age category (well done to you!) then you get one point. If four turn up then the fastest gets four points, next gets three, etc.

Prizes will be awarded for completing four out of the nine (only three races needed for under 8) and there'll be age category prizes too (calculated from your best three/four results).

You have to compete in at least three/four races to win the age category prize.

Any queries or if you see any errors; just let me know.

Andy

N.B - If we end the series with two runners level on points we apply two rules, one after the other to try and get a winner. If they are still level after applying the two rules then they'll be awarded joint winners.

- 1 Runner with the most race attendance
- 2 Runner placed ahead of the other more often