



## 2016/17 WIDNES WASPS CLUB CHAMPIONSHIP

The 2016/17 Club Championship will be based on the following designated races and up to two 'Wildcards' which can be an officially measured and timed race of any of the designated distances (5k/5mile/10k/10mile/half marathon/20 mile and marathon).

The championship year runs from **1 April 2016 – 31 March 2017**.

For a race to count for the Club Championship you must:

- Be a paid-up member of Widnes Wasps Ladies Running Club at the time of running
- Enter the club name as Widnes Wasps Ladies RC when registering for the race (exceptions will be made for new members who entered the race before joining but are paid-up members at the time of running)
- Visibly wear either your Widnes Wasps club vest or t-shirt for the race (exceptions will be made where members are raising money in an event for a charity and wear that charity's official vest and, by arrangement, for fancy dress)
- Have entered the race in your own name or have officially transferred another runner's entry with agreement from the race organisers. (Running under another participant's name is strongly discouraged by the club mainly for health and safety reasons)
- Email your race results to the committee for consideration when calculating club championships at the end of the club year – **enquiries@widneswasps.co.uk**

Race results must be officially recorded e.g. via the race organisers for them to be considered in the Club championships.

In races that use timing mats, the chip time will be used as the official result; otherwise, the gun time will count.

Prizes will be awarded at the end of the year for:

- Athlete of the Year
- Runner up athlete of the Year
- *Most Improved Runner\**

\* To be eligible for the *most improved runner* you must have:

- Been a member of the club for at least six months of the previous (2015/16) running calendar
- Have been included in the previous year's (2015/16) championship

Prizes will be awarded at the annual presentation night, normally held in May/June of the following year (2017).

Your 10 best scoring events from the following races will be used to calculate the 2016/17 championship.

## **DESIGNATED RACES:**

### **5k**

- Port Sunlight 5k (17<sup>th</sup> April 2016)
- Rock and Roll Liverpool (28<sup>th</sup> May 2016)
- Forest Park (Birchwood) Ladies 5k (6<sup>th</sup> July 2016)
- Ellesmere Port (formerly Capenhurst) 5k (17<sup>th</sup> August 2016)

### **5 Mile**

- Walton Park 5 Miler (17<sup>th</sup> May 2016)
- Birkenhead 5 Miles (8<sup>th</sup> June 2016)
- Sefton Park 5 Miler (13<sup>th</sup> July 2016)
- **Norton Priory 5 Miler (Nov - TBC)**

### **10k**

- Sefton Park Spring 10k (1<sup>st</sup> May 2016)
- EHM 10k Warrington (18<sup>th</sup> September 2016)
- Beat the Reaper 10k (16<sup>th</sup> October 2016)
- Mad Dog 10k (February-17)
- St Helens 10k (March-17)

### **10 Mile**

- Blackpool 10 mile (28<sup>th</sup> May 2016)
- Riverside 10 miles Lancaster (7<sup>th</sup> August 2016)
- Preston 10 miles (20<sup>th</sup> November 2016)
- Rhyl 10 mile (25<sup>th</sup> February 2017)

### **Half Marathon**

- Chester (15<sup>th</sup> May 2016)
- Wirral Half (11<sup>th</sup> September 2016)
- English Half Warrington (18<sup>th</sup> September 2016)
- Four Villages (Jan-17)
- BTR Liverpool (Mar-17)

### **20 Miles**

- South Cheshire 20 (4<sup>th</sup> September 2016)
- Trimpell 20 (March-17)

### **Marathon**

- Any (only one to count)

### **Misc**

- Up to 2 wildcard races of any officially recognised distance (i.e. 5k, 5mile, 10k, 10mile, half marathon, 20mile and marathon) can be substituted for any of the above. However, the onus is on the individual member to nominate these races and provide details to the designated club official before the cut off time. If no wildcards are nominated the default position will be to count the 10 best scoring races from the above.

## Scoring

Points will be allocated as follows:

1 <sup>st</sup> Wasp home	5 pts
2 <sup>nd</sup> Wasp home	4 pts
3 <sup>rd</sup> Wasp home	3 pts
All other finishers	2 pts

Achieving Club Standard equivalent time (even if the Standard has been awarded in a previous year):

Diamond	8 pts
Platinum	7 pts
Gold	6 pts
Silver	5 pts
Bronze	4 pts
Copper	3pts

Bonuses:

10 or more races completed from the above list	10 pts
9 races completed	8 pts
8 races completed	6 pts
7 races completed	4 pts
6 races completed	2 pts
Each new standard achieved	1 pt
Each Sunday League Cross Country event completed	2 pts
For each different official distance completed	1 pt