



Motherwell Athletics Club

2009 Road Runners' Time Trial Championship

Time Trials are races with a staggered start where participants are set off according to their handicap time. Slower runners start first, followed by progressively faster athletes, the theory being that everyone should reach the finish line at roughly the same time.

In each race 10 points are awarded to the 1st male and female to finish, 9 points for 2nd place etc, down to 1 point for those finishing 10th and over.

Season Duration

The Time Trial Championship consists of 10 monthly races, typically held on the first Tuesday of each month (dates may be amended dependent on circumstances so please listen for announcements at training or check the website www.motherwellac.com).

The season runs from February to November 2009 (inclusive).

The races will take place on:

- February 3
- March 3
- April 7
- May 12
- June 2
- July 7
- July 28 (for August)
- September 1
- October 6
- November 3

Handicap System

Starting times are calculated from an athlete's best time over their last three Time Trials. For those with fewer than three runs, their best time is taken.

New members doing their first Time Trial will not score points, but their time will be used as a marker to create their handicap for the next race. First time runners need not worry about getting lost; they will be paired with a club member of similar ability to take them round the course).

Members who have not completed a Time Trial for six months will not score points on their returning run, nor will their previous handicap time necessarily be used, but their finishing time will be used as a new marker for the next race.

Eligibility

Only fully paid-up Road Runner members at the time of starting each race will be eligible for points. 2008 memberships will be deemed as lapsed if not renewed by March 31 2009.

For point-scoring purposes, Road Runners must be a minimum of 17 years of age on February 1 2009 (born on or before 01.02.92). However younger members can participate and use the Time Trial as a training run, but will not receive points or prizes.



Distance and Courses

The 4-mile (approximate) races start and finish near the Water Sports Centre within Strathclyde Park. Runners meet within the Boathouse Gym foyer at 6.30pm to enable the timekeeper to register their attendance. The coach will specify where the start and finish are. It is each member's responsibility to ensure they are at the start at the right time, and that they understand where the finish is.

During the dark winter months the route goes up to the Motherwell traffic lights, loops back to the start, goes through the motorway underpass towards the Mausoleum, around the front of Esporta, turns left into the Palace Grounds towards the motorway, loops right past the Davey Cooper statue, along the path at the front of the retail park, cuts left across the long-stay car park, over the flyovers, up to Motherwell traffic lights and back through the park.

In the lighter summer months, the route is a simple clockwise course around Strathclyde Park loch, following the paths.

Results

Results tables and news will be displayed at http://www.motherwellac.com/timetrials_2009.shtml and on the notice board within the Boathouse gym.

Prizes

Each month the first male/female Road Runner to finish receives a trophy, which they keep for a month before returning it for the next Time Trial.

It is traditional for the returning winner to fill the trophy with sweets for the new winner to hand out to all participants.

The overall Time Trial Championship winners will be the male and female with the most points accumulated throughout the season.

At the Annual prize giving, the following prizes will be awarded:

- Road Runners' Time Trial Championship Winner (Male)
 - (plus 2nd and 3rd)
- Road Runners' Time Trial Championship Winner (Female)
 - (plus 2nd and 3rd)