



Motherwell Athletics Club

2009 Road Runners' Championship

The Championship consists of a series of 14 nominated races available to each Road Runner, at which points are scored according to finishing times. There are separate male and female Championships.

In each race 10 points are awarded to the fastest male and female MAC members to finish, 9 points for 2nd and so on, down to 1 point for those finishing 10th and over.

Each runner's eight best results count towards their final total, with the addition of any bonus points. If an athlete competes in eight or fewer events, all completed races count towards their total.

There is an option to accrue bonus points by participating in MAC team events, or by completing a marathon (more details below).

In the event of a points draw for first place at the end of the season, the winner will be decided by which of the relevant runners achieves the faster time in the November Time Trial (NB: time, not finishing position).

Season Duration

The season runs from February 1 to October 31 2009 (inclusive).

Eligibility

Only fully paid-up 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).

In order to qualify for points in each race, athletes must wear an official MAC vest or training top. The only exception will be in marathons where athletes are free to choose what they wear.

Points will not be awarded if an athlete fails to finish a race.

Marathons

Athletes completing a marathon during the season duration (February 1 to October 31) will be awarded five bonus points towards their championship total.

Only one marathon per season will be awarded points.

Team Events

To encourage participation in team events, any Road Runner representing MAC will be awarded five bonus points for each of the following events in which they run for the club.

- April 4 2009 Scottish Athletics Road Relay Championships, Livingston;
- (Oct 17 2008) Lanarkshire AAA Road Relay Championships, Drumpellier Park (2009 date TBC).

Results

Points will be compiled from official published race results. Points tables will be displayed at <http://www.motherwellac.com/championship2009.shtml> and on the notice board within the Boathouse gym.



Prizes

At the Annual prize giving, the following prizes will be awarded to those members with the most points accumulated throughout the season:-

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

2009 Races

1. Feb 15 (Sun) ATHelite 5k, Chatelherault
2. March 21 (Sat) Heriot-Watt 5k
3. March 29 (Sun) Grangemouth 10k
4. April 12 (Sun) Tom Scott 10-mile
5. May 6 (Wed) Bill McBrinn's Snowball Race 4.8m
6. *May 10 (Sun) Women's 10k, Glasgow
7. *May 31 (Sun) St Andrew's Hospice 10k (men only)
8. June 6 (Sat) Carluke 10k
9. June 21 (Sun) East Kilbride half-marathon
10. June 26 (Fri) Calderglen 5k
11. July 14 (Tues) Moffat 15k
12. Aug 22 (Sat) Rothesay 10k
13. Sept 6 (Sun) Great Scottish half-marathon
14. *Sept 13 TBC* Cumbernauld 10k
15. *Oct 4 TBC* Hamilton 5k

* Denotes single-sex events. At the St Andrew's Hospice 10k, only male runners will be awarded points.