



Motherwell Athletics Club

2012 Road Runners' Championship

The Championship consists of a series of 16 nominated races plus a "hypothetical marathon" (see below) 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.

In the event of a points draw for first place at the end of the season, the winner is 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 (inclusive).

Eligibility

Only fully paid-up first-claim members at the time of starting each race are eligible for points. Membership is deemed as lapsed if not renewed by March 1 2011.

New members who join the club after the first Championship race has taken place are not eligible for points in the current season.

For point-scoring purposes, Road Runners must be a minimum of 17 years of age on the date of the race.

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

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

Points are not awarded to athletes who run in a race they are not entered for, or who wear someone else's race number.

Hypothetical Marathon

Every MAC athlete who completes a marathon between February 1 and October 31 (inclusive) has their time recorded, and at the end of the season the times are ordered from fastest to slowest. In effect this creates a "hypothetical marathon" race.

As per the nominated races, points are awarded on the basis of 10 points 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.

Marathon runners then use the points gained from their marathon time as one of their eight point-scoring races (seven nominated races plus the marathon).

If a member runs more than one marathon only the fastest time counts.

Team Events

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

- Sat 31 March 2012 Scottish Athletics Road Relay Championships, Livingston
- Sat 21 October 2012 Lanarkshire AAA Road Relay Championships, Drumpellier Park



Results

Points are compiled from official published race results. Where a race is chip-timed, the chip time is used, not the gun time.

Point tables are displayed on the MAC website.

Prizes

At the Annual prize giving, the following prizes are 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)

2012 Races

1. March 4 (Sun) Ronhill Cambuslang Down By The River 10K
2. March 11 (Sun) Heriot-Watt 5k
3. March 18 (Sun) Alloa Half Marathon
4. April 8 (Sun) Tom Scott 10-mile
5. April 28 (Sat) Glasgow parkrun 5k, Pollok Park
6. *May 13 (Sun) Women's 10k, Glasgow
7. May 13 (Sun) Monklands 5k
8. June 17 (Sun) Carluke 5 mile
9. *June 17 (Sun) Men's Health 10k
10. June 29 (Fri) Calderglen 5k
11. July 10 (Tues) Moffat 15k
12. July 28 (Sat) Strathclyde parkrun 5k
13. August 5 (Sun) Helensburgh Half Marathon
14. August 18 (Sat) Rothesay 10k
15. September 2 (Sun) Great Scottish Half Marathon
16. September 9 (Sun) Cumbernauld 10k
17. September 23 (Sun) Dumfries Half Marathon

* Denotes single-sex events