



# Motherwell Athletics Club

## 2010 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 2<sup>nd</sup> and so on, down to 1 point for those finishing 10<sup>th</sup> 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 or ultra event (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 2010 (inclusive).

### Eligibility

Only fully paid-up first-claim members at the time of starting each race will be eligible for points. 2009 memberships will be deemed as lapsed if not renewed by March 1 2010.

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 will be in marathons/ultras where athletes are free to choose what they wear.

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

### Marathons/Ultras

Athletes completing a marathon or ultra event during the season duration (Feb 1 to Oct 31) will be awarded five bonus points towards their championship total. To qualify the ultra event must include a running element of marathon distance or more.

Members can earn a maximum of five points per season in this category regardless of how many marathons/ultras they complete.

### Team Events

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

- April 3 2010 Scottish Athletics Road Relay Championships, Livingston;
- (TBC Oct 16 2010) Lanarkshire AAA Road Relay Championships, Drumpellier Park.

### Results

Points will be compiled from official published race results. Points tables will be displayed at <http://www.motherwellac.com/championship2010.shtml>.



## 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 2<sup>nd</sup> and 3<sup>rd</sup>)
- Road Runners' Championship Overall Winner (Female)
  - (plus 2<sup>nd</sup> and 3<sup>rd</sup>)

## 2010 Races

- |                        |                           |
|------------------------|---------------------------|
| 1. Feb 14 (Sun)        | ATHelite 5k               |
| 2. March 20 (Sat)      | Heriot-Watt 5k            |
| 3. March 28 (Sun)      | Grangemouth 10k           |
| 4. April 11 (Sun)      | Tom Scott 10-mile         |
| 5. April 28 (Wed)      | Whangie Whizz hill race   |
| 6. *May 9 (Sun)        | Women's 10k               |
| 7. May 15 (Sat)        | Loch Leven half-marathon  |
| 8. TBC June 6 (Sun)    | Carluke 10k               |
| 9. *June 20 (Sun)      | Men's Health 10k          |
| 10. TBC June 25 (Fri)  | Calderglen 5k             |
| 11. TBC July 13 (Tues) | Moffat 15k                |
| 12. Aug 1 (Sun)        | Helensburgh half-marathon |
| 13. TBC Aug 21 (Sat)   | Rothesay 10k              |
| 14. TBC Sept 12 (Sun)  | Cumbernauld 10k           |
| 15. TBC Oct 31(Sun)    | Hamilton 5k               |

\* Denotes single-sex events