

Rules for the 2017 BDRC Club Championship

1. The official Club vest or t-shirt must be worn to accumulate points for the Club Championship.
2. There are 30 races in the Club Championship calendar for 2017 (6 more than 2016!), which includes a mix of distances, weekend and weekday events.
3. You have to run a **minimum of 6 races to qualify**. The best 6 scoring events will be used for the total score.
4. In the event of a tie, the fastest time at the Buckingham Park Run in 2017 will decide the outcome.
5. When completing your race entry form or applying online, please complete the team name as 'Brackley & District Running Club' as we may be eligible to win team trophies.
6. Any club member taking a race number, from a fellow runner, and not notifying the relevant race authorities of the change of ownership, will have their championship points for that race deducted.
7. Points scoring for club placings (set out below) are based on the positions crossing the finish line (not on times):
 - a. 1st = 100 points,
 - b. 2nd = 90 points
 - c. 3rd = 85 points,
 - d. 4th = 80 points,
 - e. 5th = 75 points,
 - f. 6th = 73 points
 - g. Further positions will achieve a point score of one point less than the previous position.
8. At the end of the year prizes will be awarded to the 1st, 2nd and 3rd placed male and female
9. Other Information
 - a. As well as the above rules please remember the club is UKA affiliated so please make sure you read the race rules before you enter as they do vary.

Rules for the 2017 BDRC Handicap Chase Championship

1. The official Club vest or t-shirt must be worn to accumulate points for the Club Championship.
2. There are 22 races in the Handicap Chase Championship calendar for 2017 (5 more than 2016), which includes a mix of distances, weekend and weekday events.
3. **You have to run a minimum of 6 races to qualify** and only a maximum of 2 park runs can count towards your overall average score.
4. The handicap applied for each runners entry will be their Park Run personal best time from 2016 (calendar year) which will be extrapolated for the different distances. Extrapolation will be done using the same basis as 2016 using a multiplier based on the calculator on <https://www.mcmillanrunning.com/>
5. Runners performances, within each race event, will be expressed as a ratio of the handicap (ie a time same as your PB = 1, better than PB < 1, worse than PB > 1).
6. If a competitor achieves a score < 0.95 of their PB time within an event, the handicap will be adjusted to the time achieved at that event (or extrapolated time) for all future events.
7. Runners' final score for the championship will be calculated as an average ratio across the best 6 performances.
8. At the end of the year prizes will be awarded to the 1st, 2nd and 3rd lowest average ratio for male and female. In the extremely unlikely event of a tie, the better 2017 park run time will be used to decide the winner.
9. Entrants to this championship will need to acquire at least one Buckingham park run time prior to the 31st March 2017.