Brackley and District Running Club

Rules for the 2026 BDRC Club Championships

1. The competition starts and finishes with the first and last races on the Club race calendar, these will normally be in November and October respectively.
2. The competition is open to all BDRC members, but only members who were first claim members of the Club continuously from 1st May to 31st October are eligible for prizes.
3. The official Club vest or t-shirt must be worn to accumulate points for the Club Championship. The Race Secretary will assume Club colours were worn unless notified otherwise.
4. The races in the Club Championship calendar are published on the Club website and may be amended as necessary during the year by the Club. Races include a mix of distances, surfaces, weekend, and weekday events.
5. Members must run a minimum of seven races to qualify. The best seven scoring events will be used for the total score, apart from parkruns, where only two parkruns can count towards a member's overall score (the best two will be applied, if these are within the member's top seven).
6. In the event of a points tie at the end of the season, the winner will be decided on the head to head score at the events where the two runners competed together. In the unlikely event that a tie remains, then the fastest Buckingham Park Run time in the year will decide the winner.
7. When applying for race entry form, members must complete the team name as 'Brackley & District Running Club' or 'BDRC'. Awarding of points for members who do not register themselves as members of the Club is at the discretion of the Race Secretary.
8. Any Club member taking a race number from a fellow runner, and not notifying the relevant race authorities of the change of participant, will not be eligible for championship points for that race.
9. Points awarded for Club placings 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 fewer than the previous position.
10. At the end of the year, prizes determined by the Committee will be awarded to the 1st, 2nd and 3rd placed male and female.

Other Information: As well as the above rules the Club is UKA affiliated so please read the race rules before you enter as these may vary between events.

BDRC Handicap Championship

1. The competition starts and finishes with the first and last races on the Club race calendar these will normally be in November and October respectively.
2. The competition is open to all BDRC members, but only members who were first claim members of the Club continuously from 1st May to 31st October are eligible for prizes.
3. The official Club vest or t-shirt must be worn to accumulate scores for the Handicap Championship. The Race Secretary will assume Club colours were worn unless notified otherwise.
4. The races in the Handicap Championship calendar are published on the Club website and may be amended as necessary during the year by the Club. Races include a mix of distances, surfaces, weekend, and weekday events.
5. Members must run a minimum of seven races to qualify. In addition;
    a. Only a maximum of two parkruns can count towards a member's overall average score (the best two will be applied, if these are within the member's top seven),
    b. At least one event of 10k or more must be completed.
6. The handicap applied for each runner's entry will be their Buckingham parkrun personal best time from the previous calendar year which will be extrapolated for the different distances. Extrapolation will be undertaken using the calculator found at the following web address: **https://www.mcmillanrunning.com/**
7. New members entering the competition late must have at least one Buckingham parkrun time from 1st Jan of the previous year to 31st March of the current year. Otherwise the runner may not participate in the competition except at the discretion of the Race Secretary.
8. Runners' performances, within each race event, will be expressed as a ratio obtained by dividing their race time by their reference time.
9. If a runner achieves a ratio < 0.95 at an event, the new reference time will be the time achieved at that event (and extrapolated times for the different distances) for all future events.
10. Runners' final scores for the Handicap championship will be calculated as an average ratio across the best five performances.
11. 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 parkrun time in the current calendar will be used to decide the winner.
12. When applying for race entry form, you must complete the team name as 'Brackley & District Running Club' or 'BDRC'. Awarding of points for members who do not register themselves as members of the Club is at the discretion of the Race Secretary.
13. Any Club member taking a race number from a fellow runner, and not notifying the relevant race authorities of the change of participant, will not be eligible for handicap points for that race.
14. The handicap competition is an inclusive championship that caters for runners of all abilities. Consequently runners who, in the opinion of the Race Secretary, have set an unrepresentative reference time will have their times adjusted to a more realistic time, based on performance history.

Other Information: As well as the above rules the Club is UKA affiliated so please read the race rules before you enter as these may vary between events.

Oct 2025