

# Lonsdale Fell Runners

## Club Championship 2017

The championship will consist of 7 races run under Fell Runners Association Rules. These Races are:

1. Inov-8 High Cup Nick (Sat Feb 25<sup>th</sup> BM)
2. Coledale Horseshoe (Sat Apr 8<sup>th</sup> AM, Pre-entry available)
3. Darren Jones Clougha Pike (Sat Jun 17<sup>th</sup> AS)
4. Beetham Sports (Sat Jul 29<sup>th</sup> BS)
5. Sedbergh Hills (Sun Aug 20<sup>th</sup> AL)
6. Three Shires (Sat Sep 16<sup>th</sup> AL, Pre-entry only, opens May 1<sup>st</sup>)
7. Kirkby Moor (Sat Nov 25<sup>th</sup> BM).

To be eligible for a prize a runner must score in a minimum of 3 of these races.

### Categories

As well as the Club Supreme Champion, prizes will be awarded in the following categories:

Open Men (M), Open Women (F), Men vets over 40 (MV40), Men vets over 50 (MV50), Men vets over 60 (MV60), and the equivalent women's vets categories where there are eligible members (FV40 etc.).

### Scoring

For each race a score will be calculated for each runner who completes the race and is a (paid up) member of Lonsdale Fell Runners.

$$\text{Score} = (\text{Runner's Time}) / ((\text{Race Winner's Time}) \times (\text{Category Factor}))$$

The average (mean) of a runner's lowest 3 scores will be their final score for the championship. The lowest final score overall is the club Supreme Champion. The Lowest final score in each category wins that category.

### Category Factors

The "Category Factor" used for each category will be:

M 1.0010	MV40 1.0280	MV50 1.1087	MV60 1.2897
F 1.1791	FV40 1.2355		

These have been calculated by averaging (mean) the winning time in that category as a proportion of the race winner's time for all the races in the 2015 and 2016 English and British Fell Running Championships.

### Notes

Example score calculation: If a race is won by B. Whiz in a time of 30m15s and MV50 Lonsdale runner A. Trier finishes in 35m30s, A. Trier's score will be  $35.5 / (30.25 \times 1.1087) = 1.0585$ .

A runner's category for each race will be determined by their age (and sex) on the day of the race. U18s, when permitted in a race, shall be considered in the relevant Open category.

Runners must have a minimum of 3 scores in a category to be eligible for a prize in that category. Any score may count towards the Supreme Champion score.

If a runner scores less than 1.0 in a race they will be awarded a score of 1.0 for that race (for example if a Lonsdale MV40 actually won the race).