

Lonsdale Fell Runners

Club Championship 2018

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

1. Dungeon Ghyll (Sat Mar 31st AS)
2. Pendle Cloughs (Sat May 12th AL)
3. Howtown (Sun Jun 10th AL)
4. Beetham Sports (Sat Jul 28th BS)
5. Weasdale (Sat Aug 18th BM)
6. Great Westmorland Trail (Sat Sep 8th BM, Pre-entry available, incl. "Grand Westmorland Tea")
7. Dunnerdale (Sat Nov 10th AS, incl. "pie").

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 1.0007 MV40 1.0346 MV50 1.1195 MV60 1.2973

F 1.1838 FV40 1.2398 For a long (L) race each Category Factor will be multiplied by 1.0385

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 previous three English and British Fell Running Championships. The L race factor is that required to convert the best L race score from last year's Club Championships into the winning (mean of best 3) score for that championships ($1.0676 / 1.0280 = 1.0385$).

Notes

Example score calculation: If a long race is won by B. Whiz in a time of 30m15s and MV50 Lonsdale runner A. Trier finishes in 40m30s, A. Trier's score will be $40.5 / (30.25 \times 1.1195 \times 1.0385) = 1.1516$.

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).