

# Lonsdale Fell Runners

## Club Championship 2019

The championship will consist of 8 races run under Fell Runners Association Rules. These Races are:

1. Black Combe (Sat Mar 9<sup>th</sup> AM, Includes pie and peas and cup of tea, Pre-entry available.)
2. Eskdale Elevation (Sat Apr 13<sup>th</sup> AL)
3. Coniston (Sat May 4<sup>th</sup> AM)
4. Paddy's Pole (Tue Jun 4<sup>th</sup> AS, Includes food, Pre-entry available.)
5. Darren Jones Clougha Pike (Sat 22<sup>nd</sup> June AS)
6. Beetham Sports (Sat Jul 27<sup>th</sup> BS)
7. Turner Landscape (Sat Aug 3<sup>rd</sup> AM, Pre-entry available.)
8. Arnside Knott (Sun Nov 17<sup>th</sup> BM, Likely pre-entry only.)

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 1.0005	MV40 1.0365	MV50 1.1206	MV60 1.2998
F 1.1807	FV40 1.2456		

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, 2016, 2017 and 2018 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  $35.5 / (30.25 \times 1.1206) = 1.0473$ .

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).