

# Riverside Runners 2010 Championship Rules

- The championship will compare each runner's performance by providing a total score for up to a maximum of ten road races they have entered in the year, as recorded on the Riverside Runners Website. The entrant with the highest score for the races they have entered, will win the Championship. There will be additional prizes for age and gender categories.
- Each entrant can enter as many races as they like but they will only receive scores for a maximum of ten races they have entered, where the results are recorded on the Riverside Runners Website.
- Entrants may wish to nominate to the organiser, the ten races they wish to receive championship points for, or the organiser will choose the races for the entrant from those recorded by the entrant on the website. There will be a deadline for nominating the races.
- Races considered valid for receiving Championship Points are any road race distance from 5k, through to marathon. Marathons on any surface will also be valid for inclusion. Any other races outside of these distances will not be included in the Championship.
- Frostbite runs will be accepted as a road race entry, as will any marathon distances and the national 'Park Run' series. Entrants cannot nominate any other cross country races or road races which may be made up as components of triathlons.
- Points will be awarded per races nominated, based on the following factors:
  - **Effort** – 50 points awarded per whole mile run for each race submitted. Note however that Entrants cannot receive points for more than two marathon races as part of their maximum ten races.
  - **Improvement** – 200 points will be awarded if a personal best is achieved. 100 further points for every whole minute a personal best is improved. Note that these points can only be claimed if the runner has a personal best recorded time already on the Riverside Runners website, for that particular distance they have improved upon. Also improvement points will not be earned for more than four consecutive personal bests in any single race distance.
  - **Variety** – Bonus of 3,000 points if entrant submits as part of their races in the year, all of the following distances; 5k, 5miles, 10km, 10miles, Half Marathon and Marathon
  - **Age** – The entrant must nominate three of their ten races submitted to be assessed in relation to performance against their  $\pm$ WAVA adjusted race time. However the races the entrant nominates for WAVA scores can only be from the following distances; 5k, 10k, 15k, 10m, 20k, half marathon, 30k and marathon. The entrant will then receive points for their WAVA rating in each of the three races based on the following:
    - Up to 50% WAVA = 500 points
    - 51% to 70% = 700 points
    - 71% to 75% = 1000 points
    - 76% to 80% = 1500 points
    - 81% to 85% = 2000 points
    - 86% and above = 2500 points