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| **DULWICH RUNNERS A.C.**  **CLUB CHAMPIONSHIP RULES** |

This document sets out the rules for the main club championships (1) and the cross country championships (2).

**1. MAIN CLUB CHAMPIONSHIPS**

**1.1 2024 FIXTURES**

This consists of eight races from 1 mile to 26.2 miles:

* Paddock Wood Half Marathon (long), 3 March 2024.
* Dulwich Parkrun 5km (short), 16 March 2024.
* London Marathon (21 April 2024) or alternative (long). You can nominate any other marathon as long as it occurs by mid-December 2024 – typically up to and including the Valencia marathon.
* Sri Chimnoy summer series (5km) (short). You can run any one of the four races on 11 June, 25 June, 9 July or 23 July.
* Eltham Park 5 Mile (Short), 16 June TBC
* Mark Hayes Mile (short), 12 or 19 July 2024 TBC.
* Big Half Marathon (long), 1 September 2024.
* Middlesex 10k (long), 29 September 2024 TBC.

To complete and qualify for the championships you must run at least four events, with a minimum of at least one in each of the short and long categories.

Any updates will be published in Shorts and on the website as and when required.

**1.2 AWARDS CATEGORIES**

In the club championships men and women have the same age categories, which are men under 40, women under 40, men 40 and women 40, men 50 and women 50, men 60+ and women 60+.

There are A) awards/medals for each individual race of the club championship and B) annual overall awards in December at our Christmas Party.

**1.3 THE AWARD/MEDALS FOR EACH INDIVIDUAL RACE:**

The awards for individual races are mutually exclusive and are given in the following order. So if for example the overall winner based on age grading is an FV50, then the next best FV50 is given the FV50 award.

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| **1ST OVERALL (AGE GRADING)** | |
| **1st MAN (any age category)** | **1st WOMAN (any age category)** |
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| **1ST MV40** | **1ST FV40** |
| **1ST MV50** | **1ST FV50** |
| **1ST MV60** | **1ST FV60** |
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| **CAPTAINS’ AWARD (UP TO 2)** | |

For each event a captains’ awards will be given in recognition of an improved performance by a runner chosen by the men’s and women’s captains and coaches. In addition for some events, depending on the number of club entries and level of performances, there will be separate awards for men and women. This will be at the discretion of captains and coaches. There is no annual award for this category.

**1.4 THE AWARD/MEDALS FOR THE ANNUAL CLUB CHAMPIONSHIPS**

The annual club championships consists of

**a) Age-group category champions**

Points are given within each category (50 for 1st, 49 for 2nd etc.) plus a bonus point for each event completed. At the end of the year the 4 best position point scores (with at least one score in the Long and Short category) are added together plus the extra bonus points for each race completed. The first 3 runners in each age group category win trophies. Your age category is taken as that at the time of each event, and if you move up into a higher age category during the year you will be eligible for medals in individual events in that higher age category from that date. You will however remain in the lower age category for the purposes of the annual championships until you have completed 4 events in the older age category. Your point scores will remain the scores for the age group you ran the individual race in.

**b) Overall Club Championship**

Trophies are awarded at the end of the season for 1st, 2nd and 3rd places. In order to be as fair as possible and enable runners of different ages and sexes to compete, this is worked out using the 2015 WMA age grading tables which award points according to how well you have run against the world best for your age and sex. Again, it is the best 4 events which count (subject to them covering both Long and Short categories). Both annual categories are NOT mutually exclusive (you can win an overall award together with an award in your age group).

**1.5 IN THE EVENT OF A TIE**

In the event of 2 or more runners tying on points in any of the above sections at the end of the year, the winner will be determined by the “head to head” results over all events. A finisher with a result beats a non-runner. If after this it remains inconclusive, a tie will be declared.

**1.6 UPDATES ON LATEST RESULTS AND STANDINGS**

Throughout the year the results of each race, together with current standings are available via the DRastic.app ***(***<https://app.dulwichrunners.org.uk/home>***)*** and via a link on the club website. The prizes are awarded at the Christmas party.

**1.7 MEMBERSHIP AND CLUB VESTS**

In order to score points in the club championships you must be a paid up first claim member.

For the Mark Hayes Mile runners are advised not to wear a club vest as it makes it more difficult to undertake timing.

For Parkrun vests are discouraged but you can wear one if you wish.

For the marathon, we recognise that some runners may be wearing a charity vest and that is absolutely fine.

For the majority of road events it is strongly beneficial for members to wear a vest as it makes it easier to provide encouragement and it also helps to showcase the club in the media. In addition to be eligible for team prizes, race organisers require runners to wear a club vest. This is true of the Paddock Wood Half Marathon for instance.

**1.8 MARATHON RULES**

Because not everyone can secure a place in the London marathon, you can run in any other marathon as long as it takes place before the Christmas Party and is a certified marathon accepted by the UK Athletics websites 'http://www.thepowerof10.info/'or '<http://www.runbritainrankings.com/>' .

Typically this is up to and including the Valencia Marathon in December.

If you run more than one marathon, your best result will count towards your club championship.

**1.9 DOGS**

Where dogs are allowed in an event (e.g. Parkrun) a runner may run with a dog. However given the advantage given to the runner of being pulled along by the dog, the runner shall score the lowest possible score amongst all age categories (both in terms of absolute points and age graded points) and a bonus point.

**1.10 NUMBER SWAPPING**

Club members must not swap numbers in races where it is prohibited by the race organiser. Any runner taking part under someone else’s name and those handing over their numbers may result in disqualification for that and other club championship events at the discretion of the captains and coaches. Where number swapping is allowed by a race organiser please contact them in advance so that the correct names are allocated to numbers for your own health and safety and consult your captains in advance too.

**2. 2023/24 CROSS COUNTRY CHAMPIONSHIPS – KEN CROOKE TROPHIES**

**2.1 RACES**

In 2024/25 this will consist of the 4 Surrey League races (men’s and women’s) plus 4 other races.  *Note that for all races other than the Surrey League, it is necessary for runners to enter in advance by contacting their respective captains.*

**2.2 HOW TO QUALIFY**

The qualifying races are published in Shorts before the start of the cross country season in early October. In 2023/24the events were:

* 4 Surrey League races (October, November, January and February)
* London Championships, Parliament Hill, November
* South of Thames 5 Miles, November
* South of Thames 7.5 miles, December
* South of England Championships, Beckenham, January

It is likely that the list of events will be similar in 2024/25 but will be subject to any decision as to where the England National Championships is due to be held.

To qualify you will need to run 4 events including 2 Surrey League races.

Club vests are needed in cross country races.

**2.3 AWARDS**

Medals are awarded at the end of the cross country season as follows:

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| **1st MAN (any age category)** | **1st WOMAN (any age category)** |
| **2nd MAN (any age category)** | **2nd WOMAN (any age category)** |
| **3rd MAN (any age category)** | **3rd WOMAN (any age category)** |
|  | |
| **1ST MV40** | **1ST FV40** |
| **1ST MV50** | **1ST FV50** |
| **1ST MV60** | **1ST FV60** |
|  | |
| **CAPTAINS’ AWARD** | **CAPTAINS’ AWARD** |

In event of a tie, points earned in the runners’ next best event in the cross country championships outside the qualifying 4 races will be used to determine the winner, followed by a “head to head” if this is inconclusive.

Points are scored across all men or women regardless of age group with first in each race scoring 50 points, second 49 etc. Also there is no extra point awarded for finishing a race.

There are no overall age category awards based on age grading, but a captains’ award is made at the end of the season based on performances across the season. There is a separate captain's awards for men and women.

Medals are not awarded after individual cross country events.