



Adderbury Running Club Championship rules

1. Any full current members of ARC are eligible to participate. This means you should have a UK Athletics (UKA) number.
2. Only certified standard distance road races can be counted.
3. Results from a maximum of 6 nominated races in one calendar year will count.
4. The club will nominate the races which will form the Championship for that year.
5. Official race finish times will be converted to an age graded performance using the current World Masters Athletics age factors (<http://www.howardgrubb.co.uk/athletics/wmalookup06.html>). The age graded performance will be converted to points using the following table.

Age graded percentage	Points
75% and over	10
72.5 – 74.99%	9
70 – 72.49%	8
67.5 – 69.99%	7
65 – 67.49%	6
62.5 – 64.99%	5
60 – 62.49%	4
57.5 – 59.99%	3
55 – 57.49%	2
Up to 54.99%	1

6. The winner will be the person with the highest total of points from a maximum of 6 nominated races in one calendar year.
7. On the completion of 3 nominated races 5 points will be awarded and on the completion of 6 nominated races 10 points will be awarded.
8. Runners should wear the club vest wherever possible when participating in championship races.