Rules for the 2019 BDRC Club Championship

1. The official Club vest or t-shirt must be worn to accumulate points for the Club Championship.
2. There are 28 races in the Club Championship calendar for 2019, which includes a mix of distances, weekend and weekday events.
3. You have to run a minimum of 8 races to qualify. The best 8 scoring events will be used for the total score.
4. In the event of a points tie at the end of the season, the winner will be decided on the head to head score at the events where the two runners competed together. In the unlikely event that a tie still remains, then the fastest Buckingham Park Run time in 2019 will decide the winner.
5. When completing your race entry form or applying online, please complete the team name as 'Brackley & District Running Club' as we may be eligible to win team trophies. You should also be able to get the race fee a little cheaper than unaffiliated runners.
6. Any club member taking a race number, from a fellow runner, and not notifying the relevant race authorities of the change of ownership, will have their championship points for that race deducted.
7. Points scoring for club placings (set out below) are based on the positions crossing the finish line (not on times): 1st = 100 points, 2nd = 90 points 3rd = 85 points, 4th = 80 points, 5th = 75 points, 6th = 73 points. Further positions will achieve a point score of one point less than the previous position.
8. At the end of the year prizes will be awarded to the 1st, 2nd and 3rd placed male and female
9. Other Information: As well as the above rules, please remember the club is UKA affiliated so please make sure you read the race rules before you enter as they sometimes vary between different events.

Rules for the 2019 BDRC Handicap Championship

1. The official Club vest or t-shirt must be worn to accumulate scores for the Handicap Championship.
2. There are 22 races in the Handicap Championship calendar for 2019, which includes a mix of distances, weekend and weekday events.
3. You have to run a minimum of 7 races to qualify. Further qualifying rules are;
    a. only a maximum of 2 park runs can count towards your overall average score (the best 2 will be applied, if these are within your top 7),
    b. At least 1 event of 10k or more must be completed.
4. The handicap applied for each runners entry will be their Buckingham Park Run best time from 2018 (calendar year) which will be extrapolated for the different distances. Extrapolation will be done using the same basis as 2017 using a multiplier based on the calculator on https://www.runnersworld.co.uk/rws-race-time-predictor
    a. **If members do not yet have a Buckingham park run time from 2018, then there is a cut-off date to get a time by 31st January 2019.** Beyond this time runners will not be included in the handicap champs.

5. Runners performances, within each race event, will be expressed as a ratio of the handicap (ie a time same as your 2018 park run PB would equal 1, better than PB < 1, worse than PB > 1).

6. If a runner achieves a score < 0.95 of their PB time within an event, the handicap will be adjusted to the time achieved at that event (and extrapolated time for the different distances) for all future events.
7. Runners' final score for the championship will be calculated as an average ratio across the best 7 performances.
8. At the end of the year, prizes will be awarded to the 1st, 2nd and 3rd lowest average ratio for male and female. In the extremely unlikely event of a tie, the better 2018 park run ratio to handicap will be used to decide the winner.
9. As well as the above rules please remember the club is UKA affiliated so please make sure you read the individual race event rules before you enter as they sometimes vary between different events.
10. The handicap champs is an inclusive championship that caters for all runners of any standard. Consequently, where handicaps (based on parkrun best times from previous year) create an unfair advantage within the competition, handicaps will be adjusted to a more realistic time, based on recent performance history.