



CLUB CHAMPIONSHIPS 2015

This year's club championships races are:

Race	Date and Time	Cat, dist & climb	Notes
Trig Points	Sun 11 th Jan at 11:00	CL: 27km/500m	
Titterstone Clee	Sat 7 th Feb at 11:45	AS: 4.1km/230m	
Longmynd Valleys	Sun 8 th Feb at 11:30	AM: 19km/1,370m	MTN counter
Cardingmill Canter	Sat 14 th Mar at 13:00	AS: 7.8km/580m	
<u>Ras y Moelwyn</u>	Sat 18 th Apr at 14:00	AM: 17km/850m	Welsh and British champs – PE; MTN counter
<u>Three Peaks</u>	Sat 25 th Apr at 10:30	AL: 37km/1,610m	PE
Race for the Wild	Sun 10 th May at 10:00	BS: 7.4km/450m	Bonus club champs points for fancy dress!
Batch Bash	Wed 27 th May at 19:30	AS: 4.8km/305m	
<u>Welsh 1000m Peaks</u>	Sat 6 th Jun at 09:00	AL: 32km/2,440m	PE; MTN counter
Callow	Sun 28 th Jun at 11:00	AS: 8.1km/760m	MTN counter
<u>Fan y Big</u>	Sun 12 th Jul at 11:00	BM: 17km/670m	Club weekend away: Pen y Fan race on the Sat
<u>Lingmell Dash</u>	Sat 25 th Jul at 14:30	AS: 8.8km/600m	English and British champs. Ladies race at 13:00. PE
<u>Brecon Beacons</u>	Sat 15 th Aug at 10:30	BL: 31km/1,370m	Welsh champs
Stretton Skyline	Sun 6 th Sep at 11:00	BL: 31km/1,355m	
<u>Llyn y Fan</u>	Sat 13 th Sep at 11:00	AS: 8.8km/600m	Welsh champs. MTN counter
Breidden Hills	Sun 11 th Oct at 11:00	AM: 11km/700m	Welsh champs
<u>Tour of Pendle</u>	Sat 14 th Nov at 10:30	AL: 27km/1,475m	
Wrekin Wrecker	Sun 22 nd Nov at 11:00	AM: 13km/730m	
Cardington Cracker	Sun 6 th Dec at 11:00	AM: 15km/795m	
Corndon Classic	Sun 20 th Dec at 12:00	AS: 9.3km/565m	MTN counter

RULES

U23, Senior, V40, V50 categories: best six percentage scores to count ; you must do one race at each distance (S, M, L); you must do at least on away race (underlined)

U18, V60, V70 categories: best four scores to count; no requirement to do a long race or an away race. Note the new V70 category!

U16s and below: to be decided on the best scores based on positions across the Shropshire Summer Series (run either the adult or junior races as applicable)



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SPECIAL AWARDS

Special prizes will be awarded to athletes not winning any of the club championship categories. These are (in order of precedence):

- Best Newcomers – highest champs points total calculated as above for athletes who join Mercia in 2014 or 2015;
- King and Queen of the Mountains – highest aggregate score on all “MTN” races;
- Sprint Champions – highest aggregate score on all short races (AS, BS, and CS categories);
- Most Improved Runner

OTHER NOTES

Races marked “PE” are pre-entry only – be organised!

There will be no bonus points this year, but please keep practising your navigation, you never know when it'll come in handy. **IF YOU INTEND TO COMPETE IN THE CLUB CHAMPIONSHIPS PLEASE MAKE SURE YOU HELP OUT AS WELL.** There are plenty of races not on the champs calendar which you can marshall at, and plenty of ways you can help out in the background too – just volunteer to the appropriate race organiser or to a committee member.

All the awards will be presented at the Mercia dinner in March 2016. We hope you enjoy the club championships.