

At the AGM in November it was agreed that the Club Road Race Championships should be relaunched. We have also decided because so many club members now also compete in many trail races that new Club Trail Race Championships should be introduced.

Tom Barton and Lisa Hale have volunteered to co-ordinate the results and the awards will be presented at the AGM in November.

Why do we want to have these championships?

- To encourage club members to enter some events where they know there will be plenty of other F&C AC members there to encourage them
- To run an event when you are part of a team
- To add some purpose to your regular training
- To show the local running world who we are and what we do
- To support other clubs who host events like they support our 1/2M and 10km races
- Most importantly have some fun doing them

Scoring

- Events start now and run through to the end of October 2016
- 10 races - need to complete at least 5 (your best 5 count)
- Scoring – Points based on the number of F&C runners taking part plus an age grading
- E.G. 6 x F&C runners take part – first home will get 1 point, second home will get 2 points etc.
- Age grading (Men) – Senior +5, vet 40 +4, vet 50 +3, vet 60 +2, vet 70 plus +1
- Age grading (Women) Senior +5, vet 35 +4, vet 40 +3, vet 50 +2, vet 60 plus +1
- Example – A V40 male 1st home for F&C AC will get 5 pts, a V50 female 2nd home for F&C AC will get 4 pts*
- Separate Champs for men and ladies.
- The lowest score from 5 races at the end of the season will win the award
- Tom will keep records for the Road Champs and Lisa for The Trail Champs

Events

Road Race Champs

- 1 Any road marathon (runner must nominate and tell co-ordinator – Tom Barton)
- 2 Surrey Spitfire 20 or Tempest 10m - 13/03/16
- 3 Fleet Half - 20/03/16
- 4 Frimley Park 10km - 01/05/16
- 5 Alton 10m - 08/05/16
- 6 Hook 10m - 15/05/16
- 7 Alresford 10km - 19/06/16
- 8 Yateley 10km Race – Your best race out of the 3 (June/July/Aug)
- 9 Basingstoke Half - 02/10/16
- 10 Fleet 10k – 23/10/16

Trail Race Champs

- 1 Any trail marathon (runner must nominate and tell co-ordinator – Lisa Hale)
- 2 Coombe Gibbet, Overton - 03/04/16
- 3 Woodland Woggle - 15/05/16
- 4 Bracknell Forest 5m - 15/06/16
- 5 Hampshire Hoppitt HM - 19/06/16
- 6 Woodland 5m – Your best race out of the 3 (May/June/July)
- 7 New Forest 10m – 10/07/16
- 8 Pilgrims HM - 11/09/16
- 9 Alice Holt 10km – 17/09/16
- 10 Farleigh Wallop Trail 10km (Basingstoke) – 25/09/16

Points to Note:

You should enter the races you want to do in plenty of time because some of them fill up or have low entry limits e.g. The Farleigh Wallop Trail 10km in September is limited to 250 runners. We have picked events, which are all fairly local to Fleet so you don't have to travel too far for any of them.

Good luck and have fun.

Penny