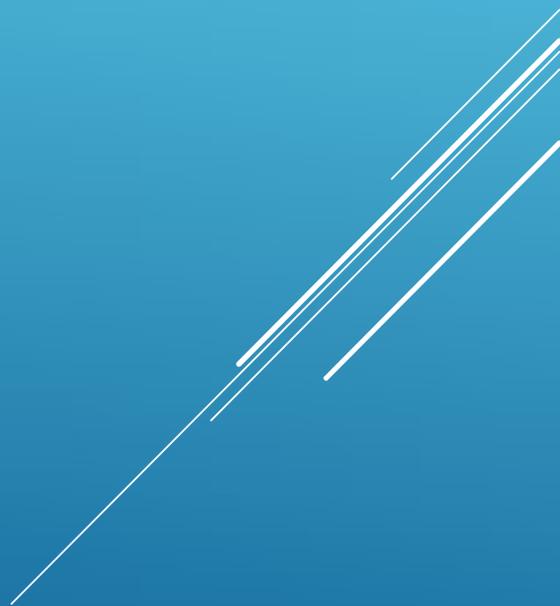


TYNEDALE HARRIERS CLUB CHAMPIONSHIPS

Lewis Balfour, December 2017

INTRODUCTION

- ▶ 3 Categories
 - ▶ Up to 10k
 - ▶ Endurance
 - ▶ Trail/Fell
 - ▶ Races must be run in club top (to increase exposure)
 - ▶ **Range** of types of races and distances
 - ▶ Aim for 15 events in total
 - ▶ Final score is average of **best 5**
 - ▶ Approximately 5 races in each category
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WAVA

- ▶ Score is a % of the world record for your age and sex
 - ▶ Eg Male Marathon world record is about 2 hours, so to run a marathon in 4 hours you run 50% slower, which gives a score of 50%.
 - ▶ M75 marathon world record is 3:04:54, so a time of 4 hours for a 75+ male gets a score of about 75
 - ▶ $3/4=0.75$, $0.75=75\%$
- ▶ Therefore vets are not penalised for being 'old'!
 - ▶ Compared to place-based scoring system
- ▶ Also, male/female is combined

- ▶ Up to 10k. The best WAVA scores from the following 6 races will count:
 - ▶ Prudhoe Parkrun, best time over the year.
 - ▶ Clive Cookson 10k
 - ▶ Newburn River Run
 - ▶ Blaydon Race
 - ▶ Morpeth 10k
 - ▶ Hexham 10k
- ▶ Endurance. The best WAVA score from the following 7 races will count:
 - ▶ Druridge Bay Half Marathon
 - ▶ Hexham Half Marathon (1 of them)
 - ▶ Hadrian's Wall Half Marathon
 - ▶ Coastal Run
 - ▶ Great North Run
 - ▶ Brampton to Carlisle 10 Mile
 - ▶ Any Certified Marathon, trail is OK but no allowance for terrain
- ▶ Trail/Fell. The best WAVA score from the following 5 races will count:
 - ▶ Alnwick NEHL cross country
 - ▶ George Ogle Memorial Race
 - ▶ Anne Allan Memorial Race
 - ▶ Thropton Show Fell Race
 - ▶ Hexhamshire Hobble
- ▶ Plus 2 extra scores from any of the above

DETAILS

- ▶ Final score is the mean of your best 5
 - ▶ In the (very unlikely) case of a tie, the highest individual score will decide
 - ▶ Male/Female is combined
 - ▶ Where no world record is available, then the course record will be used, if this is not available then the winning time will be used
 - ▶ Your age on each raceday is used for the calculation
 - ▶ The decision of the judge is final!
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