

CLUB CHAMPIONSHIP 2019

So, you think you're the best runner in Skipton AC ? well prove it!!!

Championship 2019

Information, rules, races and how to have your name engraved on a perpetual club champions trophy

Jayne and I are coordinating the Skipton AC Championship 2019. We have spent quite a bit of time with Paul thinking about how the 2017 and 2018 championships succeeded but also how we want to tinker with the historic formula.

Firstly, racing means racing? you know what I mean. For the 2019 Championship to be a success, we want to find and honour the fastest lady, fastest man and fastest vets in the club. We want to tempt everyone to participate? that's a very broad church but we want our fastest runners to be included. With this in mind, we have decided to reduce the number of races to best scoring **five from a choice of nine** championship races. This makes it much easier to commit to and complete the championship series without disrupting our other priorities.

To appeal to a broad church, we felt the races should be:

- Local
- Affordable
- Short and medium distance
- Equal choice of tarmac, trail/multi and fell

Championship Trophies

What's at stake? You mean other than the honour and bragging rights? Well, the champion lady and man will each have their names engraved on inaugural Skipton AC Championship trophies. Champions will keep these trophies on their mantelpieces at home... or wherever ego or partner dictates... throughout their year as champions before handing them back to be engraved with the names of next years champions. But your name as 2019 champion will always be engraved there! Modest prizes will also be awarded for 2nd and 3rd as well as first in the usual veteran classes (V40, V50, V60) for both the ladies and men's competition.

Tempted?

Golden Points Bonus

We also want the overall result to run close to the wire. To aid this, we are introducing a golden points rule. You may choose to declare your golden points on any race from the nine, it's up to you which one based upon where you see your relative strengths. Once you declare that a race will be your golden points race, your points will be doubled for that race only. But you have to declare the choice at least a week ahead of race day using the group Facebook page or group email. Don't worry, we'll remind you, coordinate and tell you who is racing on golden points before each race day. If life pressures or injury prevent you starting the declared race, then your golden choice will remain preserved but once you start the race, the choice has been spent even if you DNF. This should allow for disruption at the top of the leader board deep into the year.

Race points are as follows:

- First Skipton lady or man - 30 points
- Second Skipton lady or man - 27 points
- Third Skipton lady or man - 25 points

- Fourth, Fifth, Sixth etc Skipton lady or man - 24, 23, 22 points etc

You must be a first or second claim athlete for Skipton AC, enter as a Skipton AC runner and wear the Skipton AC vest on race day to score points.

Finally, the nine championship races chosen for the series:

1. Stanbury Splash

Sunday 13th January 2019

6.7 miles, Fell

2. Runners and Riders

Saturday 2nd February 2019

Ted Masons birthday bash from Appletreewick

4.7 miles, Fell

3. Thirsk 10 mile Road Race

Sunday 17th March 2019

10 mile, Road ? obvs?

4. Malhamdale Half

Saturday 11th May 2019

Emma's birthday bash, bring Prosecco for recovery

13 miles, Trail

5. Run Harrogate 10k

Sunday 30th June 2019 (provisional date tbc)

10km, Multi-Terrain

6. Littondale 4 mile

Saturday 10th August 2019 (provisional date tbc)

4 mile, Road

7. BOFRA Embsay FR

Date not yet confirmed but always runs mid September

2.75 miles, Fell

8. Skipton Parkrun

Date to be confirmed but end Sep to end Oct, probably

5km, road

9. Guy Fawkes 10, Ripley Castle

Sunday 3rd November 2019

10 miles, Trail

Entries for Thirsk 10 are already open and this race can fill up quickly. Perhaps your Thirsk 2019 entry could be a Christmas present if your loved one doesn't love you is struggling to find the perfect gift!

So, that's it for now. If you have any questions or if you wish to feed in any thoughts, feel free to speak with us.

Nearly time to say Happy Christmas 2018.

Happy Christmas,

Neil and Jayne