

## CLUB CHAMPIONSHIP 2020

### Rules

Best scoring **five from a choice of nine** championship races. You need to do a minimum of 5 races to qualify for a trophy.

To appeal to a broad church, the races are:

- Local
- Affordable
- Short and medium distance

Equal choice of tarmac, trail/multi and fell

### Championship Trophies

The champion lady and man will each have their names engraved on a Skipton AC Championship shield. Champions will keep this on their mantelpieces throughout their year as champions before handing them back to be engraved with the names of next years champions. Smaller trophies 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.

### 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. So by midnight 7 days before, e.g. a Sat event by 12am the Saturday before. Don't worry, you will be reminded, and it will be published 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 - 29 points
- Third Skipton lady or man - 28 points
- Fourth, Fifth, Sixth etc Skipton lady or man ? 27, 26, 25 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.

### The Races

Race  
Date  
Cost  
Terrain

Approx. distance

1

Cliffe Castle parkrun

Sat 25th Jan 9 am

Free

Road

5KM

2

Hot Toddy Todmorden

Hilly and Hot Toddy to drink

Sun 8th March, 11 am

£8, £2 extra on day

Road

10km

3

Pendle Fell Race, Barley

FRA rules for kit

Sat 4th April, 2 pm

£5 on the day

Fell

4.5 miles

4

Bluebell Trail Halifax

Sun 10th May 10 am

Entries open New Year enter early!

Trail

10 miles

5

Eccup 10

Adel, Leeds

Sun 28th June 9.30 am

£16 enter early entries already open

Road

10 miles

6

Stirton Fell Race

Nr Gargrave

Wed 1st July

7.30 pm

Pre entry £3 on the day £4

Fell

5.6 miles

7

Skipton Due North half

Skyrakes farm Grassington Rd

Some kit requirements

Sat 29th August

£20 with discount code please car share

Trail

13.6 miles

8

Withins Skyline Pennistone Hill Howarth FRA rules for kit

Sun 11th Oct

11.30 am

£5 on the day

Fell

6.2 miles

9

York Gunpowder Plot

Knavesmire/ race course

Sun 1st Nov

10.30 am

£18 entries already open, none on day will sell out 300 limit.

Trail

10km