2017-2018 Pitreavie AAC Endurance Club Championships

The aim of our club championships is as follows:

> **To promote a healthy level of competition within the club**
> **To provide a variety of events to cater for all ages/abilities over a range of distances and terrains**
> **To provide formal targets/objectives for members to work towards; to give your training some focus**
> **To help members gauge their progress in training**
> **To promote PAACE through representation in local races**
> **To support local events and local running clubs**

Participation in the club championship races is entirely optional. There is no pressure on members to participate, however we hope we have provided a wide enough selection of races to cater for all abilities and all preferences.

Month	No. of Races
Jan	1
Feb	2
Mar	2
Apr	2
May	2
Jun	2
Jul	3
Aug	2
Sep	2
Oct	1
Nov	2
Dec	1
Total	**22**

XC Champs

Event	Distance	Location	Date*
(FREE) East District League 1	7-10k	Stirling	21/10/2017
National XC Short Course	4k	Kircaldy	11/11/2017
(FREE) East District League 2	7-10k	Alloa	25/11/2017
East District XC Champs	7-10k	Livingston	09/12/2017
(FREE) East District League 3	7-10k	Broxburn	20/01/2018
National XC Champs	7-10k	Falkirk	24/02/2018
Devilla Forest	15k	Kincardine	18/02/2018
Gartmorn 6	6 miles	Alloa	11/03/2018

Criteria:
> Minimum 3 events to qualify for mini champs
> Best 5 results (if more than 5 run)
> Highest points in each age category wins Trophy (Age Categories: Senior (M/F), V40 (M/F), V50+ (M/F))

Points:
> 1st Place = 10   2nd Place = 7
> 3rd Place = 5   4th Place = 3
> 5th Place = 2   6th+ Place = 1

Maximum Score = 50 points

Note: We want to get the balance between rewarding winning a race and rewarding commitment/participation.

Creating a bit more differential between the points awarded to 1st place and 2nd place reduces the chance that someone who finishes lower down the field couple can beat someone who wins most races in their category by running just one more race.

Speed Champs

Event	Distance	Location	Date*
Scottish 5k Champs	5k	Edinburgh	05/05/2017
Kircaldy Parkun	5k	Kircaldy	May
CAAC 5 mile	5 miles	Edinburgh	06/06/2018
Milnathort Dash	5.2 miles	Kinross	29/06/2017
Brig Bash	5 miles	Bridge of Earn	05/07/2017
Dunfermline Parkrun	5k	Dunfermline	August
Stewart Duncan Memorial	5k	Glenrothes	05/09/2017

Criteria:
> Minimum 3 events to qualify for mini champs
> Best 5 results (if more than 5 run)
> Highest points in each age category wins Trophy (Age Categories: Senior (M/F), V40 (M/F), V50+ (M/F))

Points:
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Endurance Champs

Event	Distance	Location	Date*
Alloa Half	13.1 miles	Alloa	18/03/2018
Tay 10	10 miles	Perth	01/04/2018
Grangemouth 10k	10K	Grangemouth	08/04/2018
Dundee Half	13.1 miles	Dundee	15/07/2018
Donkey Brae	7 miles	Aberdour	30/07/2017
Haddington Half	13.1 miles	Haddington	12/08/2017
Stirling 10k	10k	Stirling	10/09/2017
Any Marathon	26.2 miles	Any	Any

Criteria:
> Minimum 3 events to qualify for mini champs
> Best 5 results (if more than 5 run)
> Highest points in each age category wins Trophy (Age Categories: Senior (M/F), V40 (M/F), V50+ (M/F))
> Any marathon result can be submitted as one of your endurance events; the points awarded will be based on how your time compares with others in your age category who have submitted a marathon result.

Points:
> 1st Place = 10   2nd Place = 7
> 3rd Place = 5   4th Place = 3
> 5th Place = 2   6th+ Place = 1

Maximum Score = 50 points

Note: We want to get the balance between rewarding winning a race and rewarding commitment/participation.

Creating a bit more differential between the points awarded to 1st place and 2nd place reduces the chance that someone who finishes lower down the field couple can beat someone who wins most races in their category by running just one more race.

Overall Champs:
> Mininum 5 events to qualify (1 more than current qualifying criteria)
> At least 1 race in each category (i.e. you can't just run all you events in one or two categories)
> Best 10 results are used for your final place (if more than 10 run) i.e. If you did 12 events your lowest 2 scores would be removed - this caters for below par performances
> **CLUB COLOURS MUST BE WORN IN CHAMPIONSHIP RACES (Unless you are running for charity)**

> Points as per those listed under individual categories. Maximum Score = 100 points
> Highest points in each age category wins the overall championshop Trophy (Age Categories: Senior (M/F), V40 (M/F), V50+ (M/F))

Entry Details (* Dates highlighted in orange are the 2017 dates and have been shown for indictive purposes (dates will be published as soon as they are available)
> Entry is the responsibility of each individual - most events will be open to entry via EntryCentral or an event specific website
> As a member of PAACE you gain FREE entry to the 3 East District League XC events - No pre-entry is required, you just turn up on the day and pick up your number for the Pitreavie AAC XC Team Manager (Penny Hicks)
> Entry for the following XC races will be via the Scottish Athletics website (the XC Team Manager will advise): National XC Short Course / East District XC Champs / National XC Champs
> Parkrun dates will be advised nearer the time based on the finalised race calendar