

2018-2019 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.

XC Champs				Speed Champs				Endurance Champs			
Event	Distance	Location	Date*	Event	Distance	Location	Date*	Event	Distance	Location	Date*
(FREE) East District League 1	7-10k	Stirling	20/10/2018	Cupar 5 mile	5k	Edinburgh	09/03/2019	Lochore 10k	10k	Lochore	14/10/2018
National XC Short Course	4k	Lanark	10/11/2018	Scottish 5k Champs	5k	Edinburgh	03/05/2019	Alloa Half	13.1 miles	Alloa	31/03/2019
(FREE) East District League 2	7-10k	Broxburn	24/11/2018	Beveridge Park 5k series	5k	Kircaldy	24/05/2019	Tay 10	10 miles	Perth	07/04/2019
East District XC Champs	7-10k	Aberdeen	08/12/2018	Milnathort Dash	5.2 miles	Kinross	27/06/2019	Loch Leven Half	13.1 miles	Loch Leven	11/05/2019
(FREE) East District League 3	7-10k	Livingston	19/01/2019	Brig Bash	5 miles	Bridge of Earn	03/07/2019	Glenrothes 10k	10k	Glenrothes	16/06/2019
Devilla 15k or Devilla 5k	15k	Kincardine	17/02/2019	Graham Clark Memorial	3.9miles	Knockhill	06/08/2019	Highland Perthshire Half	13.1 miles	Aberfeldy	07/09/2019
National XC Champs	10k	Falkirk	23/02/2019	Dunfermline Parkrun	5k	Dunfermline	24/08/2019	Cumbernauld 10k	10k	Cumbernauld	15/09/2019
Gartmorn 6	6 miles	Alloa	24/03/2019					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)) 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.				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.				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: > Minimum 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 championship 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 indicitive 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											

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