

# **READING ROADRUNNERS CROSS COUNTRY CLUB CHAMPIONSHIP RULES**

## **INTRODUCTION:-**

The RR Cross Country Club Championship is based on the TVXC League races. These are held on Sunday mornings through the winter months. In a full season there are 8 races – occasionally one is cancelled. Each RR runner shall compete in at least five TVXC league races during the winter season to qualify. Helping at the RR home fixture shall count as a run in the RR XC Club Championship. RR XC Club Championship points shall be awarded to helpers and calculated as an average value of their race results during the season.

## **SCORING SYSTEM**

The scoring system is simply to use the race position of each RR as points. If you come 1<sup>st</sup> then you score 1 point. If you come 152<sup>nd</sup> then you score 152 points. Your best 5 scores for the season are added to give a total. The lowest total is the winner.

## **AWARDS**

Awards will be made on an age group basis as per the table below. First 3 :- Senior, Vet 40, Vet 50 and Vet 60. First only :- Vet 70

There are additional awards should RR win the TVXC League. A RR memento will be awarded to all RR's that ran 5 or more TVXC races during the winter season. Again, helping at the home fixture counts as a run, as outlined above.

## **AGE GROUPS:-**

### **MEN**

Senior  
Vet 40  
Vet 50  
Vet 60  
Vet 70

### **WOMEN**

Senior  
Vet 40  
Vet 50  
Vet 60  
Vet 70

## **ADDITIONAL AWARDS**

An award will be made to any RR that runs in all TVXC races throughout the season. Helping at our home fixture will count as a run. Also, an award will be made to any RR that runs in all Hampshire League races throughout the season. The award will be a gift voucher to a running related shop.

Carl Woffington

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