

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 1st then you score 1 point. If you come 152nd 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 RRs 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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