

Rolls-Royce Harriers Championship Scoring System

- The season runs from mid-September to mid-September. Each new season starts with the Sinfin Handicap race, the date of which is announced early in the new year.
- Points for times (1). For the standard distances (Marathon, Half Marathon, 10 Miles, 10k, 5000m, 3000m and 1500m) points are awarded for each runner's best time of the season from the score tables (separate tables for men and ladies). The championship will be updated throughout the season, and any improvements in times will be scored accordingly.
- Points for times (2). The same applies to the two annual cross-country races organised by R-R Harriers. You only have one chance per season to get these points, however. NB the courses change from time to time, and the committee reserves the right to amend the score table to reflect these changes.
- Points for age. Veterans (men over 40, ladies over 35) have bonus points added to the scores for their best times. See table below:

Veteran Men's Age Group	Veteran Ladies' Age Group	Bonus Points
V40-44	V35-39	1
V45-49	V40-44	2
V50-54	V45-49	3
V55-59	V50-54	4
V60-64	V55-59	5
V65-69	V60-64	6
V70 +	V65 +	7

- Breaking a club record. 20 bonus points for every club record broken. This applies to all the fixed-distance races. It also applies to the three annual cross-country races, unless the course has changed.
- North Midlands Cross-Country League and Derby Runner Cross-Country League. The club competes in both these winter leagues, held on Saturday afternoons and Sunday mornings respectively. Points are awarded for position (relative to other Harriers). This applies separately to men and ladies, and also to juniors in each of their age categories. Your score for the season is the sum of your best three results, separately for each league. See table below:

R-R Harriers Position	Points per race
1st	22
2nd	21
3rd	20
4th	18
5th	16
6th	14
7th	12
All others	10

- Marshalling and timekeeping. We rely heavily on volunteers marshals, timekeepers and recorders at our races, so to provide an incentive and reward, five points are awarded each time someone performs one of these tasks.

- Every member is eligible to win the RR Harriers Championship. There are, however, championship trophies for the highest-placed lady and the highest-placed veteran. If the overall champion is a veteran or a lady (or both), the ladies and/or veterans trophies will be awarded to the runner(s)-up.

