

READING ROADRUNNERS CROSS COUNTRY CLUB CHAMPIONSHIP

The RRR Country Championship is based on the Sunday League races. Each runner shall compete in at least five league fixture races during the winter season to qualify. Helping at the RRR home fixture (Bearwood) shall count as a run – both for the Final qualification and in the Club Championship. RRR Club Championship points shall be awarded to helpers and calculated as the average of all previous points. Should RRR win the Local League and reach the Final then runners in the Final shall be awarded double points for the Final only. Age groups shall be:-

MEN	Senior	Vet 40	Vet 50	Vet 60	Vet 70
WOMEN	Senior	Vet 40	Vet 50	Vet 60	

Awards shall be made as follows:-

Senior and Vet 40	First 3 places
Vet 50	First 2 places
Vet 60 & Vet 70	First place only

In addition, a memento will be presented to all RRR's who complete 5 league races but only if RRR win the league and reach the Final. Please remember the League rule (not RRR rule) that runners must have competed in a minimum of 2 league races to qualify for a run in the Final.

The scoring system is simply using the position of each runner in the race as points. If you come 1st then you score 1 point. If you come 152nd, then you score 152 points. Your 5 best scores for the season are added to give a total. The lowest total is the winner.

Carl Woffington