

Official Committee Rules 2020 – COVID-19 edition

These rules will come into effect immediately. They will be reviewed by the committee at the start of each Championship year and may be amended by majority decision of committee members attending the meeting.

The competition year will be from 1st January to the last Sunday in November inclusive. All events and performances to be counted in the club competitions must fall between these dates.

All fully paid up members of the club will be eligible to participate in the club competitions. However, to be eligible in the final table, the athlete must be a fully paid up club member on the 30th November.

Only performances during an athlete's period of membership of the club will be counted towards the Championship and Improvers table.

New members joining throughout the year are eligible to compete in the Championship competition and in their second year of membership they are eligible for the Most Improved competition (provided they record at least four qualifying races in both years).

Every member participating in any of these competitions must submit race results not later than two weeks from the date of the race. The method of submitting results will be published by the committee. Please note that submissions made after two weeks will not be entered into the competition.

The Championship

The Championship is a league competition based on members performances over a number of events during the year.

The events to be part of the championship will be decided by the club committee, after consultation with the members. In addition to the list of official championship races, each athlete may if they wish, nominate one performance in a non-championship race to count towards their total score (the "Wildcard"). To be nominated as a "Wildcard" the race must be UKA licenced race.

Performances will be based on the WAVA system which gives a score which takes account of age and gender, adjusted by the runbritian SSS score for the race, which takes account of difficulty and conditions. The adjusted WAVA scores from the best 6 performances of each athlete will be summed in order to create a total score for the year.

In the event of any dispute or any occurrences not covered by the rules, the committee's decision shall be final.

WAVA% for the race results will be calculated using the official published race times. 'Chip' time used if available else 'gun' time used. (If the race is "virtual", then the results time will

be self-declared by the athlete and evidenced by output from GPS tracking device (e.g. Strava)

Note: If in the event of a problem with the timing system a runner's own time may be used (at the sole discretion of the committee).

parkrun, timed mile and Marathons can also count towards the championship score. Note that to be included, Marathons must be licenced by the local IAAF member organisation (UKA in the UK). Only one parkrun, one Marathon and one Timed Mile can be counted for each athlete. For 2020, self-declared "not parkrun" times will be allowed subject to GPS evidence.

A trophy shall be awarded to the first overall man and first overall woman in the championship table after the last Sunday in November.

First qualifying race is parkrun on the 1st January. Last qualifying race is the last one to be held before or on the last Sunday in November.

Timed mile, any parkrun or any qualifying Marathon must be run before this date.

The WAVA calculations will be based on the 2015 tables and the calculator at this address will be used <http://www.howardgrubb.co.uk/athletics/wmaroad15.html>

The Most Improved Athlete

The Most Improved Athlete Competition will be awarded to the member (male or female) who has the most improved average (SSS adjusted) WAVA percentage one year, compared with the previous year.

In order to qualify for this competition, athletes must participate in at least 4 races and enter them into the championship as members of the club for at least two consecutive years.

There will be just one Most Improved Athlete across both men and women.

Each annual average will be the average of the best 4 WAVA % results of the member

In any one year, a member may not win both the Championship and the Most Improved Athlete; If the winner of the Championship (male or female) also has the highest improved average WAVA score, then the person who is second in the table of improved WAVA scores will win the Most Improved Athlete competition. (Unless that person is the Championship winner of the other sex in which case the Most Improved Athlete will be the next in the table).

* runbritian SSS ratings. The SSS is a difficulty score based on how easy or difficult it was to run a quick time in a given race. The harder it was to run a quick time, the higher the SSS score. The way it is worked out is by looking at people's times in a particular race and

comparing it against their previous performances. As a very simplified example, if 100 people run in race A one weekend, and the same 100 run in race B over the same distance the next weekend, if, on average, the field is 60 seconds slower in race B than race A, there was clearly some factor (be it weather conditions, accuracy of course measurement, type of terrain, competitiveness of the field, how hilly the course was etc) which caused times to be slower. Therefore the SSS for race B will be higher than the SSS for race A.

Sometimes the system doesn't have enough data to run the calculations properly – for example if there were only a small number taking part and only a few of them have profiles so we have limited access to previous performance data. In this situation the system gives a notional value of 1.0.

The SSS score will be applied to an athlete's WAVA. For example, an SSS of 5, would add 5% to your WAVA. So, if you achieved 60% and the SSS was 5, then we would add 5% of 60 to your WAVA giving 63%.

If an SSS score is not available it will be assumed to be 1 because this is the assumption that runbritain makes if there are not enough people to calculate it accurately. **SSS will not be applicable to virtual races.**

Addendum to the rules applicable to virtual races during the COVID-19 pandemic.

A Virtual Race is one where the athlete is given the freedom to run the distance at and time and/or location of their choosing. Some virtual races require the athlete to run the actual route, others give the route choice to the runner. In the cases where the route can be chosen, the route should begin and end at roughly the same place so as not to provide an "all downhill" advantage.

A list of allowed virtual races will be provided and additional ones may be added on request, the inclusion or not of a virtual race will be at the discretion of the committee.

- Existing 2020 performances made prior to lockdown will still count;
- Any "organised" virtual race over a standard distance (1 Mile, 5K, 5 Mile, 10K, 10 Mile ½ Marathon, 20 Mile, Marathon) will be allowed so long as it's declared and set up on the system in advance;
- Athletes are expected to meet the requirements of the organiser (e.g. course and time);
- In addition, where the rules of the virtual race allow the athlete to choose their own course to run the distance, it must begin and end at approximately the same altitude;
- "not parkrun" entries will be included in the "best parkrun" time;
- We will organise some timed mile sessions subject to current England Athletics max group sizes at the time. If we can't get access to the QEGS track, then we could look for another venue such as the Temple Newsam track, rough but at least it's a track;
- All times will need to be evidenced by GPS data, Strava or similar (posted on the Runners Facebook Group). Times will also need to be submitted on the Championship form according to the rules of the championship;
- The UKA calculated SSS score will not apply since it won't exist for virtual races;

- Athletes will be expected to obey social distancing and max group size as set out by England Athletics. (currently 6 but this may change over time) and
- In other respects, the existing Championship rules shall apply