

ARBROATH FOOTERS CLUB CHAMPIONSHIP RACE SERIES – PROPOSAL

Footers are encouraged to sign up to the races included in the race series.

Best 5 results will count towards the championship.

Footers must submit their results to the club's website within two weeks of the race date; this is to allow the sub group tracking and recording results to do so easily.

The race series runs from 1st January to 30th November.

Scoring

First Footer over the finish line is awarded 10 points, 2nd Footer 9 points and so on.

If there are more than 10 Footers competing, then those finishing 11th and so on, get one point.

Races included in the race series -

5k	Monikie	May 19 th
	West Links	May 11 th
	Tourist parkun no 1*	Sep date tbc
	Tourist parkrun no 2*	Oct date tbc
	*will be Forfar/ Montrose/St Andrews	
10k	Monikie	May 19 th
	St Cyrus	June 23 rd
	Forfar	August tbc (likely 18 th or 25 th)
10 miles	Smokies	March 3 rd
	Ballater	July (usually last Sunday)
	Templeton	Nov (usually first Sunday)
Half marathon	Barry Buddon	April 28 th
	Dundee	July 14 th
	Arbroath	September 29 th
	Glen Clova	November (usually second Saturday)

Other events –

Club 5k handicap May

Bill Stoddart handicap September

- One point awarded to each Footer who takes part and to those who help organise/marshal etc. This includes anyone helping at Smokies.

Organised club trip to a particular event (e.g. Killin 10k and 5k in 2023) will count towards the race series. 2024 trip tbc.

Longer distances

Only one distance longer than a half marathon can count.

- 5 points for completing plus Footers position points e.g. Doing the Edinburgh Marathon would earn you 15 points (5 for the event and 10 for first footer) if you are first Footer over the line

Race Series Categories –

Male Open

Female Open

Male vet 40+

Female Vet 35+

+ ???

How winners are decided

To be eligible to win the race series, you must have completed each of the race distances at least once.

5 eligible events must have been completed – 2 of one of the race distances or one distance longer than a half marathon.

If the points are tied between two or more runners for the Race Series, a run off will take place over the 10k handicap route.

Other Club Prizes

Best Newcomer

Most Improved

RECOGNISING IMPROVEMENT

TBC

How do we recognise improvement to encourage and support runners who are unlikely to win/be competitive within the race series?

Discussion so far - Suggestion that certain no of PBs or PBs across the 4 distances would result in a club certificate recognising improved. System would allow more objective decision for awarding Most Improved trophy at end of year.