



THE RULES

1. Subscriptions must be fully paid up to qualify for club championship points
2. The race must be run under the Arbroath Footers club name and Arbroath Footers club colours worn (*exception: when running a marathon for charity & provided with a vest to wear*)
3. The series is made up of 5 different distances and the best 4 will counted from:
 - Fastest Marathon time - any event world wide
 - Fastest Half marathon time – any SAF or permitted event
 - Fastest 10 mile time– any SAF or permitted event
 - Fastest 10 km time – any SAF or permitted event
 - Fastest 5 km time – any SAF or permitted event

Points will be awarded on performance with the ½ Marathon, 10 mile, 10km & 5km being awarded 25 points for the fastest Footer, 23 points for 2nd, 21 points for 3rd and so on...

As marathons require considerably more training and preparation the points up for grabs are greater to reflect this with 30 points awarded for the fastest Footer 28 points for 2nd, 26 points for 3rd and so on ...

It will be your responsibility to advise your fastest race results over the set distances via email to secretary@arbroathfooters.com These will be verified.