

## **PADDOCK WOOD AC – CLUB ROAD RUNNING CHAMPIONSHIP 2010**

This year we are introducing a new incentive to get us all out running and competing for our club. We have put together a club championship league table which coincides with the Kent Grand Prix fixtures, so hopefully we can get a few more of us runners out on the circuit and also help keep the club at to the top of the league where we belong, and along the way have some friendly competition within the club. Hopefully as you will see from the scoring regime it will keep the scores close until the end of the season.

The scoring will be as follows – for those of you who are unaware there are 10 Kent Grand Prix races throughout the year (see list below) and out of these 10 races your best 6 race scores are counted (scores are based upon your overall position – for men within the top 100 and for the ladies within the top 50 you can keep a check on your Kent scores/positions either on our PWAC website or the Larkfield AC website).

In a similar vein, to qualify for the PWAC Club Champs you must complete at least 6 races and your best 6 scores will be counted, however if you run all 10 races, not only will you receive a bonus of 10 points, but all races over the qualifying 6 that you run in you will still score the 10 points therefore you could pick up an additional bonus of 50 appearance points – not including any PBs you might get along the way.

### **Scoring:**

- 10 points for appearance (these will count for all races you attend and complete not just the qualifying 6 – possible additional 40 points on the table)
- Age Category Position within race from 1<sup>st</sup> to 10<sup>th</sup> scoring will be 10 points for 1<sup>st</sup> down to 1 point for 10<sup>th</sup>
- Paddock Wood AC club position – this will be based upon the number of our club entrants ie: if 20 run, the scores will be 20 points for 1<sup>st</sup> down to 1 point.
- If you have a flyer and pick up a PB you will earn yourself a bonus of 20 points.
- Finally if you attend all 10 races you will pick up another bonus of 10 points.

### **Example score sheet headers**

#### **Race 1**

Position	Name	Category	Appearance Points 10 per race	Age Category Position 1-10 (10points 1st 1 Point 10th)	PWAC Club Position points	PB = 20 Bonus Points	Total
----------	------	----------	----------------------------------	--	---------------------------	----------------------	-------

#### **Summary**

Position	Name	Age Category	1	2	3	4	5	6	7	8	9	10	Completed all 10 Bonus Points	Best 6 Score
----------	------	--------------	---	---	---	---	---	---	---	---	---	----	-------------------------------	--------------

### **List of next year's PWAC Club Road Running Champs fixtures – to put in your diary**

**Race 1 – Dartford 10 Miles – 17<sup>TH</sup> January 2010**

**Race 2** – Thanet 20 Miles – 7<sup>TH</sup> March 2010 (good training run for London / Brighton or Bungay Marathon)

**Race 3** – Paddock Wood Half Marathon – 11<sup>TH</sup> April 2010 (final run before London marathon – and don't forget those that aren't running this one we need marshals and helpers on the day)

**Race 4** – Canterbury Half Marathon – 23<sup>RD</sup> May 2010

**Race 5** – Bluewater 10K – 13<sup>TH</sup> June 2010

**Race 6** – Mount Ephraim 10K – July 2010 – exact date TBC – watch this space!

**Race 7** – Thanet Marathon – September 2010 – exact date TBC – watch this space!

**Race 8** – Dulwich Park 10K – 3<sup>RD</sup> October 2010

**Race 9** – Maidstone Half Marathon – October 2010 – exact date TBC – watch this space!

**Race 10** – Thanet 10 Miles – December 2010 – exact date TBC – watch this space!

For race entry forms please see either a) Jenny Perman on club nights, b) via our website or c) via the relevant race's websites.

**Prizes:-**

Perpetual Shield for overall 1<sup>st</sup> Place

Prizes for overall 2<sup>nd</sup> and 3<sup>rd</sup> places

Presentation will be made after scores are calculated, following the final race, at the PWAC Christmas dinner - date to be confirmed.

**Pete & Fiona Buckingham**  
Road Running Reps