



Garscube Harriers

Summer League 2022



Notes

- Each column in the tables below contains the combination of league and personal best points for each race. For example, someone having come first in a race, having achieved a personal best, would have earned 20 league points plus 1 personal best point for that race, a total of 21 league points. In addition, 1 participation point is awarded for each race run. The total number of points is the sum of these two and is shown for each competitor at the end the row.
- In the event that a competitor has more completed than six events, the cell in the third column from the right will be highlighted and the performance(s) with the lowest league points struck from the record.
- In the overall standings, V40 are shown in blue, V50 in orange and V60 in green.
- The window for claiming a worldwide marathon performance runs between 1st October 2021 and 30th September 2022.
- Rules and fixtures can be found at the end of this document.
- Please notify any corrections or omissions to kt_m_white@hotmail.com

Summer League Rules

Rule 1: Male and Female Leagues and Eligibility. The competition will have male and female leagues and will be open to all members of the club who are eligible to compete in UKA age category U20 and upwards.

Rule 2: Number of Races. There will be 15 races in total, including any marathon worldwide.

Rule 3: Points

(a) League points – points will be allocated on the basis of 20 points for first place down to 1 point for twentieth place (and all lower places) for each competitor's best 6 performances in qualifying races.

(b) Participation Points – in addition, runners will be awarded 1 point for competing in each qualifying race irrespective of their position in the race. For example, a competitor running nine races will be awarded nine participation points plus the league points for their best six performances.

(c) Personal Bests – 1 point will be awarded for a personal best for all league events except the Henderson Cup (which is off-road). This is in addition to points awarded as detailed above, subject to runners notifying kt_m_white@hotmail.com

Rule 4: Race Results and Chip Timing. Only official race results will count. Where chip timing is used in a race, league points will be based on chip times rather than gun times.

Rule 5: League Tables. League tables will show the points awarded for the best six performances calculated in accordance with Rule 3(a) and all points awarded in accordance with Rules 3(b) and 3(c). Points earned in all races are provisional until the conclusion of the competition.

Rule 6: Marathon Races. Only a competitor's best performance achieved during the period 1st October 2021 – 30th September 2022 in a marathon race will count for League Points.

Rule 7: Handicapped races. Points for the Charlie Kilshaw race and Henderson Cup will be awarded based on the handicapped results.

Rule 8: Club Vests. Club vests must be worn.

Rule 9: Competing for another Club. No points will be awarded to a member in respect of a race where that member has competed for another club.

Rule 10: Running with Another Competitor's Race Number. No points will be awarded to a member in any race in which the member has raced with another competitor's race number.

Rule 11: Prizes. Prizes shall be awarded for 1st (£50), 2nd (£30) and 3rd (£20) places and 1st Vet 40, 50 and 60 (£30) in both male and female Leagues. Age categories will be based on age on the day of the first event. If someone wins more than one prize, they will be awarded the highest value prize only and the lower value prize will be awarded to the next eligible participant.

Rule 12: Eligibility for Prizes. No prize will be awarded to a member whose subscriptions are not paid up to date on 1st July 2022.

Results and Corrections. Interim scores will be published as soon as possible after each event and are subject to change until the final day of the competition. Corrections should be emailed to kt_m_white@hotmail.com.

Fixtures

Event	Date	Race	Information
1	Sunday 3 April	Tom Scott 10 miles	https://www.tomscottroadraces.com/ Pre-entry only
2	Sunday 17 April	Round the Houses 10K (British Masters 10K Championship)	Round The Houses 10k - EntryCentral.com Entry closes 10 April
3	Friday 6 May	Scottish 5k road championship, Silverknowes	https://uk.srichinmoyraces.org/scottish5k
4	Thursday 12 May	Dumbarton 10k	https://www.babcock10kseries.co.uk/
5	Tuesday 7 June	Club 5k track Championship, St Peter the Apostle	Club event, entry on the night
6	Sunday 12 June	Scottish 10k Championship Roon the Toon	http://www.roonthetoon.com/
7	Sunday 19 June	British Masters Athletics Road 5k, Horwich	https://mastersathletics.co.uk/events/bmaf-5k-road-championships/
8	Thursday 21 July	Charlie Kilshaw 5 miles, Milngavie reservoirs	Club event, entry on the night
9	Sunday 31 July	Around Cumbrae 10 miles	https://www.entrycentral.com/aroundcumbraerace
10	Tuesday 9 August	Club 1 mile Championship, St Peter the Apostle	Club event, entry on the night
11	Thursday 18 August	Henderson Cup off road, Garscube	Club event, entry on the night
12	Saturday 10 September	Springburn parkrun	https://www.parkrun.org.uk/springburn/ Entry on the day
13	1 October 2021 – 30 September 2022	Any marathon, worldwide	Positions based on finish times. Club marathon championship
14	Sunday 2 October	Great Scottish run, Scottish Half Marathon Championship	Great Scottish Run - 10k and Half Marathon - Glasgow (greatrun.org)
15	Sunday 23 October	Leeds Abbey Dash 10K	Age UK Leeds Abbey Dash 10k race Age UK