

Glossopdale Harriers 2025 Championship Rules

2025 OVERALL CHAMPIONSHIPS

1. The Champs will consist of 10 races, and 2 anytime challenges. There will be a new race each month from February to November. The races will consist of 3 x Road, 3 x Trail, 3 x Fell, and 1 x Endurance Challenge. Each race is carefully selected so that it may be completed either during the officially organised race (where applicable), or virtually, as a time trial during the same calendar month. The 2 anytime challenges can be completed at any time within the duration of the champs, commencing 1st February, and concluding 30th November.
2. Runners must submit their times using the form provided, in a timely fashion at the end of each month. The deadline for anytime challenge submissions will be at the conclusion of the Champs on 30th November.
3. At the end of each month, scoring for each age category (M40, F60 etc) will be calculated, with 1st place receiving 30 points, 2nd receiving 29 points, and so on.
4. **To qualify for the 2025 Champs**, runners must:
 - a. complete at least 6 of the 10 races, which must comprise of at least one of each Road, Trail and Fell.
 - b. both anytime challenges.
5. Final placings for each age category will be determined based upon a runners best 6 race results. These 6 best results will comprise of best 1 from each discipline (Road, Trail and Fell), plus any of their 3 other best. The 2 compulsory anytime challenges will also feature in the results. To increase chances, all 10 races can be completed if a runner chooses, but only the best placements will count.
6. To determine **Overall M/F club champions**, we will no longer use the cumulative time for all 12 events. Via a separate table, a points system will be applied to each runner based upon overall position, irrespective of age. The winner will be whichever M/F finishes top of the table in their best 6 qualifying races, and 2 compulsory anytime challenges.
7. The **Age Grade Champion** will be calculated using the 2 compulsory anytime challenges only. To qualify for this, runners must have qualified for the overall champs (6+2)
 - a. The age grade calculator used is here <https://runbundle.com/tools/age-grading-calculator>

DISCIPLINE CHAMPIONSHIPS (Road, Trail, Fell)

- 1) To qualify for the Champs of each individual discipline, runners must complete all 3 races within that discipline. In addition, to qualify for this, runners must have qualified for the overall champs (6+2)

- 2) Note: The Endurance Challenge is only applicable to the overall champs, and is not applicable to any individual discipline.

GENERAL RULES

- 1) Prizes available – MSenior, M40, M50, M60, M70, FSenior, F40, F50, F60, F70, applicable in each Overall, Fell, Road & Trail (>40 prizes up for grabs!). NOTE: For the whole years champs please enter your age category based on your age at 30/11/25
- 2) We may look to audit category winners, so please be prepared to evidence your route by recording on Strava or some other suitable platform.
- 3) Each route will have a fixed penalty system, varying per race, detailed on the main Champs page. If you make a route mistake, please apply the time penalty before submitting your time. You can of course opt to re-run it.
- 4) Final decisions regarding disputes over time penalties rests with the Champs Sub Committee.
- 5) Always prioritise safety over race time. Be mindful of road crossings, other users of the road and trail, take headtorches and wear hi-viz when necessary.
- 6) For fell routes we strongly recommend running with a partner or group, however this is not mandatory.
- 7) Follow all relevant guidelines:
 - a. Fell events – mandatory kit (fellrunner.org.uk)
 - b. Countryside Code – The Countryside Code – GOV.UK (www.gov.uk)
- 8) Follow GPX routes provided where applicable. Equally do not rely on the GPX as your sole means of navigation – familiarise yourself with the route and take a map and compass as necessary.
- 9) For any given route or challenge, if any of the rules are not complied with, the competitor may face disqualification from that event.