

Glossopdale Harriers 2026 Championship Rules

2026 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 may be completed either during the officially organised race (where applicable), or 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 on-line form, 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 100 points, 2nd receiving 99 points, and so on.
- 4) **To qualify for the 2026 Champs**, runners must:
 - a. complete at least 4 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 runner's best 4 race results and the 2 compulsory anytime challenges. The 4 best race results will comprise of best 1 from each discipline (Road, Trail and Fell), plus their next best. 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**, via a separate table, a points system will be applied to each runner based upon overall gender position, irrespective of age. The winner will be whichever M/F finishes top of the table in their best 4 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 (4+2).

DISCIPLINE CHAMPIONSHIPS (Road, Trail, Fell)

- 1) To qualify for the Champs of each individual discipline, runners must complete all 3 races within that discipline.
- 2) Note: The Endurance Challenge is optional, 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 of Overall, Fell, Road & Trail (>40 prizes up for grabs!). NOTE: For the whole year's champs please enter your age category based on your age at 30/11/26.
- 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) All submitted times should be total **elapsed times**, not Strava-generated 'moving times'.
- 4) 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.
- 5) Final decisions regarding disputes over time penalties rest with the Champs Sub-Committee.
- 6) 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.
- 7) For fell routes we strongly recommend running with a partner or group but this is not mandatory.
- 8) Follow all relevant guidelines:
 - a. Fell events – mandatory kit (fellrunner.org.uk)
 - b. Countryside Code – The Countryside Code – GOV.UK (www.gov.uk)
- 9) 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.
- 10) For any given route or challenge, if any of the rules are not complied with, the competitor may face disqualification from that event.