



Members' Guide to Competitions 2019 - 2020



Istead & Ifield Harriers: Club Championship 2019

The Istead & Ifield Harriers Club Championship is held between March and February each year with the prizes being presented at the club's AGM in March.

The Club Championship concentrates on four key Road Racing distances of 10km, 10 miles, Half Marathon and Marathon.

The race time is from 'gun to finish' unless there are more than 1000 competitors, in which case the chip time is used.

The races which make up the Club Championship will vary each year and will be decided by the Istead & Ifield Committee.

For 2019 the Club Championship Races are as follows:-

10K	Charing 10k (7 June 2019)
10 Mile	Folkestone 10 (19 April 2019)
Half Marathon	Tonbridge Half Marathon (6 October 2019)
Marathon	Any marathon

The Club Championship is open to all paid-up members of Istead & Ifield Harriers. Participants are responsible for paying their own race entry fees.

For the Marathon, any standard marathon distance of 26.2 miles will qualify. It is the individual runner's responsibility to notify Mark Champion at markchampion2012@googlemail.com that they have completed a marathon for the result to be recorded. Prizes for the Marathon will be awarded based on the fastest times for each category once all results/performances have been checked and verified.

Trophies/prizes will be awarded in each race as follows, with the proviso that no-one can win more than one prize. Standard race regulations apply whereby 1-2-3 places will take precedence over Vet results.

1st Male

2nd Male

3rd Male

1st Male Vet 40

1st Male Vet 50

1st Male Vet 60

1st Female

2nd Female

3rd Female

1st Female Vet 35

1st Female Vet 45

1st Female Vet 55

Istead & Ifield Harriers: The Captain's Trophy

The Captain's Trophy is a handicap competition that is open to all paid-up members of Istead & Ifield Harriers. It is based on 12 nominated races from March to February (one per month throughout the year), sometimes taking in other club events and Kent Grand Prix/Championship races.

Its purpose is to encourage Istead runners to appear at these races in numbers and to foster the club spirit.

There is a separate competition for Men and Ladies. Each competition winner is presented with a Trophy, plus individual mementoes are awarded to the top 3 runners in each competition. These will be presented at the club AGM in March the following year.

Participants can take part in as many races as they wish. Participants are responsible for paying their own race entry fees.

Points will be awarded based on an individual's performance relative to their previous season's average age grading score. This score is ascribed by Mark Champion (club statistician) and his decision will be final.

In each race runners achieving the best 10 adjusted times are then given points from 10 down to 1.

There will be 5 points awarded for each race that a runner participates in. Therefore, a runner competing in all 12 races could achieve 60 points just for taking part.

An additional 3 bonus points will be awarded for anyone gaining a PB in any of the four race distances. **It is the runner's responsibility to let Mark Champion know by BY EMAIL if a PB is achieved.**

Also, if you complete all four distances (eg one 5 mile, one 10K, one 10 mile and one Half Marathon race) from the list below you will accrue 12 bonus points.

For 2019/20, the Captain's Trophy races are:-

Sunday 3 March	Dartford Half Marathon
Sunday 7 April	Paddock Wood Half Marathon
Sunday 12 May	Darent Valley 10k
Friday 7 June	Charing 10k
Sunday 14 July	Mid Kent 5
Sunday 4 August	East Peckham 10k
Sunday 22 September	Shorne Woods 5
Sunday 27 October	Ashford & District 10 Mile
Sunday ? November (date tbc)	Deal Castle 5 Mile
Sunday ? December (date tbc)	Thanet 10 Mile
Sunday 26 January 2020	Canterbury 10 Mile
February 2020 (date tbc)	Headcorn Half Marathon

Istead & Ifield Harriers: Club Grand Prix

The Istead & Ifield Harriers Grand Prix is held each year between 1 March and 28/29 February with the prizes being presented at the club's AGM.

The **Grand Prix** uses a greater variety of distances compared to the Captain's Trophy, this hopefully ensures that the prizes are distributed to different people.

Whenever a club member takes part in a race with at least 50 runners, they are awarded points based on their finishing position relative to the total number of athletes who complete the race. As most races now use chip times these will be generally used.

Races are split into seven distance categories, with the best score achieved over the year counting towards the total annual score. With the exception of the popular 10k distance, where two race scores count, at least 4 other distances must be recorded.

Up to 5 miles – any race under 5 mile (not including park run)

5 miles – Any 5 mile race

10k – Two races of 10k

10 miles – Any 10 mile race

Half Marathon – Any half marathon

Longer distance race* – Any race between half marathon up to, but excluding, a full marathon; e.g. Bewl 15, Thanet 20, North Downs Run

Marathon – Any road or trail marathon

A Bluffers Guide to the Club Grand Prix

The Grand Prix is, in most part, a road running competition; although trail races are included, NDR, Bewl 15 to name a couple.

In the Grand Prix you are scored over 7 different distances/8 performances:-

- Up to 5 miles
- 5 miles
- 10k (2 of these)
- 10 miles
- Half Marathon
- Any distance above Half Marathon but shorter than Marathon distance
- Marathon

The Main Grand Prix

Prizes given in this category – 1st and 2nd Men & Women, 1st Male Vet, 1st Female Vet

This measures your performance against the field and gives you a % for your finishing position (it's a bit hard to explain but hopefully the example below will make it a bit clearer).

Example:- In a race of 100, Istead has 3 athletes - Garry came 1st, Barry came 50th and Larry came 100th.

In the Grand Prix:-

- Garry would get 100% - $(1/100)*100$
- Barry would get 50% - $(50/100)*100$
- Larry would get 1% - $(100/100)*100$

The Age Grading Grand Prix

Prize given in this category – overall winner.

What is Age Grading?

It's a well-known, if disappointing, fact that we get slower as we get older, so comparing a 65 year olds time against a 30 year olds time is difficult. Yes, we know the absolute time, but if we take the athletes age into account - which is the best? This is where Age Grading comes into play; each year the World Masters Athletics Org (that may not be exactly right but it's something like that) publish a list of tables giving the Age Category World Records for a range of road running distances. So, the Age Grading Grand Prix works in exactly the same way as the main Grand Prix, except the times are compared to the Age Grading tables not the field in the race.

As a heads up - any age grade % in the 70%+ is good on a local level, 80%+ is good on a national level and above 90% is good on the world stage. We, therefore, give out a prize to the athlete with the highest age graded % of the year.

Hints to doing well

The main thing is to run a range of distances, for instance in a previous year, only 4 people in the club ran all 7 distances but they all finished in the top 3 of the men's or women's table. Target big races, as these tend to have slightly slower fields so your % will be better.

Mark Champion

Istead & Ifield Harriers: Winter Handicap Competition

The Istead & Ifield Harriers Winter Handicap Competition is held during the winter months from October to February (excluding December) on a designated club night, usually on the 4th Wednesday of the month.

The competition is open to all members of the Club. Participants run an approx. 2.5 mile course which starts and finishes close to Cascades. The start times are handicapped based on a scratch time for the course, the scratch time is set afresh each year based on the slowest runner time from the first race.

Using an example of 22 minutes being the slowest previous time, if a runner can complete the course in 17 minutes, then they don't start until 5 mins after the gun. Anyone running the course in 22 minutes or over, would start from zero minutes. The idea is that everyone should finish at the same time. After each race, the start times are recalculated based on the runners new finish time, e.g. if a runner then finished in 16 mins 30 secs then they would start off 5 mins 30 secs after the gun at the next race, if they were slower, and completed in 17 mins 30 secs then their start time would move back to 4 mins 30 secs.

The scoring is worked out by whoever is over the finish line first:-

At each race 1st place gets 50 points, 2nd gets 49 points etc.

5 points are also given to anyone who achieves a PB for the course.

All points over the race series are totalled to calculate the winners. You have to have run at least 3 of the 4 races to be eligible to win.

Prizes are awarded to 1st, 2nd, 3rd places overall after four races. The winner should be the runner who has most improved over the series.

Cross Country Events

The cross country season runs from October to March. Istead and Ifield Harriers are members of the Kent Cross Country League which operates on Saturdays and the Kent Fitness League which has races on Sundays.

Istead and Ifield Harriers actively encourages members to take part in cross country events and all entry fees are covered by the Club. Anyone who participates is required to wear a club vest. Race numbers are worn for Saturday events but not on Sundays.

Kent Fitness League

There are 7 Kent Fitness League fixtures which take place from October through to February. The races are on a Sunday starting at 11 am. Dates are generally released in late summer/early autumn.

For teams to be able to score in a race, you need 8 men and 4 women. The 8 men must include one MV40 and two MV50s. The four women must include one FV35 and one FV45. Therefore, the more runners of all ages we have participating, the better chance Istead have for scoring.

All runners start together, and the distance covered is approximately 5 miles but differs depending on the venue. The league is designed for non-elite athletes. Those who can run a sub 34 10K (men), or a sub-38 10K (women) are not eligible to take part.

Any club member can take part (as long as your 10K times are not quicker than those in the previous paragraph!) You do not need to register in advance, and can turn up on the day. The Kent Fitness League no longer allows guest runners, so you must be a club member to participate.

You can find more information about Kent Fitness League at www.kfl.canterburyharriers.org

Kent League

There are 4 Kent Cross Country League fixtures each season. Men and women run separately within their own age group. The distances are 10K for men and 5K for women. Over 70s men run with the Senior women and do 5K.

Fixtures take place on a Saturday afternoon with the Ladies race generally starting at 2pm, whilst the Men's race gets under way at 2.30pm. These times can change so it is worth checking before the fixture.

For women's races, the first 3 women will score. The first 6 women in a team will score for the Six-to-Score Trophy. For the men's races, it is the first 4 to score, with the first 12 qualifying towards the Duodec Trophy.

You need to register for Kent League at the beginning of the season. An email is sent out asking for the names and details of anyone wanting to participate. You will be issued with a number which you need to use for all Kent League races throughout the season.

You can find more information about the Kent League fixtures at www.kcaa.org.uk

Cross Country events contd.

Cross Country Championships

In addition to the two leagues, there is also a Kent Cross Country Championship which takes place each year on the first Saturday in January and a Kent Veterans Cross Country Championship which takes place in December.

At the end of January the Southern Cross Country Championships take place and at the end of February it is the National Cross Country Championships. The Southern Championships take place at venues such as Brighton and Parliament Hill (London), whilst the Nationals are held at venues throughout the country.

Members of Istead and Ifield Harriers are able to take part in any of these cross country events and the Club will cover the cost of race entry. Any member who takes part in a minimum of 5 cross country races during the season receives a medal, which is presented at the Club AGM. In addition there is a trophy for the member who takes part in the most cross country races during the season.

Full details of all cross country events are circulated to all members prior to the start of each season.

Kent Grand Prix Championships 2019

The Kent Grand Prix Championships are held each year by the Kent County Athletics Association (KCAA). There are 10 designated Kent Grand Prix races each year.

As Istead and Ifield Harriers is affiliated to the KCAA, we are therefore, automatically entered into the Grand Prix team competitions. In addition, all of our registered runners are also entered into the individual Grand Prix competitions.

Scoring in the individual competition is by taking the best 6 scores from 10 races. In the Individual Competition, Senior Men score down to 100th place, with Senior Women scoring down to 50th. In the Vet categories, M40 scores down to 20th, M50 to 10th, M60 to 10th, F35 to 10th, F45 to 10th and F55 to 5th.

Scoring in the team competitions is by taking the best 8 scores from 10 races. In the Men's competition, the top 6 from each club score down to 100th place. In the Women's competition, the top 4 from each club score down to 50th place.

Winners are recorded for the top Men's and Women's Teams, 1st Open Male, 1st Open Female, 1st M40, M50, M60 and 1st F35, F45, F55.

For 2019, the Kent Road Running Grand Prix races are:-

27 th January	Canterbury 10
10 th February	Deal Half Marathon
10 th March	Lydd 20
7 th April	Paddock Wood Half Marathon
12 th May	Darent Valley 10k
30 th June	North Downs Run 30k (Multi Terrain)
14 th July	Sevenoaks 7
26 th August	Dartford 10k
15 th September	Larkfield 10k
13 th October	Maidstone Half Marathon

A full list of rules covering Kent qualification, change of age category during the year and other information is held on the KCAA website. For further clarification, future changes to the Race Calendar and for current or previous year's results, please use the following link:- <http://www.kcaa.org.uk/road%20races.htm>

Kent Championship Races 2019

In addition to the Kent Grand Prix Championships, Kent County Athletics Association (KCAA), run a Kent Championships Competition. 3 Kent Road races per year from the Grand Prix calendar are nominated and they consist of 1 Short Course (typically 10k or 10m), 1 Long Course (typically HM or 20m) and 1 Marathon.

N.B. Senior Category scoring marathons must be run between 1st January and the first Sunday of November inclusive, and times notified to roadrunning@kcaa.org.uk by the second Sunday of November. Whilst the organisers will seek out results where they can in popular marathons, notification of senior category marathon times is the sole responsibility of the competitor.

Individual Competition - to take part in the Individual Competition, enter the race as normal but **in addition**, you MUST indicate on the entry form or online entry that you wish to race under the Kent Championships (KC) **OR** you can enter for KC on the day at the Kent Championships desk.

You will be given a Kent Championship identifier and this must be worn on back of your club vest during the race. Your normal race number must still be attached to the front of your vest.

Awards go to first 3 in the following categories - M, M40, M50, M60, M(under)23 and F, F35, F45, F55 and F(under)23. Veterans also take part in the Senior/Open Age competition and as such may win two awards, there are **no** pass downs.

Team Competition - all runners entering the race as a member of a KCAA affiliated club are automatically entered into the Team Competition and there is no requirement to wear an identifier to score. However, if you also wish to take part in the Individual Competition, please see the requirements above.

Your first 3 male and female runners will score towards the Team Competition. Prizes are awarded to the top 3 Male and Female teams.

For 2019, the nominated Kent Road Running Championship races are:-

Individual Men Senior: (All competitors 17+), MV40, MV50, MV60, MV70

Individual Women: All competitors 17+), FV35, FV45, FV55, FV65

Team Men: Senior (All competitors 17+), MV 40, MV50, MV60

Team Women: All competitors 17+), FV35, FV45

7 th April	Paddock Wood Half Marathon (Long Course)
15 th September	Larkfield 10k (Short Course)
See below*	No marathon race for 2019 (Marathon Course)

***N.B.** The Kent Coastal Marathon is not being run in 2019, so the Marathon Champs are suspended for this year

A full list of rules covering Kent qualification, change of age category during the year and other information is held on the KCAA website. For further clarification, future changes to the Race Calendar and for current or previous year's results, please use the following link:-

<http://www.kcaa.org.uk/road%20races.htm>

Southern Counties Veterans Athletic Club

Southern Counties Veterans Athletics Club (SCVAC) dates from 1975 and is open to male and female athletes aged over 35 years. As the name suggests the membership, which numbers around 800, hails from the southern Counties of England. All aspects of the sport are catered for; track and field, cross-country, road running and race walking. Full details can be found here <http://www.scvac.org.uk>.

Any athlete over 35 may join the club for a small annual subscription, enabling him or her to enter any SCVAC championship, automatically become a BMAF member and enter national and international championships, as well as receiving annually three issues of The Southerner and four of the BMAF Masters Athletics. You can find details of the BMAF at <http://bmaf.org.uk/>.

To enter in any of these races you must first be registered with SCVAC – full details of how to do this can be found here <http://www.scvac.org.uk/membership.htm> *Please note that as a member of Istead and Ifield Harriers, the club will have already paid your individual England Athletics (EA) fee.* If you encounter any problems or have a query please contact Mark Champion on markchampion2012@gmail.com

The SCVAC Road Races for 2019 are:

19 th May	Bognor Prom 10k
2 nd June	Dorking 10 (joint with BMAF)
11 th August	Burnham Beeches Half Marathon
20 th October	York Marathon (joint with BMAF)

Other Events

Istead & Ifield Harriers organises and takes part in a number of other events throughout the year, including a Club Relay, the Magic Mile and one or two Mob Matches against local clubs.

Full details of all events and competitions are publicised in advance and circulated to members by e-mail. Information can also be found on the club website: www.isteadandifield.org.uk

Whilst the details of races in this Guide are checked at the time of publication, please note that sometimes they may have to be amended/cancelled/postponed, so members should ensure that they check up-to-date details before entering.

Istead & Ifield Harriers
www.isteadandifield.org.uk