

## **Istead and Ifield Harriers Members' Competition Guide (Overview)**

We're keen to encourage runners of all abilities to take part in local races and encourage a bit of friendly competition amongst members.

This is why we host these three competitions each season (March to Feb) that are open to our first claim members. Points are awarded based on various factors (including numbers of races entered, age grading & previous performance). Which means you don't have to be a super speedy and/or experienced runner - to bag a trophy. Prizes are awarded at the Annual General Meeting (AGM) in March.

For a full explanation - including competition rules and a breakdown of how points are awarded - please see the Members' Competition Guide.

But here's a quick explainer (which may be particularly useful for newer members).

### **1. Club Championship (2021/2022)**

Four road racing distances:

10K	Island Run 10k (May)
10 mile	Canterbury 10 (August)
Half Marathon	Tonbridge half marathon (October)
Marathon	Any marathon

Prizes are awarded for first, second and third male and female. PLUS there are age group prizes (1st, 2nd and 3rd) - 40, 50, 60 & above for men and 35, 45, 55 & above for women. So if you enter any of these races, you stand a decent chance of picking up some silverware.

### **2. Captain's Trophy**

Typically the Captain's Trophy is awarded for performance across 12 races (one a month) across the season. This year (2021/2022) due to COVID there are only 10 (remaining four races TBC).

Sunday 23 May	Island Run 10k
Sunday 6 June	Tenterden 10k
Sunday 4 July	Cliffe Woods 5
Sunday 1 August	Canterbury 10
Sunday 19 September	Folkestone Rotary Half Marathon
Sunday 31 October	Ashford & District 10 mile

There are points for (a) turning up, (b) improvement on your previous season's score and (c) running a PB. Which means it's the perfect opportunity for runners who are new to the club and/or improving.. as you're bound to PB!

There is a separate trophy for men and women, along with second and third places - so again, plenty of chances to pick up some bling.

### **3. The Grand Prix**

In the Grand Prix, you're scored over 7 different distances/8 performances:

5k\* – Any race of 5k (not Parkrun)

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

Prizes are awarded to the runners accumulating the most points over the 12 months (one prize per runner) - 1st and 2nd male and, and 1st and 2nd male and female Age Graded. PLUS there is an age-graded prize for the Performance of the Year.

So again, lots of opportunities to get rewarded for your efforts - regardless of age, experience and ability.

There is also a **Winter Handicap Competition** (a 2.5 mile course). Members run the course on four occasions (on club nights) and points are awarded based on participation, previous performance and improvement - which means you don't have to be the fastest (or even one of the fastest) to bag a prize!

**\*\*When you join a running club, provided it is your only club, that is your first claim club. If you subsequently join another club, that is your second claim club. To qualify for our competitions, Istead and Ifield Harriers must be your first claim club.\*\***