



# Members' Guide to Competitions 2022 - 2023



# **Istead & Ifield Harriers: Club Championship 2022/23**

***Note: Competition is open to first claim members only***

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 2022/23 the Club Championship Races are as follows: -

<b>10K</b>	<b>East Peckham Sunday 31<sup>st</sup> July</b>
<b>10 mile</b>	<b>Folkestone Friday 15<sup>th</sup> April</b>
<b>Half Marathon</b>	<b>Folkestone Rotary Sunday 25<sup>th</sup> September</b>
<b>Marathon</b>	<b>Any marathon</b>

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 Dominic Montford 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.

1<sup>st</sup> Male  
2<sup>nd</sup> Male  
3<sup>rd</sup> Male

1<sup>st</sup> Male Vet Age Grading

1<sup>st</sup> Female  
2<sup>nd</sup> Female  
3<sup>rd</sup> Female

1<sup>st</sup> Female Vet Age Grading

## **Istead & Ifield Harriers: The Captain's Trophy** **(A great competition for new and improving runners)**

**Note: Competition is open to first claim members only**

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 (1 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, with all completed races scoring. 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 Dominic Montford (club statistician) and his decision will be final.

Those runners achieving the best 10 adjusted times are then given points from 10 down to 1. In addition, there will be 5 points awarded for each race that a runner participates in, with all races counting. 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 Dominic Montford know if a PB is achieved.**

For 2022/23, the Captain's Trophy races are: -

Sunday 13 March	<b>Dartford HM</b>
Friday 15 April	<b>Folkestone 10</b>
Sunday 8 May	<b>The Island Run 10k</b>
Sunday 12 June	<b>Tenterden 10k</b>
Sunday 3 July	<b>Cliffe Woods 5</b>
Sunday 14 August	<b>Mount Ephraim 10k</b>
Sunday 25 September	<b>Folkestone Rotary HM</b>
Sunday 30 October	<b>Ashford &amp; District 10</b>
Sun 6 November	<b>Deal Castle 5</b>
Sun 18 December	<b>Sholden Kent Christmas Cracker 5</b>
Sun 22 January 2022	<b>Canterbury 10</b>
Sun 19 February 2022	<b>Deal HM</b>

# Istead & Ifield Harriers: Club Grand Prix

**Note: Competition is open to first claim members only**

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 Captain's Trophy concentrates on the key Road Racing distances of 5 miles, 10k, 10 miles and Half Marathon. The Grand Prix uses a greater variety of distances, this hopefully ensures that the prizes are distributed to different people.

Whenever a club member takes part in a race of more than 5k 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.

**\*Please note that Parkrun and Challenge races are not included.**

The race distances are as follows: -

**5k\*** – Any race of 5k

**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 will be awarded to the runners accumulating the most points over the 12 months, with the proviso that no-one can win more than one prize, as follows:

1<sup>st</sup> Male

2<sup>nd</sup> Male

1<sup>st</sup> Male Vet

1<sup>st</sup> Female

2<sup>nd</sup> Female

1<sup>st</sup> Female Vet

Runner of the Year (age-graded basis)

Performance of the Year (age-graded basis)

In order to win one of the first six prizes, a runner must have taken part in a minimum of six race distances. For age-graded prizes, a minimum of five races for the club will suffice.

Please send any results to Dominic Montford.

## A Bluffers Guide to the Club Grand Prix

The Grand Prix is 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: -

- 5k
- 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 1<sup>st</sup>, Barry came 50<sup>th</sup> and Larry came 100<sup>th</sup>.

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 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.

## 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 -Oct 16th, Nov 20th, Jan 15<sup>th</sup>, and Feb 19<sup>th</sup>.

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 runner's 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.

This year the handicap will move to a new route based around Old Gravesendians, details to follow.

# **Istead & Ifield Harriers: The Summer Smash**

*(A great competition for runners who choose to only run shorter distances)*

***Note: Competition is open to first claim members only***

The Summer Smash is a 3 race series run between 1<sup>st</sup> Apr and the 30<sup>th</sup> Oct.

In that time members need to run a:

- 5 k (not a Parkrun)
- 5 mile
- 10 k

The cumulative times are added up and the lowest time wins.

NB. You can run as many qualifying races as you want, and we'll just take your fastest results for each distance.

**BUT** members will be excluded from the Summer Smash if they run more than 1 of either a 10 miler or Half Marathon (just 1 you can't run 1 of each) or any distance above Half Marathon.

Prizes will be awarded at the AGM, categories to be decided at a later date depending on the level of participation.

# 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 two MV40, two MV50s and one MV60. The four women must include one FV35, one FV45 and one FV55. 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](http://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](http://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 can 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.

## 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

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.

## 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](http://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](http://www.isteadandifield.org.uk)