



Members' Guide to Competitions 2024 - 2025



Istead & Ifield Harriers: Club Championship 2024/25

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 five key Road Racing distances of 5 mile, 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 2024/25 the Club Championship Races are as follows: -

5 mile	Cliffe Woods Sunday 7th July
10K	Darent Valley Sunday 12th May
10 mile	Folkestone Friday 29th March
Half Marathon	Dartford Sunday TBD February
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 Dominic Montford at dominic.montford@sunchemical.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 Age Grading

1st Female

2nd Female

3rd Female

1st 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 2024/25, the Captain's Trophy races are: -

Friday 29 March	Folkestone 10
Sunday 28 April	4 Bay Challenge 10k
Sunday 12 May	Darent Valley 10k
Friday 14 June	Charing 10k
Sunday 7 July	Cliffe Woods 5
Sunday 11 August	Mount Ephraim 10k
Sunday 29 September	Folkestone Rotary HM
Sunday 13 October	Ashford 10k
TBC November	Deal Castle 5
TBC December	Chatham Maritime 5k
TBC January 2025	Canterbury 10

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 5k, 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:

1st Male

2nd Male

1st Male Vet

1st Female

2nd Female

1st 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@sunchemical.com

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 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 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: Summer Smash Competition

The Summer Smash is a road running competition that is open to all paid-up members of Istead & Ifield Harriers, although trail races are included. The competition is made up of a series of 3 races run between 1st Apr and the 30th Oct.

In that time members need to run a:

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

The purpose of this competition is to give members that rarely race over longer than 10k distances a competition to focus on (as they are considerably handicapped in both the Captains Trophy and Grand Prix competitions).

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.

The cumulative times over the 3 race distances will be calculated, and the runner with the lowest time will receive a prize at the AGM. Prizes will also be given to the 2nd and 3rd placed finishers.

Istead & Ifield Harriers: Robin Manley Trophy (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.

The competition is open to all members of the Club. Participants run an approx. 2.5-mile course which starts and finishes close to OG's. 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.

Here is the new handicap route:

Kent League

There are typically 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 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 on markchampion2012@googlemail.com

The SCVAC Road Races for 2024 are:

10k – 1 Sept 2024 – Battle 10k <https://www.bbb10k.co.uk/>

10 Mile - 29 Dec 2024 – Buntiford 10 (Joint with BMAF)

Half Marathon – 9 June 2024 – Saxon Shore Way Half Whiststable

<https://www.sportingeventsuk.com/enter-an-event/saxon-shore-half-marathon>

Marathon - 6 Oct 2024 – Chester 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 and a Mob Match 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