22/3/22
Rules

Definitions

- CCC - Club Competition Counter - a race that earns points towards one of the club competitions such as Ultra Champs / Champs / Summer Series
- Public CCC - an event open to other clubs
- Private CCC - an event only open to CVFR members such as Handicap race
- Club Top - a race vest or any other form of top which identifies that you are a CVFR member.
- SGR - Statistic Generating Race - a race where the results have produced enough statistical data for us to calculate a race rating. Historically this required a minimum number of CVFR runners, but it can now be done by comparing other results.

1. **General Competition Rules**
    1.1. You must be a member of CVFR at the time you take part in a race for it to count towards club competitions
    1.2. If clubs are not listed as CVFR on the results then you will need to inform the statistician of your claiming of this race
    1.3. A CVFR club top should be worn during any public CCC otherwise a 10 point penalty will be applied
    1.4. If you run representing a different club then it will not count towards the club competition
    1.5. For the Vets categories of the club competition this will be based upon your age on race day.
    1.6. Should a member be unable to compete in a race due to volunteering at that event, then they will have an opportunity to run the race in a time trial format.
        1.6.1. The statistician will need informing of your intention to do this within 48 hours of the race, ideally sooner.
        1.6.2. The time trial attempt will need to be done within a short period to allow championship points to be calculated.

2. **Club Championships**
   2.1.   Club Championships Overall
      2.1.1.   The race times of all CVFR members will be ranked.
      2.1.2.   100 points for the fastest, 99 for the next
      2.1.3.   In the case of a tie at a race then both runners will get the same score and the next number will be omitted
      2.1.4.   Should the points score reach as low as 1 then all runners from that point will receive 1 point
      2.1.5.   Senior and Junior members are included in the ranking scheme subject to the juniors being permitted to run that distance under FRA rules
      2.1.6.   A members best 2 results at each distance will count towards the total for the overall championship.
         2.1.6.1.   Unless specified separately in a particular years rules
      2.1.7.   Only members who have completed the required number of runs at each distance will be eligible to have their overall points counted
         2.1.7.1.   Unless specified separately in a particular years rules
      2.1.8.   In the case of a draw then titles shall be shared. Not tie break conditions exist.
   2.2.   **Club Championship Short, Medium, Long Kings and Queens**
      2.2.1.   All results gained at any one distance will count towards an individual title
      2.2.2.   The member needs to have completed at least 3 race counters at that distance.
      2.2.3.   There is no requirement to run at any other distance
      2.2.4.   In the case of a draw then both/all runners who achieved the top score will reign jointly and will receive a prize.

2.3. Club Championship Handicap Results

   2.3.1. At the start of the race year the members who have competed in 3 or more SGRs in the previous 24 months, will have a handicap rating generated for them.

   2.3.2. This handicap rating will be used to weight the results and identify the runners who have produced the biggest improvement in their results.

2.4. Reduced Race Availability

   2.4.1. If some of the races are unable to go ahead as normal then the following reduced requirements will be applied

   2.4.2. If only 4 races are available in a category then only 2 counters are required

   2.4.3. If only 3 races are available in a category then only 1 counter is required

   2.4.4. If only 2 races are available in a category then that counter will not be recognised that year

3. Categories available

3.1. Women's Champion
3.2. 2nd Woman
3.3. 3rd Woman
3.4. Overall Champion
3.5. 2nd overall
3.6. 3rd overall
3.7. Handicap Champion
3.8. Vet Champion
3.9. Womens-Vet Champion
3.10. V50 Champion
3.11. V60 Champion
3.12. Short Race King
3.13. Short Race Queen
3.14. Medium Race King
3.15. Medium Race Queen
3.16. Long Race King
3.17. Long Race Queen

4. Category Clarification

4.1. Veterans count as age 40 upwards on the date of the race
4.2. Vet categories run in 10 year increments
4.3. If a gender is not specified in the category then it is an open category
4.4. King titles are for men, and Queen titles are for women
4.5. Not all gender/age combinations will have an award associated in an individual competition.
4.6. Should 3 or more members from a particular category (within 10 year increments) complete a particular series during a given year then that will be introduced as a category from that year forwards.
4.7. Should no more than 1 member from a particular category complete a series for 2 consecutive years then that category will be removed during that second year.
    4.7.1. Should the events be unable to take place then that year can be ignored for the sake of this rule.

5. Ultra Championships

    5.1.   The rules applicable to Club Championships shall all apply with the exceptions listed below

    5.2.   The categories eligible for awards are

        5.2.1.   Mens Champion (1 place)

        5.2.2.   Women's Champion (1 place)

        5.2.3.   The points earned do not depend on the preposition within the club finishers, but will be calculated as a proportion of the finishers time.

            5.2.3.1.   (Winners Time / Participants Time)*1000

    5.3.   Best 2 scores out of 4 races count

    5.4.   Bonus points will be available to those who cover more distance over all eligible races completed, not just best 2

    5.5.   Bonus points are 3 points per complete mile covered in any individual race

6. Summer Series

    6.1.   The rules applicable to Club Championships shall all apply with the exceptions listed below

    6.2.   The categories eligible for awards are

        6.2.1.   Mens Winner (1 place)

        6.2.2.   Womens Winner (1 place)

    6.3.   The best 4 results count

    6.4.   Anyone completing more than 4 races will earn 5 bonus points for each extra completion
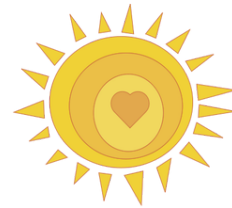
7. Handicap Race

7.1. Handicap times will be generated for members who have shown 3 race results within 24 months that demonstrate a close correlation of calculated ratings.

7.2. For new members, results in previous years for other clubs or as U/A, can be used to calculate this subject to the statistician being able to obtain this data.

7.3. If there is not sufficient race data to generate a handicap then that member will not be eligible to win the competition and lift the trophy, but efforts will be made to produce a suitable start time so as to compete on the day.

7.4. Juniors can take part only with the approval of the RO and a member of the junior coaching team. This judgement will take into account the conditions on the course and the abilities of the runner