

Congleton Harriers Winter Competition -2016 /17

Rules

1. Points from best 8 races out of the race list to count with a least 1 race to be run from each category of R (Road), F (Fell), MT (Multi-terrain) and XC (Cross-Country)
2. Free entry to all paid-up members
3. Participants to send their results (times) to Dave Taylor / Rich Benson unless readily available on results sites
4. Any results not received within 7 days of the race and otherwise not available will not count for points
5. Official race entries only to count
6. Official times precede members' own times where there is possible dispute
7. Any entry to a race on the list counts for points, regardless of the number of members running.
8. The list of races may be varied by the organisers where a race is cancelled or clashes with another.
9. Up to 4 additional races can be nominated by club members for inclusion in competition providing at least 4 club members entering, forward nominations to Bryan or Rich. Nominations at least 2 weeks before the race to permit reasonable advertising to the club.
10. In case of a tie on points, the higher position will be awarded based on:
 - a. Firstly, member running most races
 - b. Secondly, member with the higher average score across all races

(28)	WED 7 SEP	19:15	MT	BRAMHALL FOODBANK 5K	INCLUSION THROUGH RULE 9 ABOVE
1	SUN 11 SEP	11:00	MT	SANDBACH 10K	FROM ELWORTH CRICKET CLUB
2	SAT 17 SEP	2.00	F	LANTERN PIKE FELL RACE	5M / 1050', HAYFIELD SDT
3	SUN 25 SEP	10:00	R	MACCLESFIELD HALF M	
4	SAT 1 OCT	1.30 LADIES , 2.10 MEN	XC	WINSFORD XC	NSCCL 1
5	SAT 29 OCT	1.30 LADIES , 2.10 MEN	XC	PARKHALL XC	NSCCL 2
6	SAT 5 NOV	2.00	R	LANGLEY 7	HILLY BUT A GOOD RACE
7	SUN 6 NOV	10:30	R	FLYING FOX 10	STONE
8	SUN 13 NOV	10.30	F	ROACHES	15M / 3701' CATEGORY BL
9	SAT 19 NOV	2.00 LADIES , 2.30 MEN	XC	SELCCCL. HEATON PARK XC	COMP REPLACEMENT FOR NSCCL KEELE
10	SAT 26 NOV	2.00	R	CHEDDLETON 10K	
11	SUN 4 DEC	10.00	R	STOCKPORT 10M	
12	SUN 11 DEC	11.00	F	LITTON CHRISTMAS CRACKER	7.6M / 1181' CATEGORY BM
13	SAT 17 DEC	1.30 LADIES , 2.10 MEN	XC	STAFFORD XC	NSCCL 3
14	SAT 24 DEC	9.00	MT	CONGLETON PARKRUN	
15	SAT 7 JAN	TBC	XC	CHESHIRE XC CHAMPS	BIRCHWOOD
16	SUN 8 JAN	11:00	MT	HIT THE TRAIL 5M	STOCKPORT
17	SAT 14 JAN	12.30	F	ASHURST BEACON	5.9M / 950' CATEGORY BS
(29)	SUN 15 JAN	10.30	R	HELSEBY HALF MARATHON	INCLUSION THROUGH RULE 9 ABOVE
(30)	SAT 28 JAN	14.15 LADIES 15.05 MEN	XC	NORTHERN XC CHAMPS	INCLUSION THROUGH RULE 9 ABOVE
18	SUN 5 FEB	11.00	R	ALSAGER 5	FAST , FLAT , PB POTENTIAL
19	SAT 11 FEB	2.00	MT	PARBOLD HILL RACE	SKEM, LANCS
20	SAT 18 FEB	TBC	MT	CLOUD WINTER HANDICAP	
21	SAT 25 FEB	TBC	XC	NATIONAL XC CHAMPS	WOLLATON PARK, NOTTINGHAM
22	SUN 26 FEB	11.00	MT	KNYPE POOL CHARITY RACE	5M BIDDULPH
23	SUN 12 MAR	10:30	R	KNIGHTON 20	
24	SUN 19 MAR	11.00	F	WOLFS PIT FELL RACE	5.7M / 1500' CAT AS
25	SUN 23 APR	11.00	F	MOW COP FELL RACE	6.5M / 1300' CAT BM
26	SUN 9 APR	10.00	R	NEWCASTLE 10K	
27	THU 27 APR	19.00	MT	BARLASTON UPS & DOWNS	APPROX 5 M. NEAR STONE

YOU'RE ADVISED TO CHECK ALL DATES/START TIMES BEFORE YOU TRAVEL!