

Riverside Runners – Championship 2011

Updated 10 October to take account of “past events”

The 2011 championship, like most clubs’ championships uses nominated, fairly local races and is normalised using the standard age related percentages in each of the ten year groups. Runners must have result in each of the six distances below. Where they have more than one result, then their best will be used for the championship. Note that the “20m or Marathon” distance event can use the Oakley 20 as the alternative to a marathon.

Nominated Distances and Named Races

5k

Any Cambridge Park Run in 2011 (www.parkrun.org.uk/cambridge/Home.aspx)

5m

Thorney 5m 14 Aug 2011 or Bushfield Frostbite 6 Nov 2011

10k

Eye 10k 8 May 2011 or St Ives 10k 17 Jul 2011

10m

Sandy 10 3 Apr 2011 or Swineshead 10 11 Sep 2011

Half Marathon

Milton Keynes 13 Mar 2011 or Great Eastern 9 Oct 2011

20m or Marathon

Any recognised marathon or Oakley 20m 27 Mar 2011

In Date Order excluding the Cambs 5k and the Marathons :

Milton Keynes	13 Mar 2011
Oakley 20m	27 Mar 2011
Sandy 10	3 Apr 2011
Eye 10k	8 May 2011
St Ives 10k	17 Jul 2011
Thorney 5m	14 Aug 2011
Swineshead 10	11 Sep 2011
Great Eastern	9 Oct 2011
Bushfield Frostbite	6 Nov 2011

Key Points

- Age Related percentages will be applied to each result using age in years, months and days on race day
- Park Run calculated percentages will be used for those events – club percentages will be calculated for all the other events
- **Results will be included only from those that are posted on the Riverside Runners club website and verifiable in the official race results**
- Chip times can be used when published on official results
- Best result will be used when a member has more than one result in a distance group