

## Strathearn Harriers Club Championship 2026

With an excellent 17 runners completing the Club Championships in 2025, we are following the same basic format in 2026, but with additional runs to choose from and a special buff awarded to all club runners who complete the Championship (see rules below).

The overall aims of the club championship are to:

- Encourage club members to race more frequently for the club
- Give road runners and opportunity to try hill running and vice-a-versa
- Identify male / female club champs who showed commitment & excellence in their racing
- Offer a parallel “good-for-age” championship opportunity for Masters (40+) -
- Give the club a strong, visible presence in the local hill & road running community

### Rules

- Open to all club members who are eligible to compete in the required number of races (i.e. Juniors are welcome to take part in races for which they meet the organisers’ minimum age requirements.)
- 12 races have been chosen as specific championship races. 6 road races; 6 hill races.
- You must complete **at least 4 eligible races** to count in the championship. (NB: A “Joker”\* counts as an eligible race).
- Each competitor must complete at least one road race and one hill race from this list of 10.
- And, provided it has 75+ finishers and is over 5 miles in length, you can play a JOKER – i.e. any other race of your choice – as one of your 4 counters.

The championship race calendar is:

| <u>Date</u>    | <u>Day</u> | <u>Race</u>          | <u>Distance</u> | <u>Terrain</u> |
|----------------|------------|----------------------|-----------------|----------------|
| 1 March        | Sun        | Bishop Hill Race     | 4km / 300m      | Hill           |
| 22 March       | Sun        | Alloa Half Marathon  | 13.1mi          | Road           |
| 28 March       | Sat        | Birnam Hill Classic  | 6.5km / 335m    | Hill           |
| 19 April       | Sun        | Round the Houses 10k | 10km            | Road           |
| 6 May          | Wed        | Dumyat Hill Race     | 8km / 380m      | Hill           |
| 21 May (TBC)   | Thu        | Kinnoull Hill        | 4mi / 250m      | Hill           |
| 31 May         | Sun        | Dunblane Road Race   | 12km            | Road           |
| 25 June        | Thu        | Milnathort Dash      | 5mi             | Road           |
| 8 July         | Wed        | Maddy Moss Hill Race | 10km / 760m     | Hill           |
| 12 July        | Sun        | Crieff 10k           | 10k             | Hill           |
| 22 August      | Sat        | Killin 10K           | 10km            | Road           |
| 30 August      | Sun        | Perth 10K            | 10km            | Road           |
| <b>* Joker</b> | Any Date   | 75+ finishers        | >= 5mi          | Any            |

\*A Joker is available for one **accredited** minimum 5 mile race with at least 75 finishers, run between 1<sup>st</sup> March and 30<sup>th</sup> September 2026. It is your responsibility to submit your chosen Joker by email (including a link to the results) to either club captain Graeme Warren or Monica Thomson. **The closing date for joker submissions is Sunday 4th October 2026.**

### Rules and points system

- Points will be awarded based on your finishing position in each race relative to your fellow Harriers as follows: 1st Harrier to finish = 20; 2nd = 18; 3rd = 16; 4th = 15; 5th = 14; 6th = 13 and so on down to 15th place scoring 1 point with 0 points thereafter.
- 1 attendance point per race completed excluding your Joker (ie max 10 points available) - If you don't race in a club vest/t-shirt you don't score your attendance points

### Jokers

- Jokers are designed to help you if you are unable to participate in enough of the specified championship races to qualify and to allow you to choose a race in which you feel you performed particularly well.
- Joker races will use a formula based on your performance relative to the male or female winners' time. This is designed to normalise performances across distances and terrain. Based on this, once everyone has submitted their jokers, a ranking table across everyone's joker races can be created for men/women with the highest scoring jokers ranked top and lowest scoring jokers ranked bottom. The above points system (20 for 1<sup>st</sup>, 18 for 2<sup>nd</sup> etc) are then applied and these scores added to the championship totals. - Formula is:

$$\frac{\left(200 - \left(\frac{t}{w} \times 100\right)\right)}{10}$$

i.e. (200 minus % of winner's finishing time) divided by 10  
where t = your race time and w = winners' time

So for **example**

° Hamish's joker

Winner finishes in 30 mins. Hamish's time is 39 mins = 130%

200-130 = 70; 70 divided by 10 = 7.0 for Hamish

° Rab's joker

Winner finishes in 60 mins. Rab's time is 65 mins = 108%

200-108 = 92 divided by 10 = 9.2

° Lachlan's joker

Winner finishes in 45 mins. Lachlan's time is 60 mins = 133%

200-133 = 67 divided by 10 = 6.7

1<sup>st</sup> Rab: 9.2 = 20 points

2<sup>nd</sup> Hamish: 7.0 = 18 points

3<sup>rd</sup> Lachlan: 6.7 = 16 points

4<sup>th</sup> Michael: 6.4 = 15 points etc

### Masters Championship

Alongside the overall club championship, we will have a vet's champs too. This is open to anyone aged 40 or more on 15<sup>th</sup> March 2024. If the winner of the overall champs is 40+, they cannot also win the Masters champs. It passes to the next best 40+ runner.

As none of the hill races are over accurately measured distances, we won't be able to use the published age-graded calculators to work out adjusted performances. Instead, for all your results in the championship, we will use the formula above to normalise performances and then apply an age factor. The best 4 will count towards your score (plus any attendance points) so:

$$\frac{\left(200 - \left(\frac{t}{w} \times 100\right)\right)}{10} \times \left(\left(a \times \frac{1}{100}\right) + 1\right)$$

i.e. (200 minus % of winner's finishing time divided by 10) x (1 + 1% age) where t = your race

time, w = winners' time and a = age in years on race day

So for **example**

° Winner finishes in 30 mins. Your time is 39 mins = 130%

° 200-130 = 70; 70 divided by 10 = 7.0

° your age is 42, so 1 + 0.42 = 1.42; Net score 7 x 1.42 = 9.94

° as with the joker, a ranking will be produced for each race, with the top scoring runner getting 20 points, 18 for 2<sup>nd</sup>, 16 for 3<sup>rd</sup>, 15 for 4<sup>th</sup>, 14 for 5<sup>th</sup> etc